



## Rockingham Area Youth Swim Team

### Team Specialty Meet

The Workout Club and Wellness Center

16 Pelham Road, Salem, NH 03079

Saturday, October 15, 2016

Held under the sanction of USA Swimming/New England #NE-16-1015-RAIS TT

First date of entry acceptance: September 27, 2016

**Meet Director:** Carol MacDougall (tmacdougall@myfairpoint.net (603)-362-4595)

**Meet Referee:** Sean Doyle ([shmiked@gmail.com](mailto:shmiked@gmail.com)) (978) 771-7344)

**Entry Chairperson:** Marilyn Soraghan (mlsoraghan@comcast.net (603)-860-7862)

**Admin Official:** Carol MacDougall

**Safety Monitor:** Karalyn Von Pichl

**MEET FORMAT:** 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 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. 500 Freestyle events will be swum fastest to slowest, all women, then men. No events will swim with more than one swimmer per lane.

**SITE:** The Workout Club and Wellness Center is located just off exit 2 in Salem, NH. The Competition Pool is an 8-lane, 25-yard pool with 6 foot-wide lanes and non-turbulent lane lines. The timing system includes a brand new state of the art, fully-automatic Colorado Time Systems electronic timing system with touchpads at the finish end of the pool with single-line electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 9 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is limited. There is plenty of parking at the facility. The pool is located inside The Workout Club and Wellness Center, 16 Pelham Road, Salem, NH 03079.

Directions may be found later in this document. The competition course has not been certified in accordance with 104.2.2C(4).

**COURSE:** Short course yards (25 yards).

**25-YARD EVENTS:** 25-yard events will start at the starting block end of the pool and finish at the turn end with manual timing.

**CUT PROTOCOL:** 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:

(a.) Teams included in the 75% may be asked to cut each athlete to one less event than maximum allowed per day.

For teams included in the 25% of the 75/25:

- (a.) Teams may be asked to cut each athlete to two less events per day than the maximum allowed.
- (b.) Entries may be cut by time or to a specific number of heats for specified events

If deck scratches allow a reasonable time-line, the swimmers can be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet

**RESERVE THE RIGHT TO MAKE CHANGES:** Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Laura Matuszak. 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.

**MEET COMMITTEE/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 jury but not vote. 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

**WEATHER 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 a decision of the Meet Director and the Meet Referee. If weather requires the cancellation of any finals session, the results of the preliminary session will be the final order.

**ELIGIBILITY** All swimmers must be 2016/2017 registered swimmers with United States Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492: [office@neswim.com](mailto:office@neswim.com). Age is determined by the age of the swimmer on the first day of the meet. All coaches on deck must be registered with USA Swimming and display their coach membership cards.

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. 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

**REGISTRATIONS:** All swimmers must be registered (includes proof of age and payment) with USA Swimming before 11:59 PM on the Tuesday before the start of the meet. Any swimmer who has entered a meet and does not register by 11:59 PM on the Tuesday before the first day of the meet is subject to a \$100 fine and will be scratched from the meet. Teams are **required** to check their entries with the online registration check tool on the [New England Swimming web site](#) to verify registration status.

**DISABILITY SWIMMERS:** Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary

then the coach or athlete must notify the Meet Referee and Meet Director of any disability prior to competition.

**EVENTS and SESSIONS:** See attached list.

**ENTRY INFORMATION:**

First date of entry acceptance: September 27, 2016 (any entry received before this date will be considered received on September 27, 2016,)

Final date of entry acceptance: October 8, 2016.

Make checks payable to "RAYS Swim Team".

Mail completed signed entry cover page and waiver, and payment to the entry chairperson:

Marilyn Soraghan

14 Aldrich Street

Litchfield, NH 03052.

Payment due date for all entries: October 11, 2016, Any team that fails to send payment, cover page and waiver form, by this due date can be scratched from the meet at the discretion of the Entry Chairperson.

**ENTRY POLICY: 75%/25%**

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. The team will still be liable for payment of the entry fee, and will be referred to the Board of Review. The host team can release this liability if it is able to fill the meet with entries from other teams.

Teams accepted in the 25% or the lottery must send payment for their entry within 4 calendar days of the notification. Accepted teams that do not send payment within 4 calendar days will forfeit their entry, but will still be liable for payment of the entry fee, unless the host team is able to fill the meet with entries from other teams. No refunds will be given for entries that are accepted or for entries that are rejected due to improper entry. *Any swimmer who is entered with incorrect swimmer information, or an incorrect or no ID, or is unregistered, will be scratched from the meet until corrections are made per the New England policy.*

All unattached swimmers must be declared as unattached in writing before the meet begins.

**ENTRY FEES:** Electronic entries:

\$5.00 for all individual events under 400 yds, including time trials

\$7.00 for distance events (events 400 yds. and over)

Add .50 for all Non-electronic entries.

Swimmer Participation Fee is \$9.00 per swimmer

**NE Swimming Travel Fee of \$1.00 per swimmer** (to be included in the check and the host team will send to NESwimming)

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at [mlsoraghan@comcast.net](mailto:mlsoraghan@comcast.net) . Please check that your team 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: October, 11, 2016. Any team that fails to send payment, cover page and waiver page by this due date may be scratched from the meet at the discretion of the Entry Chairperson.

**ENTRY LIMITS:** Athletes may enter and swim in a maximum of 5 events per day for timed final events, or 3 per day for trials/finals events. Time Trials count in the per day event count.

**ENTRY TIME UPDATES:** Entry times may be updated until 7 days prior to the first day of the meet. No new entries will be accepted after the October 8, 2016 entry deadline. Entry time updates should be sent via email to the entry chairperson at [mlsoraghan@comcast.net](mailto:mlsoraghan@comcast.net). Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

**ENTRY TIMES:** All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times. (Coach's times should be used instead of NT's)

**LEGAL SPLITS:** legal splits (including relay lead-offs) must be requested before the event, by a coach, using a legal split form (available from the Clerk of Course) and the requesting party must supply an additional timer(s) on the lane for the split, if necessary, to meet the USA-S requirement.

**ADMISSION:** Free

**PROGRAMS:** \$4.00 per session.

**MEET MOBILE:** Meet Mobile will not be used for this meet. Official results will be published and posted at the meet.

**WARM-UPS:** The pool will open for warm-ups as designated on the events listing for 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.

**OFFICIALS:** If you know that you will be attending this meet, please email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome. Officials meetings will be 1 hour before the session start.

**SAFETY:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes.
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.

4. 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.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
6. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**RULES:** Current USA Swimming rules will govern all competition. Decisions by the Meet Referee will be final unless a written protest is lodged within 30 minutes of the heat swum. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the New England Swimming office for further review and/or action.

**SAFE SPORT:** The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to an official, the Meet Referee or the Meet Director to be resolved.

USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Anne Kaufman: [nesafesport@gmail.com](mailto:nesafesport@gmail.com) (857-928-3638) or through the [USA-S online reportable form](#).

**PHOTOGRAPHY/ PHOTOGRAPHERS ON DECK:** As per New England Swimming policy, professional photographers contracted by Rockingham Are Youth Swim Team 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

**DECK ACCESS:** Only 2016/2017 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their current USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming.

**SCORING:** The meet will not be scored.

**FOOD:** A concession stand will be in operation for the duration of the meet.

**HOSPITALITY:** There will be food available for coaches and officials.

**EQUIPMENT VENDOR:** No equipment vendor will be available for this meet although we may have goggles, and other accessories available for sale for the duration of the meet.

**MISCELLANEOUS: Rockingham Area Youth Swim Team** assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

**PARKING:** There is ample parking available in the parking lot at the Workout Club and Wellness Center facility.

**DIRECTIONS:** The Workout Wellness Center is located @ 16 Pelham Road, Salem, NH 03079 1-93 just off exit 2.

**LODGING:** The following hotels and motels are in the area:  
Holiday Inn Express, 1 Keewaydin Drive, Salem, NH 03079



Rockingham Area Youth Swim  
The Workout Club and Wellness Center, Salem, NH  
October 15, 2016

Saturday AM

Session #1

Warm-ups: 7:30am Start: 8:30am

Girls Events	Event	Boys Events
1	12/under 50 Fly	2
3	8/under 25 Fly	4
5	12/under 50 Backstroke	6
7	8/under 25 Back	8
9	12/under 50 Breaststroke	10
11	8/Under 25 Breaststroke	12
13	12/under 50 Free	14
15	8/under 25 Free	16
17	12/under 100 IM	18

Saturday PM

Session #2

Warm-ups: 1:00pm Start: 2:00pm

17	13/over 200 IM	18
19	13/over 100 Breaststroke	20
21	13/over 50 Free	22
23	13/over 100 Backstroke	24
25	Open 500 Free	26



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 Saturday, October 15, 2016

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CONTACT INFORMATION *(all fields required)*

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Unattached Swimmers: \_\_\_\_\_

ENTRY FEES (non-electronic add .50 per entry)

\_\_\_\_\_ Individual Entries @ \$5.00/ \$5.50 = \$ \_\_\_\_\_

\_\_\_\_\_ Distance Events (400 & longer) @ \$7.00/ \$7.50 = \$ \_\_\_\_\_

\_\_\_\_\_ Swimmer Participation Fee: # athletes \_\_\_\_\_ @ \$ 9.00 = \$ \_\_\_\_\_

\_\_\_\_\_ NE Travel Surcharge: # athletes \_\_\_\_\_ @ \$1.00 = \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

Make check payable to: RAYS

Mail entries and check to:

Marilyn Soraghan \_\_\_\_\_

14 Aldrich st

Litchfield, NH 03052

Phone (603) 860-7862

Entry Deadline: 10/08/16

For e-mailed entries, this form and payment  
 must be received by: 10/11/16

LIABILITY RELEASE

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, RAYS Swim Team & The Workout and Wellness Center of Salem, NH for any and all injuries suffered by him/her at said meet. In submitting this entry the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming.

\_\_\_\_\_  
 Signature of Authorized Team Official

\_\_\_\_\_  
 Date