

**Second Annual
South Shore YMCA Strypers
Thanksgiving Invitational**

SSYMCA Millpond, 75 Mill St, Hanover, MA

November 27-29, 2008

Meet Director: Terri Phinney, terrip@ssymca.org , 781-829-8585 x242

Meet Head Official: Amy Happ, [hafhap@johnhapp.us](mailto:hafhapp@johnhapp.us)

Entry Chairperson: Julie Margolis jmargolis@ssymca.org , 781-829-8585

For the meet to run effectively, we will need every team to provide officials and timers.

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 control office. The 1650 freestyle will be swum fast-to-slow, alternating heats of women and men. Friday night event swimmers must provide their own timers and counter (as needed).

SITE: SSYMCA Millpond Competition Pool is a 6-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines with fully-automatic Colorado Time Systems electronic timing with touch pads at both ends of the pool with single-line electronic display. The finish end of the pool is 9.5 feet deep; the turn end of the pool is 3.5 feet deep. **Spectator seating is limited. Swimmers will be asked to leave their bags in a designated area off the pool deck. No food or beverages other than water are allowed on deck.** The pool is located inside the South Shore YMCA Millpond, 75 Mill Street, Hanover MA 02339. Please enter through the designated meet entrance.

COURSE: Short course yards (25 yards).

ELIGIBILITY: All contestants must be a current full privilege YMCA member for the team they are representing.

ENTRY INFORMATION: Entries will be accepted on and after October 16, 2009. **Entries will be accepted on a first come, first served basis.** Entries must be received no later than November 14, 2009. Make checks payable to "South Shore YMCA". Mail payment to the entry chairperson: Julie Margolis, SSYMCA Millpond, 75 Mill Street, Hanover, MA 02339. All entries must be typed or printed legibly, and must use full names including middle initial and birth dates or registration numbers from USA Swimming registration. 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 Julie Margolis at jmargolis@ssymca.org . Please check that your team name, address, and contact information are listed correctly in this file. For email entries, 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 more than four (4) days, excluding Sundays and holidays, of the e-mail 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 events per day and 1 relay event a day. **8 & Unders will be included in the Saturday morning session.**

EVENTS and SESSIONS:

Friday Night Distance Meet: November 27 Warm-up: 4:00pm Start: 5:00 pm

Girls Events	Age Group	Event	Boys Events
1	Open	400 IM	2
3	12 & Under	500 Free	4
5	Open	1650 Free	6

Each participant must provide their own timer and counter (as needed) for distance events.

Saturday Morning: November 28 Warm-Up: 6:50am Start: 8:00am

Girls Events	Age Group	Event	Boys Events
7	8 & Under	100 Free Relay	8
9	9-10	100 Free	10
11	8 & Under	25 Free	12
13	13-14	200 Free	14
15	8 & Under	25 Breast	16
17	9-10	50 Breast	18
19	13-14	100 Breast	20
21	8 & Under	25 Back	22
23	9-10	50 Back	24
25	13-14	200 Back	26
27	8 & Under	25 Fly	28
29	9-10	50 Fly	30
31	13-14	200 Fly	32
33	8 & Under	100 Med Relay	34
35	9-10	200 Medley Relay	36
37	13-14	200 Medley Relay	38

Saturday Afternoon: November 29 Warm-Up: 1:00pm Start 2:10pm

Girls Events	Age Group	Event	Boys Events
39	11-12	200 Free	40
41	15 & Over	50 Free	42
43	11-12	50 Free	44
45	15 & Over	100 Back	46
47	11-12	100 Back	48
49	15 & Over	200 Free	50
51	11-12	100 Fly	52
53	15 & Over	200 Breast	54
55	11-12	100 Breast	56
57	15 & Over	400 Medley Relay	58
59	11-12	200 Medley Relay	60

Sunday Morning: November 29 Warm-Up: 6:50am Start: 8:00am

Girls Events	Age Group	Event	Boys Events
61	13-14	50 Free	62
63	9-10	100 IM	64
65	13-14	200 IM	66
67	9-10	100 Fly	68
69	13-14	100 Back	70
71	9-10	100 Breast	72
73	13-14	100 Free	74
75	9-10	100 Back	76
77	13-14	200 Breast	78
79	9-10	50 Free	80
81	13-14	200 Free Relay	82
83	9-10	200 Free Relay	84

Sunday Afternoon: November 29 Warm-Up: 12:30pm Start 1:40pm

Girls Events	Age Group	Event	Boys Events
85	15 & Over	800 Free Relay	86
87	11-12	50 Breast	88
89	15 & Over	100 Breast	90
91	11-12	50 Back	92
93	15 & Over	200 Back	94
95	11-12	100 Free	96
97	15 & Over	100 Free	98
99	11-12	50 Fly	100
101	15 & Over	200 IM	102
103	11-12	200 Free Relay	104
105	15 & Over	400 Free Relay	106

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 November 14, 2009 entry deadline. Entry time updates should be sent via email to the entry chairperson Julie Margolis at jmargolis@ssymca.org. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

ENTRY FEES: Electronic entries: \$4.00 for individual events, \$5.00 for distance events (400 yds or more), \$20.00 for relays. Non-electronic entries: \$450 for individual events, \$5.50 for distance events, \$21.00 for relays. **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.)

ENTRY CUTS: Entry cuts, if necessary, will be made by the date of receipt. Teams will be notified that they have been accepted or cut from the meet within seven days of receipt of entry. If the meet

becomes oversubscribed, a random selection of those entries received on the date the meet becomes oversubscribed will be conducted in accordance with New England Swimming guidelines. Teams that are cut from the meet will have their entry fee returned within four days of being cut.

RELAYS: Relays will be limited to 4 relays per team per event. All relay swimmers must be officially entered in the meet. Relay participants starting at the turn-end of the pool, must start in the water.

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

WARM-UPS: 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 will be one lap lane in the family pool for warm-down.**

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. No shaving is permitted at the competition site.
2. No glass containers are permitted within the facility.
3. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the head official before he/she warms up. The head official will assign the swimmer to a registered coach for warm-ups.
4. No camera cell phones are permitted in the locker rooms.
5. No flash photography on deck.
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.
7. No balls, Frisbees or other propulsion devices are allowed in the waiting areas specified for the meet.

RULES: 2008 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 swim.

SCORING: The meet will not be scored.

AWARDS: 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. Limited swimming equipment will be sold for the duration of the meet.

MISCELLANEOUS: South Shore YMCA assumes no responsibility for lost or stolen property. Pets of any kind are not permitted within the facility. No smoking is allowed on the property. The SSYMCA is open to YMCA members during the meet. Swimmers are not permitted to use adult locker rooms or areas not designated for use during the meet. Failure to comply may result in a swimmer being removed from the remainder of the meet.

PARKING: Please park in the parking lot past the outdoor pools in designated spots. There will be Parking Marshalls to direct you where to park. Please do not park in the lot in front of the building or along the grassy islands.

DIRECTIONS: The South Shore YMCA Millpond is located at 75 Mill Street, Hanover MA 02339. Phone number is (781)829-8585.

From Boston and points north: take Route 3 South towards Cape Cod to exit 13 Rt-53; at light, bear right onto Rt. 53 S (Washington St) towards Pembroke; at second light, go left onto Mill St. The SSYMCA is the second right. Follow the parking lot road around, drop off your swimmer (live parking only) at the front door and proceed to the right of the building to the rear lot at the Outdoor Center.

From Plymouth and points south: Take Route 3 North toward Boston to Exit 13 Rt-53; Turn left onto Rt. 53 S (Washington St) toward Pembroke; At third light, go left onto Mill St. The SSYMCA is the second right. Follow the parking lot road around, drop off your swimmer (live parking only) at the front door and proceed to the right of the building to the rear lot at the Outdoor Center.

From Attleboro and points west: Take I-95 N toward Boston; merge onto I-93 N/US-1 N via Exit 12 toward Boston; merge onto MA-3 S via Exit 7 toward Cape Cod. Take Exit 13 Rt 53 S; go right at light onto Rt 53 S (Washington St) towards Pembroke; at second light, go left onto Mill St. The SSYMCA is the second right. Follow the parking lot road around, drop off your swimmer (live parking only) at the front door and proceed to the right of the building to the rear lot at the Outdoor Center.

LODGING: The following hotels and motels are in the area:

Holiday Inn, 929 Hingham Street, Rockland, MA 781-871-0545
Comfort Inn, 850 Hingham Street, Rockland, MA 781-982-1000
Best Western, 909 Hingham Street, Rockland, MA 781-871-5660
CapeWay Motel, 149 Washington Street, Norwell, MA 781-878-8124
Park View Inn, 350 Washington Street, Norwell, MA 781-659-2881