



2023 ATST All or Nothing Specialty Meet
Art Linkletter Natatorium
263 Alden St, Springfield, MA 01109
July 7th-July 9th, 2023

Held under the sanction of USA Swimming/New England: NE23-0707ATST



Meet Director	Andy Shields	atst.coach@gmail.com	(770) 853 5036
Meet Referee	Patrick Johnstone	pjohnstone@gmail.com	(413) 636 5928
Entry Chair	David Sapozhnikov	entrychair@swimdna.org	(857) 222 8329
CONTACT	David Sapozhnikov	dsapozhnikov@swimdna.org	(857) 222 8329
Admin Official	Maxim Sapozhnikov	msapozhnikov@swimdna.org	(857) 413 1088
Safety Monitor	Xavier Riviera	Contact Person	Contact Person

SESSIONS:

Session Name	Date	Day of Meet	Warmup Time	Start Time
Friday Distance	July 7 th , 2023	1	4:00 PM	5:00 PM
Saturday 13&Over	July 8 th , 2023	2	7:45 AM	8:30 AM
Saturday Distance	July 8 th , 2023	2	11:30 AM	12:00 PM
Saturday 12&Under	July 8 th , 2023	2	12:45 PM	1:30 PM
Sunday 13&Over	July 9 th , 2023	3	7:45 AM	8:30 AM
Sunday Distance	July 9 th , 2023	3	11:30 AM	12:00 PM
Sunday 12&Under	July 9 th , 2023	3	1:15 PM	2:00 PM

Visit meets.swimdna.org/atst-23jul
for the meet page, closer to the meet.

[Click here to see event list](#)

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. **Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com and meets.swimdna.org website.**

IMPORTANT DEADLINES	First date of entry: May 26 th , 2023 Final date of entry: June 25 th , 2023 Payment Deadline: July 7 th , 2023
SITE	<p>The Art Linkletter Natatorium Competition Pool is a 6-lane, 50 meter pool with 7-foot-wide lanes and non-turbulent lane lines. The facility includes a fully-automatic Daktronics Time Systems electronic timing system with touchpads at the finish end of the pool with a colorful video display. There are no touchpads at the turn end of the pool. See FORMAT for info on 50 meter events. The finish end of the pool is 12 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is for 500. The pool is located inside Springfield College's Art Linkletter Natatorium, located at 263 Alden Street, Springfield MA 01109. Please enter through the main entrance from the parking lot. Directions may be found later in this document.</p> <p>The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</p>
COURSE	Long Course Meters (50 M)
FORMAT:	<ul style="list-style-type: none"> ● The meet will be swum as timed finals ● DISTANCE EVENTS: The 400 Free, 400 IM and the 1500 Free will all be mixed and will be swam fastest to slowest. Swimmers must provide their own timer for these events. ● No events will swim with more than one swimmer per lane. ● 50 Meter events will start at the start end and will be timed with 2 plungers and 2 watches ● All events will require positive check in and scratch sheets ● NOTE: Currently, all swims will be done in six lanes and warmup/warm down breaks where the pool is open are implemented into the schedule (see event schedule). Should circumstances change, the Admin Official, Meet Director, and Meet Referee reserve the right to change this format and switch to 5 lanes of competition and reserve Lane 1 for warmup/warm down only.
ELIGIBILITY	<ul style="list-style-type: none"> ● All swimmers must be currently registered as athlete members of United States Swimming before 5:00 pm on the day before the first day of the meet. New England swimmers must have a proof of age on file by the above deadline in order to compete. ● Age is determined by the age of the swimmer on the first day of the meet. ● Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. ● If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach, or a member club submitting the entry. ● Deck registrations will NOT be accepted.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> ● Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. ● The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
ENTRY POLICY	75%/25%

<p>ENTRIES</p>	<ul style="list-style-type: none"> ● Electronic entries should be emailed as an attachment to entrychair@swimdna.org. Please check that your team's name, address, and contact information are listed correctly in this file. <p>For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received by: July 7th, 2023</p> <ul style="list-style-type: none"> ● Failure to pay entry fees by this deadline could result in teams being barred from the meet. ● Mail completed signed entry cover page and waiver, and payment to the meet director: <p style="text-align: center;">Andy Shields 36 Converse Street, Longmeadow, MA 01106</p> <ul style="list-style-type: none"> ● Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled. This fine is payable to the Amherst Tritons Swim Team. Late payment of entry fees may result in future exclusion from meets hosted by our club. ● IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery. ● Entries will be acknowledged within 48 hours (of the first date of entry if they are accepted into the meet) <i>Your entry is considered received only if you receive an acknowledgement.</i> ● All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins. ● All entry times must be entered in the specified meet course. (Coach's times may be used instead of NT's) ● Swimmers may enter a maximum of 4 individual event(s) per day. There is no meet limit. ● ENTRY TIME UPDATES: Entry times may be updated until the Monday prior to the first day of the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chair. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.) ● No deck entries will be accepted.
<p>SCRATCHES</p>	<ul style="list-style-type: none"> ● All sessions will utilize positive check in ● Scratch Sheets for all sessions (for that day) will be available 20 minutes before the 1st warm up of the day ● Help us and we help you! The more swimmers that you scratch that you know that won't be attending, the faster we get through each session! ● NOTE: Scratch sheets are due 25 minutes before session start time.
<p>CUT PROTOCOL</p>	<p>If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour rule using the following cut protocols in any order deemed necessary:</p> <ul style="list-style-type: none"> ● Teams may be asked to cut each athlete to no more than two fewer events per day than the maximum allowed. ● Entries may be cut by time or to a specific number of heats for specified events. ● Teams may be asked to cut relay events. ● If deck scratches allow a reasonable timeline, the swimmers can be reinstated into those previously entered events. <p>Clubs will be notified of cuts no later than Monday before the meet. If deck scratches allow a reasonable timeline, swimmers may be reinstated into those previously entered events.</p> <p>Clubs will be notified of cuts no later than Monday before the meet.</p>
<p>TIME TRIALS</p>	<ul style="list-style-type: none"> ● Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.

FEES	<ul style="list-style-type: none"> • Timed final individual events 200 yards and under: \$5.00 • Distance events (events 400 yards and over): \$10.00 • Time Trials \$10.00 for IE, \$40 for relays • Swimmer Participation Fee is \$25.00 per swimmer <p>NES Travel Fee: \$1.00 per swimmer (to be included in the check and the host team will send to NE Swimming)</p> <p>Non-electronic entries: \$5.50 for individual, and \$10.50 for distance.</p>
ADMISSIONS	<ul style="list-style-type: none"> • Admission will be free • Free heat sheets will be posted online on the dedicated meet website
MEET MOBILE	<p>MEET MOBILE HEAT SHEETS Meet Mobile heat sheets will be offered at this meet for free. The Meet Mobile heat sheet includes smart phone access to all heat sheets for the whole meet, including last minute changes and re-seeds.</p> <p>MEET MOBILE: Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access). All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.</p>
WARM-UP	<p>The pool will be open for warm up before the session and in between some events (see event schedule). The pool will close ten minutes before the beginning of each session, except for the Saturday and Sunday Distance sessions, which in the pool will close 5 minutes before the start time.</p> <p>Teams will be assigned warm-up lanes after all entries are received. We plan to have 2-30 minute (and 1 sprint/general 10 minute) warmups but we will switch to 3-20 minute warm ups if necessary.</p> <p>All distance warmups will be OPEN. Friday Distance Warmup will be 35 minutes + 15 minutes of sprint/general warmup, and the other distance warm ups will be 15 minutes + 10 minutes of sprint/general warmup.</p> <p>See “Safety” for Warm-up safety guidelines.</p>
AWARDS	<p>Heat winners will receive a prize.</p>
SCORING	<p>The meet will not be scored.</p>
LEGAL SPLITS	<p>Individual Events: Preferably, legal splits should be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party should supply an additional timer(s) on the lane for the split, if necessary, to ensure an accurate time. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course. Optionally, a legal split may be requested after the event using a legal split form when using a fully automatic timing system. The Admin Official has discretion to either grant or deny the request after reviewing the available evidence. Backstroke legal splits must be requested in advance to ensure a legal finish.</p>
SWIMWEAR	<p>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.</p>
RULES	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. • 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 without written USA Swimming approval. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the Amherst Tritons Swim Team or press photographers who have been approved in advance by the Meet Director, are allowed on deck.

	<ul style="list-style-type: none"> ● 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. ● VIDEO STREAMING: All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE. ● Deck Changing is PROHIBITED. ● An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. ● According to New England Swimming Best Practices, all athletes should shower before entering the pool. <p>In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</p>
SAFETY	<ul style="list-style-type: none"> ● No shaving is permitted at the competition site. ● No glass containers are permitted within the facility. ● 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. ● Lifeguards will be present on deck at all times including warm-ups. Springfield College also provides 24 hour Campus Security and sufficient medical support if needed. <p>WARM UP SAFETY:</p> <ul style="list-style-type: none"> ● Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. ● For all sessions with 12 & Under events, swimmers must utilize a “sit and slide”/“three-point” entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding, feet-first, into the pool. ● If the session includes both 12 & Under events and 13 & Over/Senior events, the “sit and slide”/“three-point” entry will be required for all swimmers.” ● For 13&Over sessions, the swimmer can choose whether they do a feet first entry or a sit and slide”/“three-point” entry. <p>In extraordinary cases, due to bulkheads and other pool designs, it may be determined that it is unsafe or impossible for swimmers to perform the required sit and slide entry. In such extremely rare cases, the sit and slide rule may be modified. Exceptions to the sit and slide rule shall only be made when performing the sit and slide entry poses risk of injury to swimmers and/or risk damaging or ripping of swimsuits. An exception to the sit and slide rule shall only be made when the Safety Monitor, Meet Director, and Meet Referee have evaluated the risks and unanimously determined that the use of the sit and slide entry poses such great risk as to be unsafe. In these cases, the Safety Monitor, Meet Director, and Meet Referee must determine and agree upon an alternative safety plan to ensure swimmer safety.</p>
SAFE SPORT	<p>The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. All infractions must be reported to the Meet Referee or Meet Director. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.</p>

	<ul style="list-style-type: none"> USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Susan Pascale-Frechette: safesportne@gmail.com (401-965-0813), or through the USA-S online reportable form.
CHANGES TO MEET	Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Patrick Johnstone . Any change to the meet format after the meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.
MEET JURY	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 Meet Jury but not vote. When possible, the three members shall be from separate teams. 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/FACILITY 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.
DECK ACCESS	Only current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck and will be fined by New England Swimming of \$100 to the coach, and \$200 to the coach's club.
OFFICIALS	Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. Walk-on officials may not be accepted to limit the number of people on the deck. Officials meetings will be at least 30 minutes prior to the start of a session and may be conducted virtually in the days before the meet.
HOSPITALITY	Will be provided for all meet staff, coaches, and officials.
DIRECTIONS	https://goo.gl/maps/f2fz9MHJZscv6KMY9
HOTELS	https://www.google.com/maps/search/hotels+near+springfield+college/@42.097562,-72.5785408,14.19z
MEET PAGE	Will be public at least 3 weeks before the meet start date. Access it at https://meets.swimdna.org/atst-23jul
EVENTS	See event schedule below.
WAIVERS	USA Swimming, Inc., New England Swimming, Inc., and the Amherst Tritons Swim Team cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

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Event List

Girls Event #	Event Name	Boy's Event #
Friday Distance Session		
1	Mixed 400 Freestyle	1
Saturday 13&Over Session		
3	13&Over 200 Individual Medley	4
5	13&Over 100 Butterfly	6
10 Minute Pool Open Break		
7	13&Over 200 Breaststroke	8
9	13&Over 100 Backstroke	10
10 Minute Pool Open Break		
11	13&Over 100 Freestyle	12
Saturday Distance Session		
13	Mixed 400 Individual Medley	13
Saturday 12&Under Session		
15	12&Under 200 Breaststroke	16
17	12&Under 50 Backstroke	18
10 Minute Pool Open Break		
19	12&Under 100 Butterfly	20
21	12&Under 200 Individual Medley	22
10 Minute Pool Open Break		

23	12&Under 100 Backstroke	24
25	12&Under 50 Breaststroke	26
5 Minute Pool Open Break		
51	12&Under 100 Freestyle	52
Sunday 13&Over Session		
27	13&Over 50 Freestyle	28
29	13&Over 200 Butterfly	30
10 Minute Pool Open Break		
31	13&Over 100 Breaststroke	32
33	13&Over 200 Backstroke	34
10 Minute Pool Open Break		
35	13&Over 200 Freestyle	36
Sunday Distance Session		
37	Mixed 1500 Freestyle	37
Sunday 12&Under Session		
39	12&Under 50 Freestyle	40
41	12&Under 200 Butterfly	42
10 Minute Pool Open Break		
43	12&Under 100 Breaststroke	44
45	12&Under 200 Backstroke	46
10 Minute Pool Open Break		
47	12&Under 50 Butterfly	48
49	12&Under 200 Freestyle	50

ENTRY PAYMENT AND LIABILITY RELEASE FORM

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CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL: CONTACT CELL PHONE: LIST UNATTACHED SWIMMERS:
ENTRY FEES	Individual Entries all distances @ \$5.00 _____ = \$ _____ Distance events @ \$10.00 _____ = \$ _____ Swimmer Participation Fee: # athletes _____ @ \$25.00 each = \$ _____ NE Travel Surcharge: # athletes _____ @ \$1.00 each = \$ _____ TOTAL DUE: \$ _____
PAYMENT	Make checks payable to: Amherst Tritons Swim Team Send to: Andy Shields 36 Converse Street, Longmeadow, MA 01106 Payment deadline: July 7th, 2023
WAIVER:	<p align="center">LIABILITY RELEASE</p> <p>Any swimmer whose entry is accepted will, for him/herself, his/her theirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming Inc, Amherst Tritons Swim Team, Determination Aquatics, and Springfield College for any and all injuries suffered by him/her at said meet, including Covid 19. In submitting this entry, the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming.</p> <p>_____</p> <p>Signature of Authorized Team Official Date</p>