

“Santa’s Sprints”
Team Specialty Meet
December 5th and 6th 2009

Meet Director: Dave McCarthy (santasprints@gmail.com)

Meet Referee: Joe Reid (joe.reid@verizon.net)

Entry Chairperson: Joy Menard (santasprints@gmail.com)

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. Swimmers are required to check in with the clerk of course at the beginning of each session. The check in table will close at the start of the final warm-up for each session. ANY SWIMMER WHO DOES NOT CHECK IN WILL BE SCRATCHED FROM THE MEET. 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. During the course of the meet, events will be randomly selected as a “Santa Bell” race where the heat winner will receive an early Christmas gift. Swimmers in the 500fr must provide their own timers.

SITE: The Northeast Regional Vocational High School Competition Pool is a 5-lane, 25-yard pool with six-foot-wide lanes and non-turbulent lane lines. The finish end of the pool is 15 feet deep; the turn end of the pool is 3 feet deep. Spectator seating for 200 with additional space for folding bag chairs which are strongly encouraged. The pool is located at the far left side of the building. Please enter through the pool entrance at 100 Hemlock Rd. Wakefield, MA 01880. Directions may be found later in this document.

COURSE: Short course yards (25 yards).

EVENTS and SESSIONS: See attached list.

ELIGIBILITY: This meet is a closed inter-association meet and qualifies as one of the mandatory 3 meets needed to qualify for YMCA Championships. All contestants must be bona fide full privilege members of their East Field registered YMCA for at least 30 days prior to competing. All rules that govern YMCA swimming will be enforced. Please consult YMCASwimmingandDiving.org for more details on YMCA rules.

ENTRY INFORMATION: Entries will be accepted on and after November 19th, 2009. Please make payment to YMass Swimming and hard-copy of your file along with coaches contact information to YMass Swimming, 497 Main St. Melrose, MA 02176. The host team reserves the right to assign 75% of the entries to designated invited teams, all others will be accepted on a first come first serve basis.

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 (Joy Menard) at santasprints@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file and include a copy of your YMCA insurance rider. For email entries, payment and hardcopy of the entry must be received within five (5) days, excluding Sundays and holidays, of receipt of the email entry. If payment is received within five (5) 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 five (5) 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 5 events per day.

ENTRY TIME UPDATES: Entry times may be updated until 3 days prior to the first day of the meet. No new entries will be accepted after the Wednesday, December 2nd entry deadline. Entry time updates should be sent via email to the entry chairperson at santasprints@gmail.com. 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. Non-electronic entries: \$5.00 for individual events. There is NO Swimmer Participation Fee. THERE IS NO REASON TO PAY EXTRA FOR THE MEET. Use TM LITE by following this link: <http://www.hy-tek.com/downloads.html> It is required for YNE's and will make your life easier in the long run. Email Head Coach Rick Menard (melrosesharks@aol.com) if you need help with this program.

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...make a guess!.)

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, entries will be taken on a first come first serve basis. We strive to maintain a 4 hour session limit on Sunday.

25-YARD EVENTS: 25-yard events will start at the deep end of the pool. All starts for relays in the shallow end will be IN WATER STARTS only.

PROGRAMS: \$3.00 per session and are available after the meet has been seeded for that session.

ADMISSION: FREE.

WARMUPS: Teams will be assigned warm-up lanes after all entries are received. You may do oneway sprints in your own lane at your discretion.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the shallow end at any time
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.

RULES: 2009 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.

TIME TRIALS: Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$5.00 for individual events.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted outside the spectator area of the pool deck.

SCORING: This meet is not being scored.

AWARDS: Ribbons will be awarded to the top six finishers in each individual event. Combined events will be awarded separately based on YMCA age divisions.

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

EQUIPMENT VENDOR: Meet t-shirts will be available for purchase.

MISCELLANEOUS: Melrose YMCA Sharks assume no responsibility for lost or stolen property. Pets of any kind and smoking (MGL tobacco regulations apply on all school grounds) are not permitted within the facility.

PARKING: There is parking available all around the building and on the road leading into the school. Please do not block access roads leading into BREAKHEART STATE RESERVATION.

LODGING:

Holiday INN Express 999 Broadway, Saugus, MA - (781) 233-1800

Sheraton Colonial Boston North 1 Audubon Road, Wakefield, MA - (781) 876-6011

Hampton Inn 59 Newbury Street (Route 1 North), Peabody, MA - (978) 536-2020

Events

Session: 1 Saturday SUPER Session

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 8 & Under 25 Freestyle	0	0	04:30 PM	_____
Finals	2 Boys 8 & Under 25 Freestyle	0	0	04:30 PM	_____
Finals	3 Girls 9-10 50 Freestyle	0	0	04:30 PM	_____
Finals	4 Boys 9-10 50 Freestyle	0	0	04:30 PM	_____
Finals	5 Girls 11-12 50 Freestyle	0	0	04:30 PM	_____
Finals	6 Boys 11-12 50 Freestyle	0	0	04:30 PM	_____
Finals	7 Girls 13-14 50 Freestyle	0	0	04:30 PM	_____
Finals	8 Boys 13-14 50 Freestyle	0	0	04:30 PM	_____
Finals	9 Girls 15-18 50 Freestyle	0	0	04:30 PM	_____
Finals	10 Boys 15-18 50 Freestyle	0	0	04:30 PM	_____
Finals	11 Girls 8 & Under 25 Butterfly	0	0	04:30 PM	_____
Finals	12 Boys 8 & Under 25 Butterfly	0	0	04:30 PM	_____
Finals	13 Girls 9-12 100 Butterfly	0	0	04:30 PM	_____
Finals	14 Boys 9-12 100 Butterfly	0	0	04:30 PM	_____
Finals	15 Girls 13 & Over 200 Butterfly	0	0	04:30 PM	_____
Finals	16 Boys 13 & Over 200 Butterfly	0	0	04:30 PM	_____
Finals	17 Girls 8 & Under 100 IM	0	0	04:30 PM	_____
Finals	18 Boys 8 & Under 100 IM	0	0	04:30 PM	_____
Finals	19 Girls 9-10 100 IM	0	0	04:30 PM	_____
Finals	20 Boys 9-10 100 IM	0	0	04:30 PM	_____
Finals	21 Girls 11-12 100 IM	0	0	04:30 PM	_____
Finals	22 Boys 11-12 100 IM	0	0	04:30 PM	_____
Finals	23 Girls 8 & Under 25 Backstroke	0	0	04:30 PM	_____
Finals	24 Boys 8 & Under 25 Backstroke	0	0	04:30 PM	_____
Finals	25 Girls 9-10 50 Backstroke	0	0	04:30 PM	_____
Finals	26 Boys 9-10 50 Backstroke	0	0	04:30 PM	_____

Finals	27	Girls 11-12 50 Backstroke	0	0	04:30 PM	_____
Finals	28	Boys 11-12 50 Backstroke	0	0	04:30 PM	_____
Finals	29	Girls 13 & Over 200 Backstroke	0	0	04:30 PM	_____
Finals	30	Boys 13 & Over 200 Backstroke	0	0	04:30 PM	_____
Finals	31	Girls 8 & Under 100 Freestyle	0	0	04:30 PM	_____
Finals	32	Boys 8 & Under 100 Freestyle	0	0	04:30 PM	_____
Finals	33	Girls 9-12 200 Freestyle	0	0	04:30 PM	_____
Finals	34	Boys 9-12 200 Freestyle	0	0	04:30 PM	_____
Finals	35	Girls 13 & Over 200 Freestyle	0	0	04:30 PM	_____
Finals	36	Boys 13 & Over 200 Freestyle	0	0	04:30 PM	_____
		Finish Time			04:30 PM	_____

Session: 2 SundayAM 8/U-13+

Day of Meet: 2 Starts at 08:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at		
Finals	41	Girls 8 & Under 25 Breaststroke	0	0	08:30 PM	_____
Finals	42	Boys 8 & Under 25 Breaststroke	0	0	08:30 PM	_____
Finals	43	Girls 13-14 100 Breaststroke	0	0	08:30 PM	_____
Finals	44	Boys 13-14 100 Breaststroke	0	0	08:30 PM	_____
Finals	45	Girls 15-18 100 Breaststroke	0	0	08:30 PM	_____
Finals	46	Boys 15-18 100 Breaststroke	0	0	08:30 PM	_____
Finals	47	Girls 8 & Under 50 Freestyle	0	0	08:30 PM	_____
Finals	48	Boys 8 & Under 50 Freestyle	0	0	08:30 PM	_____
Finals	49	Girls 13-14 100 Freestyle	0	0	08:30 PM	_____
Finals	50	Boys 13-14 100 Freestyle	0	0	08:30 PM	_____
Finals	51	Girls 15-18 100 Freestyle	0	0	08:30 PM	_____
Finals	52	Boys 15-18 100 Freestyle	0	0	08:30 PM	_____
Finals	53	Girls 8 & Under 50 Backstroke	0	0	08:30 PM	_____
Finals	54	Boys 8 & Under 50 Backstroke	0	0	08:30 PM	_____
Finals	55	Girls 13-14 100 Backstroke	0	0	08:30 PM	_____
Finals	56	Boys 13-14 100 Backstroke	0	0	08:30 PM	_____
Finals	57	Girls 15-18 100 Backstroke	0	0	08:30 PM	_____
Finals	58	Boys 15-18 100 Backstroke	0	0	08:30 PM	_____
Finals	59	Girls 8 & Under 50 Breaststroke	0	0	08:30 PM	_____
Finals	60	Boys 8 & Under 50 Breaststroke	0	0	08:30 PM	_____
Finals	61	Girls 13 & Over 200 Breaststroke	0	0	08:30 PM	_____
Finals	62	Boys 13 & Over 200 Breaststroke	0	0	08:30 PM	_____
Finals	63	Girls 8 & Under 50 Butterfly	0	0	08:30 PM	_____
Finals	64	Boys 8 & Under 50 Butterfly	0	0	08:30 PM	_____
Finals	65	Girls 13-14 100 Butterfly	0	0	08:30 PM	_____
Finals	66	Boys 13-14 100 Butterfly	0	0	08:30 PM	_____
Finals	67	Girls 15-18 100 Butterfly	0	0	08:30 PM	_____
Finals	68	Boys 15-18 100 Butterfly	0	0	08:30 PM	_____
Finals	69	Girls 13 & Over 500 Freestyle	0	0	08:30 PM	_____
Finals	70	Boys 13 & Over 500 Freestyle	0	0	08:30 PM	_____
		Finish Time			08:30 PM	_____

Session: 3 Sunday PM 9-12

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	71 Girls 9-10 50 Breaststroke	0	0	02:30 PM	_____
Finals	72 Boys 9-10 50 Breaststroke	0	0	02:30 PM	_____
Finals	75 Girls 9-10 100 Backstroke	0	0	02:30 PM	_____
Finals	76 Boys 9-10 100 Backstroke	0	0	02:30 PM	_____
Finals	77 Girls 11-12 100 Backstroke	0	0	02:30 PM	_____
Finals	78 Boys 11-12 100 Backstroke	0	0	02:30 PM	_____
Finals	79 Girls 9-10 200 IM	0	0	02:30 PM	_____
Finals	80 Boys 9-10 200 IM	0	0	02:30 PM	_____
Finals	81 Girls 11-12 200 IM	0	0	02:30 PM	_____
Finals	82 Boys 11-12 200 IM	0	0	02:30 PM	_____
Finals	83 Girls 9-10 100 Freestyle	0	0	02:30 PM	_____
Finals	84 Boys 9-10 100 Freestyle	0	0	02:30 PM	_____
Finals	85 Girls 11-12 100 Freestyle	0	0	02:30 PM	_____
Finals	86 Boys 11-12 100 Freestyle	0	0	02:30 PM	_____
Finals	87 Girls 9-10 50 Butterfly	0	0	02:30 PM	_____
Finals	88 Boys 9-10 50 Butterfly	0	0	02:30 PM	_____
Finals	89 Girls 11-12 50 Butterfly	0	0	02:30 PM	_____
Finals	90 Boys 11-12 50 Butterfly	0	0	02:30 PM	_____
Finals	91 Girls 9-10 100 Breaststroke	0	0	02:30 PM	_____
Finals	92 Boys 9-10 100 Breaststroke	0	0	02:30 PM	_____
Finals	93 Girls 11-12 100 Breaststroke	0	0	02:30 PM	_____
Finals	94 Boys 11-12 100 Breaststroke	0	0	02:30 PM	_____
Finals	95 Girls 12 & Under 500 Freestyle	0	0	02:30 PM	_____
Finals	96 Boys 12 & Under 500 Freestyle	0	0	02:30 PM	_____
	Finish Time			02:30 PM	_____