

Western Mass YMCA Swim League Distance Championship Meet

Bard College at Simon's Rock
84 Alford Rd Great Barrington, MA
Saturday January 3, 2009
YMCA Sanctioned

Meet Director: Maureen Meier (meiermo@yahoo.com, 413-528-6619)

Meet Referee: Doug Stephenson (d.d.stephenson@usa.net, 413-274-6241)

Entry Chairperson: Jill Brown (jill.leda.brown@gmail.com, 413-528-7775)

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.

SITE: The Kilpatrick Athletic Center Pool is an 8-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. Fully-automatic Daktronics Time Systems electronic timing 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 7 feet deep; the turn end of the pool is 4 feet deep. Spectator seating for 250. The pool is located inside the Kilpatrick Athletic Center, Bard College at Simon's Rock, 84 Alford Rd, Great Barrington, MA 01230. Please enter through the main entrance. Directions may be found later in this document.

COURSE: Short course yards (25 yards).

EVENTS and SESSIONS: See attached list.

ELIGIBILITY: All contestants must be 2009 YMCA registered athletes. *All swimmers must be registered before the entry is submitted.* Swimmers must have competed in two inter-association YMCA league events between October 1 and December 20, 2008.

ENTRY INFORMATION: Entries will be accepted through Saturday, December 27, 2008 at 12:00 PM. Please send all entries to the entry chairperson at jill.leda.brown@gmail.com. No late entries will be accepted. Make checks payable to "Snapper Swim Team". Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson: Jill Brown c/o Bard College at Simon's Rock, 84 Alford Rd, Great Barrington, MA 01230 by Wednesday December 31, 2008. 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.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 4 events, one of which must be a relay.

ENTRY FEES: Electronic entries: \$3.50 for individual events, \$14.00 for relays.

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: The morning session will be limited to two heats of male & two heats of female 1650s and six total heats of 12 & Under 500s.

RELAYS: Teams can only enter (2) 800 free relays per team max of four. Unlimited Relay entries in other events

PROGRAMS: Will be sold at a nominal fee by the host team.

WARMUPS: AM Warmup: 7:45 AM – 8:30 AM – Session starts at 8:45 AM

Projected PM Warmup: 12:00 PM – 1:00 PM – Sessions starts at 1:15 PM*

*If AM session is expected to move faster than listed above, PM warmup will be moved up and coaches will be notified by December 29th.

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

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 swum.

SCORING: The meet will be scored as a championship meet. Top 12 standard scoring. Only the top relay team for each team will be scored.

AWARDS: Medals will be awarded to the top three finishers in each individual event, and top three finishers in each relay event. Ribbons will be awarded forth – twelfth in individual events and forth through sixth in relay events.

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

MISCELLANEOUS: Snapper Swim Team assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: There is ample parking available in the parking lot adjacent to the Kilpatrick Athletic Center, as well as the upper lot and along the roadside preceding the center by the soccer field.

DIRECTIONS: From the East: Take I 90 West to Exit 2 (Lee, GB). After the toll booth turn left onto Rte. 102 West. Follow about 5 miles through town of Stockbridge. Turn left onto Route 7 South (Red Lion Inn on left hand corner). Follow another 5 miles through town of Great Barrington. Stay on Rte. 7, which becomes Main Street. Once on Main Street, turn Right at 3rd set of lights (St James Episcopal Church, Bill's Pharmacy and Days Inn on corners) onto Taconic Avenue. Follow 1.8 miles - the road becomes Alford Road. Turn Right into the second college entrance (the main entrance, past the pond). The Athletic Center is the first building on the left; parking is available behind the center. Enter through the front doors. All swimmers are to use the MEMBER locker rooms. No street shoes are allowed on deck.