
	YMCA New England Swimming Championship WPI Pool, 100 Institute Rd Worcester MA March 16-17 2024 Held under the sanction of USA Swimming/New England: NE24-0316STRM-A Held under the sanction of YMCA Swimming: CAQ-2024-NH01122843	Hosted by YMCA of Greater Nashua Storm 
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Meet Director	Wendy Richardson	wendi.richardson@comcast.net	603-305-8685
Meet Referee	William Carline	officialbillcarline@gmail.com	401-573-9263
Entry Chair	Kevin Schmitt	kcschmitt1@gmail.com	978-407-5784
Admin Official	Kevin Schmitt	kcschmitt1@gmail.com	978-407-5784
Safety Monitor	Cindy LaCroix	Camlace123@gmail.com	617-967-4198

SESSIONS:

	March 16, 2024 Class C: 11-12 Girls & Boys	March 16, 2024 Class B: 13-14 Boys & Girls	March 17, 2024 Class D & E: 10 & Under Boys & Girls	March 17,2024 Class A: 15- 18 & Open Boys & Girls
Warm-up	7:00 AM	1:00 PM	7:00 AM	1:00 PM
Meet Start time	8:30 AM	2:30 PM	8:30 AM	2:30 PM

*** The Open 200 Breaststroke, Open 200 Butterfly and Open 200 Backstroke will only be offered in Session 5 (Class A 15-18 Girls and Boys). ***

<p>The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.</p>	
IMPORTANT DEADLINES	First date of entry: March 1, 2024 Final date of entry: March 11, 2024 Payment deadline: March 15, 2024
SITE	<p>The Worcester Polytechnic Institute (WPI) Competition Pool is a 10-lane, 25-yard pool with 7 foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Time Systems electronic timing system with touchpads at the finish and turn ends of the pool with a full-color digital scoreboard. Four lanes will be separated from the 10 lanes of the competition area by a bulkhead and used for continuous warm-up and warm down. The finish end of the pool is 6 to 11 feet deep; the turn end of the pool is 6 to 11 feet deep. Spectator seating is for 350. The pool is located inside the WPI Recreation Center with the main address of 100 Institute Road, Worcester MA 01609. Please enter through the lower entrance adjacent to the track and the parking garage off of Salisbury Street.</p> <p>The competition course has been certified in accordance with 104.2.2C(4). [The copy of such certification is on file with USA Swimming.]</p>
FORMAT:	<ul style="list-style-type: none"> ● The meet will be swum as timed finals. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session that must be returned no later than 30 minutes before the beginning of the

	<p>session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the administration table.</p> <ul style="list-style-type: none"> ● This meet is a closed inter-association YMCA meet. YMCA swimmers must have a proof of age on file by the above deadline in order to compete. Age is determined by the age of the swimmer on the first day of the meet. ● DISTANCE EVENTS: The 500 Free will be seeded slowest to fastest. Timers will be provided. Swimmers need to provide their own counters. ● No events will swim with more than one swimmer per lane ● 25-yard events will start at the turn end of the pool with blocks and finish at the touchpads. It will be timed with same timer set up as other events.
SCRATCHES	<ul style="list-style-type: none"> ● Positive check-in sheets must be returned to the administration table no later than 30 minutes before the beginning of the session. Swimmers who have not been checked in will be scratched from the session.
COURSE	SCY
ELIGIBILITY	<ul style="list-style-type: none"> ● YMCA Championship Meet Participation: In order for an athlete to be eligible to compete in sanctioned YMCA championship competitions, he or she must have competed in a minimum number of closed inter- association YMCA meets during the current season. That number is determined by the league, region or other entity sponsoring the championship meet. For YMCA National Championship meets, an athlete must have competed in three closed inter-association YMCA meets plus one sanctioned YMCA championship meet since September 1 of the current season. ● To compete is defined as swimming in at least one meet event to completion (without taking a declared false start). Time trial meets do not satisfy this YMCA meet participation requirement. ● An athlete must compete in a minimum of three (3) YMCA Swimming meets during the 2023-2024 SCY season. ● If a swimmer who is not properly registered with YMCA Swimming and USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach, or a member club submitting the entry. <p><u>Athlete:</u></p> <ul style="list-style-type: none"> ● Racing Starts: Any swimmer entered in the meet must be certified by a YMCA Swimming coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. ● YMCA Membership: An athlete must be a YMCA member in good standing who holds a full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the date of the competition. An athlete may have only represented that YMCA team in competition since September 1, 2023 excluding interscholastic competition. ● Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer. ● Unattached Athletes: There is no unattached status in YMCA Swimming. ● Age: An athlete must be at least (6) years of age, and not older than eighteen (18) years of age on the first day of the meet. High school post-graduate swimmers are eligible as long as they have not represented a post- high school institution. <p><u>Required Certifications:</u></p> <p>Coaches must hold current certifications in the following courses in order to receive a deck credential:</p> <ul style="list-style-type: none"> ● Safety Training for Swim Coaches ● Basic Life Support (Professional Rescuer CPR) ● First Aid ● Principles of YMCA Competitive Swimming and Diving

	<ul style="list-style-type: none"> ● Child/Athlete Protection Training <p><i>A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS</i></p> <ul style="list-style-type: none"> ● <u>Coach Registration</u>: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck. ● <u>Teams without A Coach at the Meet</u>: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation. ● <u>Team Registration</u>: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry fee deadline.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> ● Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director and Meet Referee. ● The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
ENTRY POLICY	<p>USA Swimming Closed Competition- These meets meet the USA Swimming definition of closed competition:</p> <ul style="list-style-type: none"> ● Competition exclusively among members of a single club ● Competition or series of competition within an independent organization open only to members of that organization, such as: <ul style="list-style-type: none"> ○ YMCA competition ○ Summer league competition ○ Conference competition ● Closed competition does not include representing a group within USA Swimming such as LSC, Zone, Region, or Section, nor does it include dual meets, invitationals, or other meets where only certain clubs are invited to participate.
CUT PROTOCOL	<p>If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour rule using the following cut protocols in any order deemed necessary:</p> <p>(a.) Entries may be cut by time or to a specific number of heats for specified events.</p> <p>(b.) Relays may be limited to a specific number of heats based on timeline.</p> <p>If deck scratches allow a reasonable timeline, swimmers may be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet.</p>
ENTRIES	<ul style="list-style-type: none"> ● Electronic entries should be emailed as an attachment to the entry chairperson. Please check that your team's name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received by: March 15, 2024. Failure to pay entry fees by this deadline could result in teams being barred from the meet. ● Mail completed signed entry cover page and waiver, and payment to the entry chairperson: <ul style="list-style-type: none"> YMCA of Greater Nashua Storm Swim Team c/o Elisha Daley YMCA of Greater Nashua 10 Cotton Rd Nashua, NH 03063 ● Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled. This fine is payable to the <u>YMCA of Greater Nashua Storm</u>. Late payment of entry fees may result in future exclusion from meets hosted by our club.

	<ul style="list-style-type: none"> ● IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery. ● Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. <i>Your entry is considered received only if you receive an acknowledgement.</i> ● All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins. ● All entry times must be entered in the specified meet course. There are qualifying times for this meet that must have been achieved since January 1st, 2023. ● Athletes may compete in a maximum of three (3) individual event(s), which includes any open events, and two (2) relays. Time trials, if permitted, count towards a swimmers individual event count. ● ENTRY TIME UPDATES: Entry times may be updated until 9:00 pm Monday March 11th, prior to the first day of the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chair. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.) ● No deck entries will be accepted.
RELAYS	<ul style="list-style-type: none"> ● Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets. ● All relay swimmers must be officially entered into the meet. ● Unattached swimmers may not participate in any relays.
TIME TRIALS	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are limited to meet participants only.
FEES	<ul style="list-style-type: none"> ● Timed final individual events: \$8.00 ● Distance events (events 400 yards and over).\$10.00 ● \$25.00 for Relays ● Time Trials \$10.00 for IE, \$40 for relays ● Swimmer Participation Fee is \$30.00 per swimmer ● NES Travel Fee: \$2.00 per swimmer (to be included in the check and the host team will send to NESwimming). Non-electronic entries: \$10.00 for individual and \$25.00 for relays.
ADMISSIONS	<ul style="list-style-type: none"> ● Admission fee \$5 adults/\$0 children ● Heat Sheets: Available free via Meet Mobile
MEET MOBILE	Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.
WARM-UP	The pool will open for warm-ups as designated on the event list before the beginning of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. The diving well area will be available during the meet for warm-up and warm-down. See “Safety” for Warm-up safety guidelines.
AWARDS	Medals will be awarded for 1st through 8th place in all events. Ribbons will be awarded for place 9 through 16 in all events.
SCORING	The meet will be scored. The meet will be scored through 16 places. Only 4 individuals and one relay may score points in each event. Awards will be made based on place (Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2). The Open 200-yard events in Session 5 (Event # 87, 88, 95, 96, 103, 104) WILL be scored. All points awarded will be allocated to session 5 (Class A 15-18 Girls and Boys) team totals even if swum by a younger swimmer
LEGAL SPLITS	Individual Events: Preferably, legal splits should be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party should supply an additional timer(s) on the lane for the split, if necessary, to ensure an accurate time. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the

	<p>end of the racing course. Optionally, a legal split may be requested after the event using a legal split form when using a fully automatic timing system. The Admin Official has discretion to either grant or deny the request after reviewing the available evidence. Backstroke legal splits must be requested in advance to ensure a legal finish.</p> <p>LEGAL SPLITS – Relays: All lead-off splits for relays are automatically loaded into SWIMS and do not require additional watches for validation unless there are no touchpads present, or the second swimmer starts in the water. If there are no touchpads, or the second swimmer starts in the water, a legal split form with three watches will be required for entry into SWIMS. Timers must be positioned over the lane at the end of the racing course. It is recommended that coaches report lead-off time discrepancies to the Administrative Referee or Administrative Official.</p>
SWIMWEAR	<p>Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under Tech Suit Restriction for 12-and-Under Swimmers.</p>
RULES	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. ● Operation of a DRONE, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. ● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. ● PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the YMCA of Greater Nashua Storm, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests. ● VIDEO STREAMING: All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE. ● Deck Changing is PROHIBITED. ● An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. ● According to New England Swimming Best Practices, all athletes should shower before entering the pool.
SAFETY	<ul style="list-style-type: none"> ● No shaving is permitted at the competition site. ● No glass containers are permitted within the facility. ● Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups. ● Lifeguards are available to athletes participating in the meet. <p>WARM UP SAFETY:</p> <ul style="list-style-type: none"> ● Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time. ● For all warm-up sessions, swimmers must utilize a “sit and slide”/ “three-point” entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding, feet-first, into the pool. ● During competition, when entering the warm-up/warm-down area, a “sit and slide”/ “three-point” entry is required at all times.”

	<ul style="list-style-type: none"> • No equipment is allowed to be used during warm-up ● In extraordinary cases, due to bulkheads and other pool designs, it may be determined that it is unsafe or impossible for swimmers to perform the required sit and slide entry. In such extremely rare cases, the sit and slide rule may be modified. Exceptions to the sit and slide rule shall only be made when performing the sit and slide entry poses risk of injury to swimmers and/or risk damaging or ripping of swimsuits. An exception to the sit and slide rule shall only be made when the Safety Monitor, Meet Director, and Meet Referee have evaluated the risks and unanimously determined that the use of the sit and slide entry poses such great risk as to be unsafe. In these cases, the Safety Monitor, Meet Director, and Meet Referee must determine and agree upon an alternative safety plan to ensure swimmer safety.
SAFE SPORT	<ul style="list-style-type: none"> • The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. • The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet. • Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. • For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report. • All athletes age 18 and older must complete Athlete Protection Training in order to be a registered member in good standing. Any athlete who turns 18 on or after March 16, 2024, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after March 16, 2024, who competes in this swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.
FACILITY RULES	<ul style="list-style-type: none"> • No smoking, drugs, or alcohol are permitted in the complex. • Pets are not permitted in the facility. • Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
CHANGES TO MEET	Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Patrick Johnstone . Any change to the meet format after the meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.
WEATHER/ FACILITY PROTOCOL	If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. Cancellation of the meet, or a session, is the decision of the Meet Director, Meet Referee and the Meet Jury.

MEET JURY	The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the Meet Jury but not vote. When possible, the three members shall be from separate teams. The Meet Jury will decide all issues of eligibility, and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.
DECK ACCESS	Only current YMCA and USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck.
OFFICIALS	Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. Officials' meeting will take place in the hallway accessed through a door behind the start end of the pool forty-five (45) minutes prior to the start of the meet.
GENERAL	<ul style="list-style-type: none"> • Coach and official hospitality will be available throughout the meet. • There will be no on-site concessions.
DIRECTIONS	The WPI Park Street Garage and WPI Pool can be accessed via 151 Salisbury Street Worcester, MA.
HOTELS	See below
EVENTS	See below <i>** The Open 200 Breaststroke, Open 200 Butterfly and Open 200 Backstroke will only be offered in Session 5 (Class A 15-18 Girls and Boys). **</i>
WAIVERS	USA Swimming, Inc., New England Swimming, Inc., and YMCA of Greater Nashua Storm cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

YMCA New England Swimming Championships

WPI Pool 100 Institute Rd. Worcester, MA

March 16-17, 2024

Session 1:

Class C: 11 & 12 Girls & Boys

Warm-up: 7:00 AM Saturday, March 16, 2024 Session Start: 8:30 AM

Girls Event #	Qualifying Time	Event	Qualifying Time	Boys Event #
1		200 Medley Relay		2
3	35.69	50 Butterfly	36.09	4
5	1:30.49	100 Breaststroke	1:31.19	6
7	36.69	50 Backstroke	37.59	8
9	1:19.69	100 Butterfly	1:22.09	10
11	1:08.49	100 Freestyle	1:08.29	12
13	2:51.39	200 Individual Medley	2:51.19	14
15	31.79	50 Freestyle	31.59	16
17	42.99	50 Breaststroke	42.39	18
19	2:27.89	200 Freestyle	2:27.79	20
21	1:18.49	100 Backstroke	1:19.59	22
23		200 Freestyle Relay		24

YMCA New England Swimming Championships

WPI Pool 100 Institute Rd. Worcester, MA

March 16-17, 2023

Session 2:

Class B: 13 & 14 Girls & Boys

Warm-up: 1:00 PM Saturday, March 16, 2024 Session Start: 2:30 PM

Girls Event #	Qualifying Time	Event	Qualifying Time	Boys Event #
25		200 Medley Relay		26
27	2:15.49	200 Freestyle	2:09.99	28
29	2:33.99	200 Individual Medley	2:27.29	30
31	28.49	50 Freestyle	27.39	32
33	1:10.89	100 Butterfly	1:08.59	34
35	1:02.79	100 Freestyle	59.59	36
37	6:06.39	500 Freestyle	5:51.69	38
39	1:10.89	100 Backstroke	1:08.09	40
41	1:22.39	100 Breaststroke	1:18.39	42
43		200 Freestyle Relay		44

YMCA New England Swimming Championships

WPI Pool 100 Institute Rd. Worcester, MA

March 16-17, 2023

Session 3:

Class D&E: 10 & Under Girls & Boys

Warm-up: 7:00 AM Sunday, March 17, 2024 Session Start: 8:30 AM

Girls Event #	Qualifying Time	Event	Qualifying Time	Boys Event #
45		100 Medley Relay (8&U)		46
47		200 Medley Relay (9-10)		48
49	31.19	25 Butterfly (8&U)	31.19	50
51	42.19	50 Butterfly (9-10)	43.59	52
53	1:47.69	100 Breaststroke (9-10)	1:50.89	54
55	24.99	25 Backstroke (8&U)	24.99	56
57	42.79	50 Backstroke (9-10)	43.79	58
59	1:43.49	100 Butterfly (9-10)	1:47.79	60
61	45.59	50 Free (8&U)	46.19	62
63	1:19.49	100 Freestyle (9-10)	1:20.39	64
65	1:58.59	100 Individual Medley (8&U)	2:06.79	66
67	1:32.69	100 Individual Medley (9-10)	1:33.49	68
69	36.19	50 Freestyle (9-10)	36.69	70
71	32.49	25 Breaststroke (8&U)	32.49	72
73	49.99	50 Breaststroke (9-10)	51.99	74
75	20.99	25 Freestyle (8&U)	20.99	76
77	1:31.99	100 Backstroke (9-10)	1:33.39	78
79		100 Freestyle Relay (8&U)		80
81		200 Freestyle Relay (9-10)		82

YMCA New England Swimming Championships

WPI Pool 100 Institute Rd. Worcester, MA

March 16-17, 2023

Session 4:

Class A: 15 -18 & Open Girls & Boys

Warm-up: 1:00 PM Sunday, March 17, 2024 Session Start: 2:30 PM

Girls Event #	Qualifying Time	Event	Qualifying Time	Boys Event #
83		200 Medley Relay		84
85	2:12.29	200 Freestyle	2:02.49	86
87	2:53.59	200 Breaststroke (OPEN)	2:38.79	88
89	2:29.59	200 Individual Medley	2:17.59	90
91	27.59	50 Freestyle	25.49	92
93	1:08.39	100 Butterfly	1:02.49	94
95	2:29.49	200 Backstroke (OPEN)	2:19.99	96
97	59.59	100 Freestyle	54.09	98
99	5:55.59	500 Freestyle	5:32.69	100
101	1:09.39	100 Backstroke	1:04.79	102
103	2:33.19	200 Butterfly (OPEN)	2:22.79	104
105	1:20.79	100 Breaststroke	1:12.79	106
107		400 Freestyle Relay		108

** The Open 200 Breaststroke, Open 200 Butterfly and Open 200 Backstroke will only be offered in Session 5 (Class A 15-18 Girls and Boys). **

YMCA Sanctioned Meet Declaration Form

Participating YMCA: _____

YMCA Address: _____

Meet Name: YMCA New England Swimming Championships

Meet Date: March 16-17, 2024

Meet Host: YMCA of Greater Nashua Storm

Meet Location: WPI Pool 100 Institute Rd., Worcester, MA 01609

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of this YMCA and meet all eligibility requirements.

- All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

COACHES - All coaches representing the YMCA above have completed the annual YMCA coach registration and hold current certifications in:

- BLS (Professional Rescuer CPR)
- First Aid
- Safety Training for Swim Coaches
- Child/Athlete Protection Training
- Principles of YMCA Competitive Swimming and Diving

INSURANCE - Our Association has insurance coverage for representative(s) including participants, coaches, volunteers and leadership who will be in attendance at the **YMCA New England Swimming Championships** for the entire period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our participants, coaches, volunteers, and leadership during their participation in the **YMCA New England Swimming Championships**.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, YMCA of Greater Nashua Storm, their agents, representatives or assigns, and the WPI pool for any and all injuries which may be suffered by participants at the **YMCA New England Swimming Championships**. Furthermore we understand that the YMCA of the USA and YMCA of Greater Nashua Storm are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Printed Name and Signature of Head Coach

Printed Name and Signature of YMCA CEO or Executive Director

Local Accommodations

AC Hotel by Marriott

125 Front Street, Worcester, MA, 774-420-7555

Courtyard Marriott Worcester

72 Grove Street, Worcester, MA, 508-363-0300

Hampton Inn & Suites

65 Prescott Street, Worcester, MA, 508-886-9005

Hilton Garden Inn Worcester

35 Major Taylor Boulevard, Worcester, MA, 508-753-5700

Holiday Inn Express

110 Summer Street, Worcester, MA, 508-757-0400

Residence Inn Worcester

503 Plantation Street, Worcester, MA, 508-753-6300

Homewood Suites by Hilton Worcester

1 Washington Square, Worcester, MA, 508-755-1234

Best Western Royal Plaza Hotel and Trade Center

181 Boston Post Road West, Marlborough, MA, 888-543-9500

Embassy Suites by Hilton

123 Boston Post Road West, Marlborough, MA, 508-485-5900

Hampton Inn Marlborough

277 Boston Post Road West, Marlborough, MA, 508-787-9888

Comfort Inn Auburn-Worcester

426 Southbridge Street, Auburn, MA, 508-832-8300

Fairfield Inn & Suites

718 Southbridge Street, Auburn, MA, 508-832-9500

Hampton Inn & Suites Auburn

736 Southbridge Street, Auburn, MA, 774-221-0055

Holiday Inn Express

10-12 Johnson Street, Auburn, MA, 508-832-2500

La Quinta Inn

446 Southbridge Street, Auburn, MA, 508-832-7000