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|  | Medley Mayhem at the MMA Mass Maritime Academy 101 Academy Dr. Buzzards Bay, MA 02532 May 16-18, 2025 Held under the sanction of USA Swimming/New England: NE25-0516CCSC | Hosted by SSRP  |
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| | Name | Phone | Email |
|----------------|-----------------|--------------|--------------------------|
| Meet Director | Adrienne Fontes | 781-812-8919 | adriennefontes@yahoo.com |
| Meet Referee | Ann Wolf | 508-981-2563 | aawolf12@aol.com |
| Entry Chair | Alan Sanders | 508-564-2262 | atsanders@aol.com |
| Admin Official | Alan Sanders | 508-564-2262 | atsanders@aol.com |
| Safety Monitor | Rhiannon White | 508-564-5690 | rwhite222@yahoo.com |

SESSIONS:

| Date | Session Name | Warm up | Start |
|------------------------|---------------------------|---------|-------|
| Friday May 16 | Evening Distance | 4:30 | 5:00 |
| Saturday May 17 | Morning 10&Under, 15&Over | 7:30 | 8:35 |
| | Afternoon 11-14 | 1:00 | 2:05 |
| Sunday May 18 | Morning 10&Under, 15&Over | 7:30 | 8:35 |
| | Afternoon 11-14 | 1:00 | 2:05 |

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| <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> | |
| <p>IMPORTANT DEADLINES</p> | <p>First date of entry acceptance: April 16, 2025 Last date of entry acceptance: May 11, 2025 Payment due date: May 16, 2025</p> |
| <p>SITE</p> | <p>The Massachusetts Maritime Academy (MMA), Buzzards Bay, MA is located on Cape Cod. The pool is a 6 lane, 25 yard course with Competitor non-turbulent lane lines including buffer zones and lane lines on outside lanes. Starting blocks are at the deep end. Deep end pool depth is 10' and turn end pool depth is 4'. Colorado Timing with 6 lane electronic scoreboard and touchpads at the finish end. Seating with excellent view is provided for 300. The pool is located along the scenic Cape Cod Canal, one of Bourne's major recreational attractions. Fishermen, boaters, joggers, bicyclists, and walkers all use the canal for recreation. In addition, we are only ¼ mile from a marina and public boat launching facility and about one mile from Bourne Scenic Park and Campground. Directions may be found later in this document. The competition course has not been certified in accordance with 104.2.2C(4).</p> |
| <p>COURSE</p> | <p>SCY.</p> |
| <p>FORMAT:</p> | <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 or will be pre-seeded. 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 session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the control office. DISTANCE EVENTS: The |

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| | <p>1000 freestyle will be swum fast-to-slow alternating gender. Swimmers must provide their own timer and counter for these events only. All other distance events will swim without special notes.</p> <ul style="list-style-type: none"> • No events will swim with more than one swimmer per lane. • There are no 25 yd events |
| SPECIAL MEET FORMAT | <p>We will aggregate swimmer performance according to the USA Swimming IM Challenge formats:</p> <p>IM Xtreme CHALLENGE: IMX is a motivational program that allows swimmers across the nation to compare themselves to the thousands of other athletes in their single year age group (i.e., 9 year olds are scored in relationship to other 9 year olds etc). We will be using the Hy-Tek Single Year Age Group Points as the basis for determining the IMX total.</p> <p>IMX Events:</p> <ul style="list-style-type: none"> • 9-10 yr old: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM; • 11-12 yr old: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM; • 13-18 yr old: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM. <p>IM Ready CHALLENGE: IMR is a less rigorous motivational program that allows swimmers across the nation to compare themselves to the thousands of other athletes in their single year age group as above</p> <p>IMR Events:</p> <ul style="list-style-type: none"> • 9-10 yr old: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM; • 11-12 yr old: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM; • 13-18 yr old: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM. • |
| ELIGIBILITY | <ul style="list-style-type: none"> • All swimmers must be currently registered as athlete members of United States Swimming before 5:00 pm on the day before the first day of the meet. New England 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. • Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • If a swimmer who is not properly registered with 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. • Deck registrations will NOT be accepted. |
| 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. • 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>75%/25%</p> <ul style="list-style-type: none"> • The meet host may allocate 75% of splashes for the meet. The host team's entries are included in this allocation. |

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| | <ul style="list-style-type: none"> • Teams that are included in the 75% of guaranteed entries must submit their entry and payment to the host team no later than 7 calendar days before the first date of entries, or the host team may remove them from the 75% of guaranteed entries. • If a specified allocation of splashes is granted to a team and agreed upon in writing between the meet host and attending team, the attending team is financially responsible for that allocation if unused, unless the meet host is able to substitute other participants to fill the unused splashes. • 25% of the splashes must be reserved for other interested teams. Entries open at 12:00 am on the first date of entry acceptance; entries received before the first date of entry acceptance are considered received on the first day of entry acceptance. All entries received on the same calendar day are considered tied. • Should the meet become oversubscribed, and entries tied in sequence require resolution, a lottery will be conducted by the New England Swimming office. Results of the lottery will be shared with all involved parties. • Should the meet host improperly reserve 25% of available splashes, it must first adjust its own entry prior to applying cut protocols to the meet. |
| 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: May 16, 2025. 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: CCSC 4 DiCarlo Dr. Plymouth, MA 02360 • 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>meet host</u>. Late payment of entry fees may result in future exclusion from meets hosted by our club. • 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. (Coach’s times may be used instead of NT’s) • Swimmers may enter a maximum of 5 individual events per day • ENTRY TIME UPDATES: Entry times may be updated until the Monday 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. |
| SCRATCHES | <ul style="list-style-type: none"> • Scratch sheets should be handed in at the latest 30 minutes before session start) |
| 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> <ul style="list-style-type: none"> • Teams may be asked to cut each athlete to no more than two fewer events per day than the maximum allowed. • Entries may be cut by time or to a specific number of heats for specified events. • Teams may be asked to cut relay events. |

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| | <ul style="list-style-type: none"> ● If deck scratches allow a reasonable timeline, the swimmers can be reinstated into those previously entered events. <p>Clubs will be notified of cuts no later than Monday before the meet. If deck scratches allow a reasonable timeline, swimmers may be reinstated into those previously entered events.</p> <p>Clubs will be notified of cuts no later than Monday before the meet</p> <p>Other protocols may be used if detailed and approved by the Technical Chair</p> |
| TIME TRIALS | Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. |
| FEES | <ul style="list-style-type: none"> ● Timed final individual events 200 yards and under: \$5.00 ● Distance events (events 400 yards and over).\$10.00 ● Time Trials \$10.00 for IE, \$40 for relays ● Swimmer Participation Fee is \$25.00 per swimmer ● NES Travel Fee: \$1.00 per swimmer (to be included in the check and the host team will send to NE Swimming) <p>Non-electronic entries: \$5.50 for individual, \$10.50 for distance and \$25.00 for relays.</p> |
| ADMISSIONS | <ul style="list-style-type: none"> ● No charge |
| HEAT SHEETS/MEET MOBILE | <p>MEET MOBILE HEAT SHEETS: Meet Mobile heat sheets will be offered at this meet for FREE, The Meet Mobile heat sheet includes smart phone access to all heat sheets for the whole meet, including last minute changes and re-seeds.</p> <ul style="list-style-type: none"> ● 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 | <p>The pool will open for warm-ups as designated on the event list. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. There is no warm down facility available.</p> <p>Warm-up for Friday evening 500 Freestyle / 400IM commences at 4:30 pm and will last 25 minutes.</p> <p>Positive Check in for 1000 will be at 5:30 pm. A warm-up will commence at the conclusion of the 400 IM and will last 25 minutes.</p> <p>See “Safety” for Warm-up safety guidelines.</p> |
| AWARDS | <p>IMX/IMR scoring is weighted to account for the different ages. The top 3 finishers in each age grouping – 10&U, 11-12, 13-14 and 15&O - will receive awards as follows</p> <ul style="list-style-type: none"> ● IMX top 3 will each receive a medal ● IMR top 3 will each receive a certificate <p>Note: Athletes must swim in the age appropriate events to be eligible. Awards will only be given if the athlete has successfully completed all events in the IM challenge.</p> <p>No other awards will be given at this meet.</p> |
| SCORING | The meet will not be scored. |
| LEGAL SPLITS | <p>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 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> |

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| <p>SWIMWEAR</p> | <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> |
| <p>RULES</p> | <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 Meet Host, 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. <p>In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</p> |
| <p>SAFETY</p> | <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 <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.” ● 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 |

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| | <p>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.</p> |
| 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 USA Swimming registered member in good standing. Any athlete who turns 18 on or after May 16, 2025, 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 May 16, 2025, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. |
| CHANGES TO MEET | <p>Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, <u>Patrick Johnstone</u>. 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.</p> |
| MEET JURY | <p>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.</p> |
| WEATHER/FACILITY PROTOCOL | <p>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.</p> |
| DECK ACCESS | <p>Only current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming registration when asked. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck and will be fined by New England Swimming of \$100 to the coach, and \$200 to the coach’s club.</p> |
| OFFICIALS | <p>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.</p> |

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| | Officials meetings will be at least 30 minutes prior to the start of a session and may be conducted virtually in the days before the meet.) |
| GENERAL | Concessions available. No vendor |
| DIRECTIONS | GPS address is 101 Academy Drive Buzzards Bay MA |
| HOTELS | Closest hotel is Hampton Inn Buzzards Bay |
| EVENTS | See Below |
| WAIVERS | USA Swimming, Inc., New England Swimming, Inc., and Cape Cod Swim Club 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. |

EVENTS and SESSIONS:

CCSC IMX MEET ORDER OF EVENTS

NOTE: # Denotes IMX event * Denotes IMR event

10&Under

IMX: 200 FR, 100 BK, 100 BR, 100 FL, 200 IM

IMR: 100 FR, 50 BK, 50 BR, 50 FL, 100 IM

11-12

IMX: 500 FR, 100 BK, 100 BR, 100 FL, 200 IM

IMR: 200 FR, 50 BK, 50 BR, 50 FL, 100 IM

13&O

IMX: 500 FR, 200 BK, 200 BR, 200 FL, 200 IM, 400 IM

IMR: 200 FR, 100 BK, 100 BR, 100 FL, 200 IM

FRIDAY PM warm-up @ 4:30 PM, meet starts @ 5:00 PM

FRIDAY Evening warm-up @ 4:30 PM, meet starts @ 5:00 PM

| Girls Event # | Event | Boys Event # |
|-----------------------------|---------------|--------------|
| 1 | 12&U 500 FR | 2 |
| 3 | 13&O 500 FR # | 4 |
| 5 | 12&U 400 IM | 6 |
| 25 minute break for warm-up | | |
| 7 | 1000 FR | 8 |

SATURDAY AM warm-up @ 7:30 AM, meet starts @ 8:35 AM

| Girls Event # | Event | Boys Event # |
|---------------|-----------------|--------------|
| 9 | 15&O 200 FR * | 10 |
| 11 | 10&U 200 FR # | 12 |
| 13 | 15&O 100 BK * | 14 |
| 15 | 10&U 100 BK # | 16 |
| 17 | 15&O 200 BK # | 18 |
| 19 | 10&U 50 BK * | 20 |
| 21 | 15&O 200 IM # * | 22 |
| 23 | 10&U 100 FR * | 24 |
| 25 | 15&O 100 FR | 26 |

SATURDAY PM warm-up @ 1:00 PM, meet starts @ 2:05 PM

| Girls Event # | Event | Boys Event # |
|---------------|------------------|--------------|
| 27 | 11-12 200 FL | 28 |
| 29 | 13-14 200 FR * | 30 |
| 31 | 11-12 200 BR | 32 |
| 33 | 11-12 200 FR * | 34 |
| 35 | 13-14 100 BK * | 36 |
| 37 | 11-12 100 BK # | 38 |
| 39 | 13-14 200 BK # | 40 |
| 41 | 11-12 50 BK * | 42 |
| 43 | 13-14 200 IM * # | 44 |
| 45 | 11-12 100 FR | 46 |
| 47 | 13-14 100 FR | 48 |

SUNDAY AM warm-up @ 7:30 AM, Meet starts @ 8:35 AM



| Girls Event # | Event | Boys Event # |
|---------------|---------------|--------------|
| 49 | 10&U 200 IM # | 50 |
| 51 | 10&U 100 IM * | 52 |
| 53 | 15&O 400 IM # | 54 |
| 55 | 10&U 100 BR # | 59 |
| 57 | 15&O 100 BR * | 58 |
| 59 | 10&U 50 BR * | 60 |
| 61 | 15&O 200 BR # | 62 |

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| 63 | 10&U 100 FL # | 64 |
| 65 | 15&O 100 FL * | 66 |
| 67 | 10&U 50 FL # | 68 |
| 69 | 15&O 200 FL # | 70 |
| 71 | 10&U 50 FR | 72 |
| 73 | 15&O 50 FR | 74 |

SUNDAY PM warm-up @ 1:00 PM, Meet starts @ 2:05 PM

| Girls Event # | Event | Boys Event # |
|---------------|----------------|--------------|
| 75 | 11-12 200 IM # | 76 |
| 77 | 11-12 100 IM * | 78 |
| 79 | 13-14 400 IM # | 80 |
| 81 | 11-12 200 BK | 82 |
| 83 | 13-14 100 BR * | 84 |
| 85 | 11-12 100 BR # | 86 |
| 87 | 13-14 200 BR # | 88 |
| 89 | 11-12 50 BR * | 90 |
| 91 | 13-14 100 FL * | 92 |
| 93 | 11-12 100 FL # | 94 |
| 95 | 13-14 200 FL # | 96 |
| 97 | 11-12 50 FL * | 98 |
| 99 | 11-12 50 FR | 100 |
| 101 | 13-14 50 FR | 102 |

ENTRY PAYMENT AND LIABILITY RELEASE FORM

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|  | <p>Medley Mayhem at the MMA Mass Maritime Academy 101 Academy Dr. Buzzards Bay, MA 02532 May 16-18, 2025</p> <p>Held under the sanction of USA Swimming/New England: NE25-0516CCSC</p> | <p>Hosted by SSRP</p>  |
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CONTACT INFORMATION

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| Club | | Abbr: | |
| Deck Coach: | | Phone: | |
| Entries Contact; | | Phone: | |
| Address: | | | |
| Unattached Swimmers: | | | |

ENTRY FEES (non-electronic are an additional .50 per entry)

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| Individual Entries (Events 200 and under) | @ | \$5.00/\$5.50 | = | \$ | |
| Distance Entries (Events 400 and greater) | @ | \$10.00/\$10.50 | = | \$ | |
| Swimmer Participation Fees | @ | \$25.00 | = | \$ | |
| NE Travel Surcharge: # athletes | @ | \$1.00 | = | \$ | |
| TOTAL | | | = | \$ | |

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| Make check payable to: | CCSC | Entry Deadline | May 11, 2025 |
| Mail entries and check to: | | For all entries, this form and payment must be received by May 16, 2025 Error! Reference source not found. | |
| CCSC 4 DiCarlo Dr. Plymouth, MA 02360 Error! Reference source not found. | | | |

Liability Waiver

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming, Cape Cod Swim Club any and all injuries suffered by him/her at said meet. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, member coach or a member club submitting a meet the entry

Signature of Authorized Team Official

Date