



**MAINE SWIMMING INC.
Winter Championships
April 30 – May 2, 2021**

Sanction By: USA Swimming, Inc. & Maine Swimming, Inc. Sanction #2021-0430-TT
Hosted By: Maine Swimming, Inc.
Meet Director: Holly Hatch, 207-234-2203, mesimeetdirector@gmail.com
Entry Chairperson: Mary Ellen Tynan, 978-996-9655, meswimoffice@gmail.com
Meet Referee: Henry Clauson, mesiofficialschair@gmail.com
Admin Official: TBD

Locations: Refer to information later in this document.

Tentative Timeline:

	Friday	Saturday	Sunday
Warm ups - Open	3:00pm	8:00am	8:00am
Events begin	4:00pm	9:00am	9:00am
Warm-up 12 & Under	5:30pm	3:00pm	3:00pm
12 & Under begins	6:30pm	4:00pm	4:00pm

Warm-up and start times may be adjusted based on entries and will be finalized by Monday, April 26, 2021.

ALL SWIMMERS, COACHES, OFFICIALS, MARSHALS, TIMERS or ANY ONE ELSE ENTERING THE FACILITY MUST complete an Affirmation Form and COVID Waiver by April 29th at noon to be eligible to attend the meet. NO EXCEPTIONS!!!! If you have previously submitted a COVID waiver for another meet you DO NOT need to submit again. **The club team has a record of who has submitted forms previously.**

SAFETY INFORMATION: *An inherent risk of exposure to COVID-19 exists in any public place where people are present COVID-19 is an extremely contagious disease that can lead to severe illness and death.*

According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible

To prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND MAINE SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

SAFETY PROTOCOLS DUE to COVID RESTRICTIONS: Please refer to each site's *Return to Competition* document.

STATE GUIDELINES:

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/communities-workplaces-schools.shtml>

<https://www.maine.gov/decd/checklists/community-sports>

MEET FORMAT: This meet will be swum as timed finals. The meet will be pre-seeded with Meet Manager 8.0 and will be swum as per the pre-seeded heat sheet. No deck entries or lane changes will be permitted. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the Admin Table.

10 & unders may only compete in one session a day at MESI Winter Championships.

PLEASE NOTE: There are 15-16 and Open qualifying times. Swimmers age 15-16 who qualify with 15-16 time standards will compete in "Open Events". Any swimmer of any age 14 & under who achieves an "Open" qualifying time may compete in the Open category or in their age group, but they may not compete in the same event in both age group categories. Any 13-14 swimmers should be entered in the 13-14 event and the coach should email the entry chair to move them to Open.

The 1650 will be swum fastest to slowest. Swimmers may qualify for the 1650 yard freestyle using any of the 800m/1000yd or 1500m/1650yd qualifying standards. Those qualifying with the 800/1000 will be seeded after the qualifying 1650/1500 qualifiers.

Course: Short course yards (25 yards)

Meet Jury (at each site): 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. Only the designated team representative or appointed designee so noted to the Meet Director may speak for a team concerning all meet matters. 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 the decision of the Meet Director, Meet Referee and the Meet Jury.

Disability swimmers: Swimmers with a disability are welcome to enter this meet if they meet the qualifying times set forth by USA Swimming on the event page. The coach or team entry contact person should contact the Meet Director regarding entry qualification and must alert the Meet Director and Meet Referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

Eligibility: This meet is open to any swimmer who is properly registered with Maine Swimming, Inc. for 2021 in accordance with the MESI Policy & Procedures and has met the entry time criteria.

There is no qualification period for this meet. Entry times must be achieved by April 18, 2021.

SWIMWEAR: Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under [Tech Suit Restriction for 12-and-Under Swimmers](#).

USA Registration: Please note **that all swimmers must be registered by 5PM EST on Monday, April 19, 2021** to be eligible to swim in the Winter Championships. If a swimmer is entered into the meet and is not registered by the entry deadline, the entering team will have 24 hours to submit a registration, they will be fined \$200 and the swimmer must compete “unattached” for the entire meet. Coaches should check their club portal so they know who is currently registered. Swimmers transferring into MESI from another LSC or transferring to another MESI Club must have their transfer requests processed by the Maine Swimming Office prior to the entry deadline in order to be eligible to compete in Winter Championships. Club athletes may obtain USA-S Registration from their Club Registrar. Unattached athletes may obtain forms and instructions from the Maine Swimming Website: www.maineswimming.org. Deck Registrations will not be allowed. It’s each team’s responsibility to make sure the entry and registration information for each of their swimmers is accurate. Registration and times reconciliations will be done for this meet.

Entry Deadline: Entries are due no later than **5PM EST on Monday, April 19, 2021**. If you need help with the process, contact Mary Ellen Tynan at meswimoffice@gmail.com.

Entries: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format should be submitted along with a pdf with proof of time through the 2021 Winter Championships Jotform [HERE](#). Non-electronic entries may be submitted by email for an additional \$1.00 per event and should be emailed to the Entry Chairperson copying meswimoffice@gmail.com.

Entries for timed final events will be converted to short course yards after entry. LCM and SCM times must not be converted to SCY prior to being submitted. Deck entries will not be accepted.

Any updates to the original entry should be submitted [HERE](#).

The Entry Chair will send a Hy-tek team entry list to each team so they can verify their entries. Please review and respond within 12 hours even if there are no corrections.

Teams that have not submitted their entries by the entry deadline will be contacted by 12 PM on Tuesday, April 20th by the Entry Chairperson and will have until 12PM on Saturday, Wednesday, April 21st to submit their entries. These late entries will be subject to a fine of \$250 per team plus \$10 per individual swimmer. Any entries submitted thereafter will be entered only at the discretion of the Meet Committee.

Proof of Time: Proof of time shall be submitted with each team's entries. Proof of time must be a copy of the Meet Entry Report from Team Manager or Team Unify **sorted by athlete**; under other options for the report "include proof of time". The hard copy must be in a PDF format, a Microsoft Word format or a HTML Format. Eligible times may come from the USA-S National Times Database, Pine Tree Cluster YMCA Database, NCAA National Times Database, USMS National Times Database, and MPA High School Database.

Late Entries: No late entries will be accepted.

Entry Limits: Swimmers may enter as many events in which they have qualified, but may only compete in a maximum of six (6) events per day including time trials. All swimmers are limited to a total of seven (7) individual events for the meet not including time trials.

Bonus Events: - For swimmers age 13 & Over, bonus events must meet the B time standard or above. 12 & under bonus events are unrestricted by time. The following events CANNOT be bonus:

10 & Under: 500 free,
11-12: 500 free,
Open: 1650 free

One Qualifying Time = 2 Bonus Events
Two Qualifying Times = 1 Bonus Event
Three or more Qualifying Times = 0 Bonus events
PLEASE MARK BONUS EVENTS IN YOUR ENTRY.

Entry Fees:	<u>Timed Final Events</u>
Individual Events:	\$5.00/event
Swimmer Participation:	\$15.00/Swimmer
Athlete Travel Fund:	\$1.00/swimmer

Payment: Payment may be made by credit card or check. Credit cards will be processed via the submission form. Checks should be made out Maine Swimming and sent to:

Stacy Kennard
3029 North Belfast Ave
Augusta, ME 04330

Payment must be received prior to the start of the meet unless other arrangements are made. Swimmers WILL NOT be allowed to compete until team payment is complete. Please mail in plenty of time to be received by Monday, April 26, 2021.

Scratch procedure: All declarations to scratch need to be submitted by Sunday, April 25, 2021 [HERE](#)
Any event not scratched by the deadline will count as a swim.

Psych Sheet: The psych sheet will be available no later than 5 PM EDT on Monday, April 26, 2021 on the MESI Website. Absolutely no corrections are permitted after the psych sheet has posted.

Time Trials: Time trials will be held at the discretion of the Meet Director and the Meet Referee. Coaches requesting a time trial should make that request to the Admin Official up until the established time each session. The entry fee for a time trial is \$15.00. A time trial counts toward the maximum allowed three (3) individual events per day, but does not count toward the maximum limit on the number of swims in the meet.

If a swimmer knows of a time trial request prior to the start of the meet, please submit the request [HERE](#) by Thursday, April 29, 2021 at 5PM EDT. This will greatly help with planning purposes. Time trials can be requested at each site, but will only be held if time allows and if offerings can be consistent across sites.

Officials: The application period to officiate closed on April 1, 2021

All officials should be present for the stroke briefing prior to any session they will be officiating. Uniform is white collared shirt, navy blue shorts, pants or skirt and white shoes. Officiating assignments will be communicated by the Official's Chair, Henry Clauson prior to the meet.

Meet Mobile: Meet Mobile will be functional for this meet at all sites for heat sheets and results. All users should be aware that Meet Mobile publishes unverified raw data which cannot be relied upon until the official results have been published and posted in the facility. On combined site Meet Mobile will be update at least daily with overall results.

Admission: No spectators allowed.

Programs: Heat Sheets will be published via Meet Mobile.

Meet Policies: Only 2021 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All athletes, coaches, and officials should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 and a check for \$100 payable to MESI is presented with the protest. 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 Maine Swimming office for further review and/or action.

1. No shaving is permitted at the competition site.
2. No glass containers are permitted within the facility.
3. No food is allowed on the pool deck.
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. Deck changes are prohibited.
7. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, Spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
8. Kinesio Tape or any other body tape is prohibited.

Warm-ups: USA Swimming and Maine Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

All swimmers shall enter feet first using the sit and slide method at the starting end of the pool. The warm-up sessions will be divided into periods of equal length depending on the number of swimmers entered in each session.

Safe Sport: The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via

telephone at 720-531-0340 or online at uscenterforsafesport.org/report-a-concern. Please contact Safe Sport Chair Matt Montgomery mmontgomery@defymca.org with any concerns.

All athletes age 18 and older must complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after 30 days prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition.

Photography: As per Maine Swimming policy, with the exception of photographers hired by MESI, only coaches may video or take photographs from the pool 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. Site specific information for remote viewing will be provided.

Liability: United States Swimming, Inc. (USA-S), Maine Swimming, Inc. the Bangor YMCA, the Bath YMCA and the Westbrook Community Center shall be free from any liability or claims for damages by reason or injury

Misconduct: Any issues of conduct which occur within the meet venue are defined as, but not limited to; violation of safety guidelines, disrespect for meet management personnel, officials, coaches or fellow athletes, theft, vandalizing, or possession of alcohol, tobacco or illegal drugs are subject to removal from the facility and are subject to a MESI Board of Directors hearing. Any illegal activities or violence will be reported to local authorities.

Work Assignments: Timers and meet staff will be assigned by each site’s Meet Director in conjunction with the overall Meet Director and Meet Referee.

Timers, marshals and other meet staff who are not USA-S registered must sign a USA-S waiver form. Marshals will be placed at spots assigned by the Meet Director. A coach who is coaching swimmers during a session may NOT act as a marshal. Marshals must attend a brief meeting 10 minutes prior to warm-up for their appointed session. Warmup for each session will not begin until all the assigned marshals are present.

Scoring: Results from all of the sites will be merged. Scoring will be broken out into male and female 10 & U, 11-12, 13-14 and 15-18.
Individual events: 1st - 16th for all Age Groups.
20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Awards: Certificates will be awarded for:
Individual Events: 1st - 8th
Team Awards: Girls Overall High Point 1st – 2nd
Boys Overall High Point 1st – 2nd

Combined High Point 1st – 3rd
Individual High Point: 1st – 8th

Note swimmers over age 18 are not eligible for Individual High Point Awards.

Athlete Rep Elections: The Athlete Representative elections will be via online submission from Friday, April 30, 2021 through Sunday, May 2, 2021. Videos and bios will be posted on Instagram and on the Maine Swimming website by April 25, 2021. 13 & Over Athletes may vote for two candidates. All voting remains confidential, but we need to collect names and emails just to confirm who has voted. The athlete who receives the most votes will be the Junior Athlete Representative and the athlete who receives the second most votes will be an At-Large Athlete Rep. These elected athletes will assume office on May 3, 2021.

Coach Rep Elections: The Coach Representative elections will be via online submission from Friday, April 30, 2021 through Sunday, May 2, 2021. Bios will be posted on the Maine Swimming website by April 25, 2021. All properly registered MESI coaches may vote for one candidate. All voting remains confidential, but we need to collect names and emails just to confirm who has voted. The coach who receives the most votes will be elected and will assume office on May 3, 2021.

2021 MESI All-Star Events: No All-Star events have been planned due to COVID-19.

Senior Recognition: The Senior Recognition Ceremony will take place online. All graduating seniors should complete the form [HERE](#) by April 25, 2021 to be recognized.

Food Concessions: There will be no concessions at this meet.

Vendors: There will be no vendors at this meet. Championship apparel may be ordered online. Once the online store opens, a link will be posted on the Maine Swimming website, Facebook and Instagram.

Miscellaneous: The Bangor YMCA, Bath YMCA and Westbrook Community Center hold no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facilities.

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, Maine Swimming, and the host teams and facilities 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..

SCHEDULE OF EVENTS

Friday April 30, 2021

Session 1: Warm Up: 3:00 PM Start: 4:00 PM

<u>EVENT</u>	<u>EVENT DESCRIPTION</u>
1	Mixed Open 200 IM BREAK
2	Mixed Open 500 Free BREAK
3	Mixed Open 50 Free

Friday, April 30, 2021

Session 2: Warm Up: 6:00 PM Start: 7:00 PM

<u>EVENT</u>	<u>EVENT DESCRIPTION</u>
4	Mixed 12 & U 200 IM BREAK
5	Mixed 12 & U 500 Free BREAK
6	Mixed 12 & U 50 Free

Saturday, May 1, 2021

Session 3: Warm Up: 8:00 AM Start: 9:00 AM

<u>EVENT</u>	<u>EVENT DESCRIPTION</u>
7	Mixed Open 200 Free BREAK
8	Mixed Open 100 Back
9	Mixed Open 200 Breast BREAK
10	Mixed Open 100 Fly
11	Mixed Open 400 IM

Saturday, May 1, 2021

Session 4: Warm Up: 3:00 PM Start: 4:00PM

<u>EVENT</u>	<u>EVENT DESCRIPTION</u>
12	Mixed 12 & U 100 IM
13	Mixed 12 & U 50 Fly BREAK
14	Mixed 12 & U 100 Free
15	Mixed 12 & U 100 Breast BREAK
16	Mixed 12 & U 50 Back

Sunday, May 2, 2021

Session 5: Warm Up: 8:00 AM Start: 9:00 AM

<u>EVENT</u>	<u>EVENT DESCRIPTION</u>
17	Mixed Open 100 Free
18	Mixed Open 200 Fly BREAK
19	Mixed Open 100 Breast
20	Mixed Open 200 Back BREAK
21	Mixed Open 1650 Free

Sunday, May 2, 2021

Session 6: Warm Up: 3:00 PM Start: 4:00 PM

<u>EVENT</u>	<u>EVENT DESCRIPTION</u>
22	Mixed 12 & U 100 Back BREAK
23	Mixed 12 & U 200 Free
24	Mixed 12 & U 50 Breast BREAK
25	Mixed 12 & U 100 Fly



Facility Meet Director: Jim Willis, 207-664-8246, sharks@mdiymca.org
Facility Meet Referee: Marie Weferling, 207-542-4156, weferling5@gmail.com
Facility Admin Official: TBD
Teams Attending: **BYB, CCSC, DEFY, KVY, MDIY, UN**

BANGOR YMCA

Facility: The Bangor Regional Y's Aloupis Competition Pool is a 6-lane, 25-yard pool with 7-foot-wide lanes and non-turbulent lane lines. The timing system includes a 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 starting/finish end of the pool is 12 feet deep; the turn end of the pool is 4.5 feet deep. Spectator seating is for 100. The competition course has not been certified in accordance with 104.2.2c (4).

Locker Rooms:

Return to Competition Plan:



Facility Meet Director: D. Jay Morissette, 207-371-9223, lrsc@bathymca.org
Facility Meet Referee: Todd Jorgensen, 207-620-2978, toddmidy@roadrunner.com
Facility Admin Official: TBD **BATH YMCA**
Teams Attending: CMA, LRSC, MMD, PBAY, WCCU, YWTS, UN

Facility: The Bath YMCA pool is an eight lane 25-yard pool with 6-foot-wide lanes and has non-turbulent lane lines. The timing system includes a fully automatic Daktronics 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; and the turn end of the pool is 4 feet deep. There is overlooking bleacher seating for 300 but there will be no spectators. The competition course has been certified in accordance with 104.2.2c (4).

Locker Rooms:

Return to Competition Plan:



WESTBROOK COMMUNITY CENTER

Facility Meet Director: Marcy Scharf, 207-310-3997, marcy.barrows@gmail.com
Facility Meet Referee: Tom Gagnon, 207-332-6036, tomgagnon05@gmail.com
Facility Admin Official: TBD
Teams Attending: PPSC, SEAL, SMAC, SSC, UN

Facility: The Davan Pool is a 6-lane, 25-yard pool with non-turbulent lane lines and fully-automatic Colorado Time Systems electronic timing with touch pads at the finish end of the pool with single-line electronic display. There are no touch pads at the turn end of the pool. The finish end of the pool is 10 feet deep; the turn end of the pool is 3 feet deep. The pool is located inside the Westbrook Community Center at 426 Bridge Street, Westbrook, ME. The entrance door is at the side of the building. Seating available in gallery (90 max) and on- deck handicap space available. The competition course has not been certified in accordance with 104.2.2C(4).

Locker Rooms:

Return to Competition Plan: