

Eastern Mass. YMCA League

Last Chance Meet

Hosted by the YNS Sharks

January 9, 2010

Haverhill High School

137 Monument Street

Haverhill, MA

Meet Director: John Brennan, JohnBrennan@comcast.net, 978-852-1847

Meet Referee: Andy Coady, stevedavidson48@yahoo.com 978-922-5585

Entry Chairperson: Carol Meyer, meycerc@northshoreymca.org, 978-927-6855
x1204

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, which 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 timing table.

SITE: The Haverhill HS Pool is an 8-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. Fully-automatic Colorado Time Systems electronic timing system. There are touch pads at the finish end of the pool with eight-line electronic display. There are no touch pads at the turn end of the pool.

COURSE: Short course yards (25 yards).

EVENTS and SESSIONS: See attached list.

ELIGIBILITY: All contestants must be a current full privilege YMCA member for the team they are representing. The meet is closed to all except YMCA teams.

ENTRY INFORMATION: Entries must be received no later than January 4, 2010. Every attempt will be made to accommodate all entries for this last chance meet. We are bound by time limits so consideration should be made when submitting your entry. Make checks payable to "YNS Swim Team". Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson: Carol Meyer 254 Essex Street, Beverly, MA 01915. All entries must include a completed and signed entry cover sheet and waiver. No deck entries will be accepted. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

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

meyerc@northshoreymca.org . 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 within four (4) days, excluding Sundays and holidays, of receipt of the email entry. If payment is received within four (4) days, excluding Sundays and holidays, of the email entry, the email receipt date will be considered the date of entry. If payment is received more than four (4) days, excluding Sundays and holidays, after the email entry, the payment receipt date will be considered the date of entry.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 3 individual and 1 relay events

ENTRY TIME UPDATES: Entry times may be updated through Monday, January 4th, 2009 at 5:00 PM. Entry time updates should be sent via email to the entry chairperson at meyerc@northshoreymca.org. Entry time updates must be sent as Hy-Tek format CL2 files with updated times.

ENTRY FEES: The Swimmer Participation Fee is \$ 5.00 per swimmer.

ENTRY TIMES: All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times. (Entries with "NO TIME" will be rejected.)

25-YARD EVENTS: 25-yard events will start at the start end of the pool. Swimmers may dive in from the wall.

HEAT SHEETS: will be posted around the pool and lobby areas.

ADMISSION: \$1.00 per session.

WARMUPS: The pool will open for warm-ups one-hour before the beginning of each session. The pool will close ten minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. There is no warm-up/warm down pool.

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. No camera cell phones are permitted in the locker rooms.

6. No swimmer is allowed to use the adult locker rooms, fitness areas or any other areas of the YMCA not specified. Swimmers found to be in violation are subject to removal from the rest of the meet.

RULES: 2010 USA Technical Swimming rules (blue section) will govern all competition. There will be two YMCA certified officials including a Starter and a Referee. Decisions by the meet referee will be final unless a written protest is lodged within 30 minutes of the heat swum.

TIME TRIALS: Time trials will not be offered.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck.

SCORING: The meet will not be scored.

AWARDS: Ribbons will be awarded to the top six finishers in each individual event. Heat prizes will be awarded to the first place swimmer in each heat for 10 and under events.

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

EQUIPMENT VENDOR: There will not be a vendor on site.

MISCELLANEOUS: YMCA of the North Shore assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: There is on-site parking available