

NEW ENGLAND AREA YMCA SWIMMING CHAMPIONSHIPS
MARCH 21 & 22, 2009
Harvard University, Blodgett Swim Center Boston, MA and
Boston University Fitness and Recreation Center Boston MA

SWIMMING ENTRY FORM:

START TIME: Check meet format

MEET DIRECTOR: Richard Whitworth

ADMISSION: Adults - \$5.00/session children - \$3.00/session

FACILITIES: Boston University: Ten lane competitive course. Five lane warm up and cool down pool, (please note, warm up pool use will be limited during specific periods of the meet)
Harvard University: Eight lane competitive course. 20 lanes available for warm up periods and six lanes available during the competition for warm up and cool down.

ENTRIES: Hand Entries must be received by Tuesday, March 3, 2009
Electronic Entries must be received by 5:00 Pm Tuesday, March 10, 2009

Entries preferred from HY-TEK Team Manager. Please email entries. You will receive verification of receipt by email. Hard copy and check must follow by mail.

HY-TEK : There is no reason for anyone to pay the additional fee for hand entries. You may download a copy of Team Manager light, (which is free) which will allow you to email your entries. Direction for the download and setup of the program are available on this web site. If you are not computer savvy, please ask one of your parents to help you. I am sure one of them will be able to help you and it will make your job easier.

Questions: Phone 781-665-4360
Email Richard.Whitworth@melroseymca.org

Send entries to:

Richard Whitworth
Melrose YMCA
497 Main Street
Melrose, MA 02176

Email entries to:
neyswim@melroseymca.org
Subject line "NEY Champs"

ENTRY FEES: Entry fees must accompany entry. No entry fees can be Refunded.

Individual entries	
Electronic	\$5.25
Manual entries	\$5.50
Relay entries	
Electronic	\$21.00
Manual entries	\$23.00

Make all checks payable to:

New England YMCA Swimming

Please send only one check for all entries from your team.

RULES: The technical rules of US Swimming will govern all competition except for modifications made by this entry form.

FORMAT: All events will be run as timed finals. Meet will be pre-seeded and published in the program.

SCORING: Scoring will be to 16 places. Only four individuals from a team may score points in an individual event. One relay team from each team may score.

AWARDS: Medals will be awarded to 1st through 8th place in all events.
Ribbons for 9th through 16th place.

ENTRY TIMES & VERIFICATIONS:

All competitors should enter with the best times achieved since October 1, 2008. Times from 2008 NE YMCA Champs and 2008 YMCA National short course and long course championship meets are also eligible. Times must be verified upon request of the Meet Committee.

NUMBER OF EVENTS:

A swimmer can enter and swim five (5) events. No more than three (3) of which may be individual events. If more than three (3) individual events are entered the first three events in the order of events will be used.

TEAM RELAYS:

Each team will be allowed an unlimited number of relay teams per event. All teams will be eligible for awards but only the highest placing team from each team may score in each event.

OFFICIALS: Each team must supply one official or timer for every 3-9 swimmers entered in a session. Relay only participants count toward the total number of participants.

RELAYS: Relay declaration cards will be available at the pool. A relay card with the name of the four swimmers competing, must be presented to the computer table prior to the start of each event. There are no qualifying times for relays, but please enter relays with a time. Early submittal of relay declarations will allow for printing of relay participants names in results

PRE-SEEDING:

All events will be pre-seeded and seeding will be published in the program. It is the responsibility of each competitor to be in his/her lane at the time his/her heat is called.

INSURANCE:

All YMCA's must provide a certificate of insurance naming "Harvard University, Boston University and Melrose YMCA" as additional insured in regard to the New England YMCA Swimming Championships March 21 & 22, 2009. Certificate must accompany your entry. Please contact the Y's insurance agent now so the certificate is ready to mail with your entry.

ENTRANCE TO

Harvard and Boston University:

Entrance for Coaches and Swimmers will be RESTRICTED. Swimmers may only enter the building during their swimming session. There will be no exceptions to this rule. Coaches must obtain a current pass to enter the building.

STARTING AREA:

The starting area is to be used only by the current heat and the "ON DECK" heat. No coaches or parents will be allowed behind the blocks.

ENTRY ERRORS:

Psych sheets will be posted on the web at Melroseymca.com on or about noon on Thursday March 12, 2009. Corrections must be made through email at neyswim@melroseymca.org by 9:00 AM Saturday March 14, 2009.

NO SHOW RULE:

Any swimmer who fails to present themselves at the block at the time of the event will be scratched from that event. There will be no further penalty imposed.

COACH'S DECK PASSES:

In accordance with the National YMCA Competitive Swim Committee meet sanctioning procedures, all coaches on deck at a sanctioned meet must have current safety certifications in CPR, First Aid and Life Guarding (or Coaches Safety Training). Any coach who requests a pass for the meet must send a copy of all three certification cards (front and back) when they send in their entry forms.

You may use your current US Coaches Card or a pass issued by your local YMCA league as a deck pass. You do not need a separate pass from this meet

If a team wishes to enter a sanctioned meet and they do not have a certified coach; they are required to secure the services of a certified coach to represent their participants during the meet.

FIRST AID:

In the event of an accident at this sanctioned meet, the team coach is responsible for the care of their participants. The meet director or the facility may provide for immediate temporary care, however, the coach or his/her Association will be responsible for any costs incurred if it is necessary to call 911 or to receive care in a hospital emergency room, To expedite matters, it would be helpful if swimmers or coaches would carry their insurance cards with them. Teams should also travel with a first aid kit. The meet director will make every effort to have ice available.

TEAM CERTIFICATION:

All teams who wish to compete in a meet sanctioned by the National YMCA competitive swimming committee (this championship) must have registered with the East Field Coordinator for competitive swimming, prior to the meet. Jeff Allen at the Wilton CT YMCA is your field coordinator.

SWIMMERS AGE:

A swimmer's age for this championship meet is determined as of December 1, 2008. A swimmer may chose to swim up in age during the meet. If a swimmer chooses to swim up in age they must only compete in that age group for the entire meet. You may not swim a relay in an older age with swimmers who have already competed in a younger age group.

WARM UP:

Warm up times and lanes may be assigned for all sessions during the meet. Warm up times and lane assignments will be posted on the web site prior to the meet if they are assigned. There will be warm up lanes available during the meet for warm up and cool down. These lanes are subject to closure at any time if there is misuse or concern for safety. It is the responsibility of a coach to supervise all swimmers using the warm up lanes. Warm up lanes at Boston University will be closed at certain times during the meet. This is to meet the requirement to provide access for members of the BU facility and was a condition of securing the facility for our meet. Your cooperation with the requirement is expected.

ADMISSION:

Please alert your parents that each session (age group) is a separate meet and requires separate admission. Fire laws and the facilities require that the building be cleared of all swimmers and spectators after each session. We will not allow entry into the building for the next session until the building has been cleared. We will designate an area for coaches to remain during the time between sessions, so that they do not have to leave the building.

PARENTS ACCOMPANYING CHILDREN INTO THE FACILITY

Parents are not allowed to accompany swimmers into the building. If you have parents that are concerned about allowing their children to enter the building unaccompanied, you must make arrangements to meet them at the swimmers entrance. We will not allow a parent to accompany a child into the building for the safety of all swimmers.

FIRE CAPACITY:

The fire marshal will control spectator access to the building.

Should the capacity of the building be reached, any additional spectators will be refused entrance until such time as the fire marshal feels it is safe to allow additional spectators to enter.

FIRE EXITS:

All walk ways and exits must remain clear at all times. Please alert your parents that they will not be allowed to stand or sit in the areas in front of the bleachers or in front of any fire exits

New England Area YMCA Swimming Championships
Harvard University Blodgett Pool
Boston University Fitness and Rec Center
March 21 & 22, 2009

Session Start Times

Saturday March 21, 2009 Boston University Fitness Rec Center

Class B Girls & Boys (13 & 14 Year Olds)

**Swimmer check in starts at 11:15 AM, Spectator seating opens 12:15 PM
Warm Up Noon, Meet starts 1:00 PM, 15 Lanes available for Warm Up**

**Class A Boys and Girls (15 – 18 year olds Swimmer)
Swimmer check in starts at 4:30 PM, spectator area opens at 5:15 PM
Warm Up 5:00 PM, Meet Starts 6:00 PM, 10 Lanes available for Warm Up**

Sunday March 22, 2009 Harvard University Blodgett Pool

**Class D Girls & Boys (9 & 10 Year Olds)
Swimmer check in starts at 6:00 AM, spectator seating opens at 7:00 AM
Warm Up 6:30 AM, Meet Starts 7:45 AM, 20 Lanes available for warm up**

**Class E Girls & Boys (8 & Under)
Swimmer check in starts at 11:15AM, spectator seating opens at Noon
Warm Up 11:30 AM, Meet Starts 12:30 AM, 20 Lanes available for warm up**

**Class C Boys and Girls (11 & 12 Year Olds)
Swimmer check in starts 3:30 PM, spectator area opens at 4:15 PM
Warm up 3:45 PM, Meet starts 5:00 PM, 20 Lanes available for warm up**

2009 New England YMCA Swimming Championships

Qualifying Times

Event 1	Girls 8&U 25 Fly	19.10	Event 2	Boys 8&U 25 Fly	20.20
Event 3	Girls 8&U 100 Medley Relay	NT	Event 4	Boys 8&U 100 Medley Relay	NT
Event 5	Girls 8&U 25 Back	20.40	Event 6	Boys 8&U 25 Back	20.60
Event 7	Girls 8&U 50 Free	37.80	Event 8	Boys 8&U 50 Free	38.40
Event 9	Girls 8&U 100 IM	1:36.50	Event 10	Boys 8&U 100 IM	1:39.50
Event 11	Girls 8&U 25 Breast	22.70	Event 12	Boys 8&U 25 Breast	23.50
Event 13	Girls 8&U 100 Free Relay	NT	Event 14	Boys 8&U 100 Free Relay	NT
Event 15	Girls 8&U 25 Free	16.80	Event 16	Boys 8&U 25 Free	16.80
Event 17	Girls 9-10 50 Fly	36.00	Event 18	Boys 9-10 50 Fly	37.50
Event 19	Girls 9-10 100 Breast	1:32.20	Event 20	Boys 9-10 100 Breast	1:37.00
Event 21	Girls 9-10 200 Medley Relay	NT	Event 22	Boys 9-10 200 Medley Relay	NT
Event 23	Girls 9-10 50 Back	37.80	Event 24	Boys 9-10 50 Back	38.50
Event 25	Girls 9-10 100 Fly	1:27.00	Event 26	Boys 9-10 100 Fly	1:34.00

Event 27	Girls 9-10 100 Free	1:10.40	Event 28	Boys 9-10 100 Free	1:12.00
Event 29	Girls 9-10 100 IM	1:21.00	Event 30	Boys 9-10 100 IM	1:24.00
Event 31	Girls 9-10 50 Breast	42.00	Event 32	Boys 9-10 50 Breast	44.00
Event 33	Girls 9-10 100 Back	1:22.20	Event 34	Boys 9-10 100 Back	1:25.00
Event 35	Girls 9-10 200 Free Relay	NT	Event 36	Boys 9-10 200 Free Relay	NT
Event 37	Girls 9-10 50 Free	32.00	Event 38	Boys 9-10 50 Free	32.70
Event 39	Girls 11-12 50 Fly	31.90	Event 40	Boys 11-12 50 Fly	32.40
Event 41	Girls 11-12 100 Breast	1:20.50	Event 42	Boys 11-12 100 Breast	1:25.50
Event 43	Girls 11-12 200 Medley Relay	NT	Event 44	Boys 11-12 200 Medley Relay	NT
Event 45	Girls 11-12 50 Back	33.90	Event 46	Boys 11-12 50 Back	34.80
Event 47	Girls 11-12 100 Fly	1:13.30	Event 48	Boys 11-12 100 Fly	1:14.90
Event 49	Girls 11-12 100 Free	1:02.40	Event 50	Boys 11-12 100 Free	1:04.00
Event 51	Girls 11-12 200 IM	2:35.00	Event 52	Boys 11-12 200 IM	2:42.00
Event 53	Girls 11-12 50 Breast	36.30	Event 54	Boys 11-12 50 Breast	38.30
Event 55	Girls 11-12 200 Free	2:16.00	Event 56	Boys 11-12 200 Free	2:18.80
Event 57	Girls 11-12 100 Back	1:13.00	Event 58	Boys 11-12 100 Back	1:14.90
Event 59	Girls 11-12 200 Free Relay	NT	Event 60	Boys 11-12 200 Free Relay	NT
Event 61	Girls 11-12 50 Free	28.50	Event 62	Boys 11-12 50 Free	28.65
Event 63	Girls 13-14 200 Medley Relay	NT	Event 64	Boys 13-14 200 Medley Relay	NT
Event 65	Girls 13-14 100 Free	59.16	Event 66	Boys 13-14 100 Free	57.00
Event 67	Girls 13-14 200 IM	2:28.40	Event 68	Boys 13-14 200 IM	2:25.00
Event 69	Girls 13-14 50 Free	27.90	Event 70	Boys 13-14 50 Free	26.10
Event 71	Girls 13-14 100 Fly	1:08.40	Event 72	Boys 13-14 100 Fly	1:07.50
Event 73	Girls 13-14 200 Free	2:11.80	Event 74	Boys 13-14 200 Free	2:07.10
Event 75	Girls 13-14 100 Back	1:08.00	Event 76	Boys 13-14 100 Back	1:06.50
Event 77	Girls 13-14 100 Breast	1:17.80	Event 78	Boys 13-14 100 Breast	1:15.60
Event 79	Girls 13-14 200 Free Relay	NT	Event 80	Boys 13-14 200 Free Relay	NT
Event 81	Girls 13-14 500 Free	5:50.00	Event 82	Boys 13-14 500 Free	5:43.00
Event 83	Girls 15&O 200 Medley Relay	NT	Event 84	Boys 15&O 200 Medley Relay	NT
Event 85	Girls 15&O 100 Free	58.10	Event 86	Boys 15&O 100 Free	52.90
Event 87	Girls 15&O 200 IM	2:25.40	Event 88	Boys 15&O 200 IM	2:16.00
Event 89	Girls 15&O 50 Free	26.90	Event 90	Boys 15&O 50 Free	24.20
Event 91	Girls 15&O 100 Fly	1:05.00	Event 92	Boys 15&O 100 Fly	1:00.80
Event 93	Girls 15&O 200 Free	2:08.00	Event 94	Boys 15&O 200 Free	2:00.30
Event 95	Girls 15&O 100 Back	1:06.00	Event 96	Boys 15&O 100 Back	1:02.20
Event 97	Girls 15&O 100 Breast	1:15.00	Event 98	Boys 15&O 100 Breast	1:09.50
Event 99	Girls 15&O 400 Free Relay	NT	Event 100	Boys 15&O 400 Free Relay	NT
Event 101	Girls 15&O 500 Free	5:45.00	Event 102	Boys 15&O 500 Free	5:34.30

New England Area YMCA Swimming Championships

YMCA Name _____

Address _____

City _____ State _____ Zip _____

YMCA phone _____

Coach's preferred phone _____

Coach's Email _____

YMCA Email _____

Boy's Entries

Hy-Tek	Individual	_____ @5.25	Total Due	\$ _____
Manual	Individual	_____ @5.50	Total Due	\$ _____

Hy-Tek	Relays	<u>_____ @21.00</u>	Total Due	\$ _____
Manual	Relays	<u>_____ @23.00</u>	Total Due	\$ _____

Girl's Entries

Hy-Tek	Individual	<u>_____ @5.25</u>	Total Due	\$ _____
Manual	Individual	_____ @5.25	Total Due	\$ _____

Hy-Tek	Relays	<u>_____ @21.00</u>	Total Due	\$ _____
Manual	Relays	<u>_____ @23.00</u>	Total Due	\$ _____

Total due \$ _____

Please make checks payable to New England YMCA Competitive Swimming

Please forward only one check for the total amount due.

New England Area YMCA Swimming championships

March 21 & 22, 2009

Harvard University Blodgett Pool Boston, MA and Boston University Fitness and Rec Center

We certify that all listed competitors have been full privileged members of our YMCA for at least 90 days as of March 21, 2009. We further certify that all competitors have only represented this YMCA in any open swimming competition since October 1, 2008. That we are in compliance with all other "rules that govern YMCA sports competition". We further certify that our swimmers will be supervised at all times by our appointed coach, and we shall be responsible for their conduct during the meet. The liability policy of this association is in force and extends to our competitors during this event. We have

provided a certificate of insurance, naming "Boston University, Harvard University and Melrose YMCA" as additional insured in regard to these New England YMCA Swimming Championships.

We further stipulate that we will provide certified lifeguard coverage for our team members during all portions of the Championship.

Association (YMCA) _____

Executive Director's Signature _____

Coach's Signature _____

New England YMCA Swimming Championships

Coaches Passes: All coaches who wish to be on the pool deck at this nationally sanctioned meet must have their current safety certifications.

US Coaches Passes will be accepted for entry to the pool and the deck. Deck passes provided by Jeff Allen or YMCA Leagues will be accepted

Please see section on Coaches Deck passes. Only coaches with deck passes will be allowed through the swimmer's

door.

Please forward copies of your safety certifications with this form **if you need a coaches pass. Please note if you hold a US coaches pass you do not need to send your certs your current US coaches pass will get you on deck**

Passes will be mailed to one address

YMCA Name _____

Coach's Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Additional Coach _____

Additional Coach _____