



2024 ATST Here Comes the Sun Specialty LCM Meet

Art Linkletter Natatorium at Springfield College

233 Alden St, Springfield MA 01109

April 5-7, 2024

Held under the sanction of USA Swimming/New England: NE24-0405ATST



Meet Director	Andy Shields	atst.coach@gmail.com	+1 (770) 853 5036
Meet Referee	Patrick Johnstone	pjohnstone@gmail.com	+1 (413) 636 5928
Entry Chair	Determination Aquatics	meets@swimdna.org	+1 (508) 306-1979 (no text)
Admin Official	Maxim Sapozhnikov	meets@swimdna.org	+1 (508) 306-1979 (no text)
Safety Monitor	Xavier Rivera	meets@swimdna.org	

SESSIONS:

Date	Session Name	Warm up	Start
04/05/2024	Friday Distance Session	4:00 PM	5:00 PM
04/06/2024	Saturday 13&Over Session	7:00 AM	8:00 AM
04/06/2024	Saturday Distance and Time Trial Session	12:30 PM	12:55 PM
04/06/2024	Saturday 12&Under Session	2:20 PM	3:20 PM
04/07/2024	Sunday 13&Over Session	7:00 AM	8:10 AM
04/07/2024	Sunday Distance Session	12:30 PM	12:55 PM
04/07/2024	Sunday 12&Under Session	2:00 PM	3:00 PM

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 website.**

IMPORTANT DEADLINES	<p>First date of entry: 02/25/2024 Final date of entry: 03/27/2024 Payment deadline: 04/02/2024 (must be sent in time for host to receive by this date)</p>
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 timing system includes a fully-automatic Daktronics Time System with touchpads at the finish end of the pool with a video display. There are touchpads at the turn end of the pool. 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 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>
FORMAT:	<ul style="list-style-type: none"> ● The meet will be swum as timed finals. ● DISTANCE EVENTS: All distance events will be seeded fast to slow. The 1500 and 800 will be limited to 11&Overs only. Swimmers must provide their own timer. ● No events will swim with more than one swimmer per lane

SCRATCHES	<ul style="list-style-type: none"> • Scratch sheets will be used for all sessions and must be turned in at the admin table 30 minutes before the start of each session. • Any scratches can be emailed to the Entry Chair before the meet
COURSE	Long Course Meters (LCM)
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. • Coaches must be registered before the start of the meet. • 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	<p>First Come, First Served (FCFS)</p> <ul style="list-style-type: none"> • The host team may reserve entries only for their own team. • Entries will open at 12:00am on the first date of entries. • Entries received at the same clock second shall be considered tied in sequence with any other entries received on that clock second. • Entries received before the first date of entries shall be considered tied in sequence with any entries received in the first clock second of the first day of entries. • Should the meet become oversubscribed, and entries tied in sequence require resolution, a lottery will be conducted by the New England Swimming office. The results of the lottery will be shared with all involved parties.
CUT PROTOCOL	<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. Clubs will be notified of cuts no later than Monday before the meet.
ENTRIES	<ul style="list-style-type: none"> • Electronic entries should be emailed as an attachment to the entry chairperson at meets@swimdna.org. Please check that your team's name, address, and contact information are listed correctly in this file.

	<ul style="list-style-type: none"> ● For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received by 04/02/2023. ● 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 entry chairperson: Make Check Payable to: Amherst Tritons Swim Team Mail Check to: Determination Aquatics 43 Indian Ridge Rd, Natick, MA 01760 ● 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 should be used instead of NT's) ● Athletes may enter up to 4 events per session. The athlete's maximum of daily events is 6 events. Time trials count in the per day event count. ● 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.
RELAYS	<p>Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets.</p> <ul style="list-style-type: none"> ● All relay swimmers must be officially entered into the meet. ● Unattached swimmers may not participate in any relays. ● Mixed relays must consist of four swimmers, two of each gender.
TIME TRIALS	<p>Time trials will be offered on Saturday in the Distance and Time Trial session after the 800 Free. The deadline for time trials sign up is the end of the 13&Over Session.</p>
FEES	<ul style="list-style-type: none"> ● Timed final individual (events 200 meters and under): \$5.00 ● Distance events (events 400 meters and over): \$10.00 ● Time Trials: \$10.00 for IE, \$40 for relays ● Swimmer Participation Fee: \$25.00 per swimmer ● NES Travel Fee: \$1.00 per swimmer ● Non-electronic entries: \$5.50 for individual (200 and under), \$10.50 for distance (400 and over)
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>Friday Distance: The pool will open at 4:00 PM for Open Warm Up. At 4:40 PM, Lanes 1-3 will become 1 way sprint lanes and Lanes 4-6 will be circle swimming lanes. The pool will close at 4:50 PM.</p> <p>Saturday and Sunday 13&Over: The pool will open at 7:00 AM for Warm Up 1 and will close at 7:25 AM. The pool will open at 7:25 AM for Warm Up 2 and will close at 7:50 AM. 1 way sprints will be allowed in assigned teams lanes.</p> <p>Saturday 12&Under: The pool will open at 2:20 PM for Warm Up 1 and will close at 2:45 PM. The pool will open at 2:45 PM for Warm Up 2 and will close at 2:10 PM. 1 way sprints will be allowed in assigned teams lanes.</p> <p>Sunday 12&Under: The pool will open at 2:00 PM for Warm Up 1 and will close at 2:25 PM. The pool will open at 2:25 PM for Warm Up 2 and will close at 2:50 PM. 1 way sprints will be allowed in assigned teams lanes.</p> <p>Saturday Distance and Time Trials and Sunday Distance: The pool will open at 12:30 PM for Warm Up 1 and will close at 12:50 PM. Lane 1 will be open for 1 way sprints and lanes 2-6 will be used for circle swimming.</p> <p>See “Safety” for Warm-up safety guidelines.</p>
AWARDS	All heat winners in 12&Under Sessions will win a prize.
SCORING	The meet will not be scored.
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> <p>LEGAL SPLITS – Relays (Time Trials): All lead-off splits for relays are automatically loaded into SWIMS and do not require additional watches for validation unless there are no touchpads present, or the second swimmer starts in the water. If there are no touchpads, or the second swimmer starts in the water, a legal split form with three watches will be required for entry into SWIMS. Timers must be positioned over the lane at the end of the racing course. It is recommended that coaches report lead-off time discrepancies to the Administrative Referee or Administrative Official.</p>
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 .
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.

	<ul style="list-style-type: none"> ● 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. 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. ● 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.
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. <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. There will be no diving in the warm-up and warm-down areas at any time. ● For all warm-up sessions, 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. ● During competition, when entering the warm-up/warm-down area, a “sit and slide”/ “three-point” entry is required at all times.” ● 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.
SAFE SPORT	<ul style="list-style-type: none"> ● The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

	<ul style="list-style-type: none"> The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet. 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 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report. All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after April 5th, 2023, who has not completed Athlete Protection Training 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 April 5th, 2023, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.
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.
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.
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.
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.
GENERAL	Hospitality will be provided for all coaches, officials, and meet staff. There will be no charge for admission. Concessions will be available for purchase.
DIRECTIONS	Click here for Directions Make sure to park in Lot 15 only!
HOTELS	Click here for Hotels

EVENTS	Click here to jump to the event list
WEBPAGE	The meet page will contain all info about the meet including psych sheets, heat sheets, session timeline, and more! It will be accessible at meets.swimdna.org/atst-24apr closer to the meet.
WAIVERS	USA Swimming, Inc., New England Swimming, Inc., Amherst Tritons Swim Team, Springfield College, and Determination Aquatics 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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233 Alden St, Springfield MA 01109
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Held under the sanction of USA Swimming/New England: NE24-0405ATST

Event Schedule

Friday Distance

Warm Up: 4:00 PM

Start Time: 5:00 PM

Girls/Mixed Event #	Event	Boys Event #
1	Open 400 IM	2
10 Minute Break (Pool is Open)		
3	11&Over Mixed 1500 Freestyle	

Saturday 13&Over

Warm Up: 7:00 AM

Start Time: 8:00 AM

Girls Event #	Event	Boys Event #
4	13&Over 200 Freestyle	5
6	13&Over 50 Butterfly	7
10 Minute Break (Pool is Open)		
8	13&Over 200 Backstroke	9
10	13&Over 100 Breaststroke	11
10 Minute Break (Pool is Open)		
12	13&Over 200 Butterfly	13
14	13&Over 50 Freestyle	15

Saturday Distance (and Time Trials)

Warm Up: 12:30 PM

Start Time: 12:55 PM

Mixed Event #	Event
16	11&Over Mixed 800 Free

Saturday 12&Under

Warm Up: 2:20 PM

Start Time: 3:20 PM

Girls Event #	Event	Boys Event #
17	12&Under 200 Freestyle	18
19	12&Under 50 Butterfly	20
10 Minute Break (Pool is Open)		
21	12&Under 200 Backstroke	22
23	12&Under 100 Breaststroke	24
10 Minute Break (Pool is Open)		
25	12&Under 200 Butterfly	26
27	12&Under 50 Freestyle	28

Sunday 13&Over

Warm Up: 7:00 AM

Start Time: 8:00 AM

Girls Event #	Event	Boys Event #
29	13&Over 50 Backstroke	30
31	13&Over 100 Butterfly	32
10 Minute Break (Pool is Open)		
33	13&Over 50 Breaststroke	34
35	13&Over 100 Freestyle	36
37	13&Over 200 IM	38
10 Minute Break (Pool is Open)		
39	13&Over 100 Backstroke	40
41	13&Over 200 Breaststroke	42

Sunday Distance

Warm Up: 12:30 PM

Start Time: 12:55 PM

Mixed Event #	Event
43	Mixed 400 Free

Sunday 12&Under

Warm Up: 2:00 PM

Start Time: 3:00 PM

Girls Event #	Event	Boys Event #
44	12&Under 50 Backstroke	45
46	12&Under 100 Butterfly	47
10 Minute Break (Pool is Open)		
48	12&Under 50 Breaststroke	49
50	12&Under 100 Freestyle	51
52	12&Under 200 IM	53
10 Minute Break (Pool is Open)		
54	12&Under 100 Backstroke	55
56	12&Under 200 Breaststroke	57



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Entry Payment and Liability Release Form

CONTACT INFO

CLUB NAME:

CONTACT NAME:

CONTACT EMAIL

CONTACT CELL PHONE:

LIST UNATTACHED SWIMMERS:

ENTRY FEES

Timed Finals Events @ \$5.00 _____ = \$ _____

Distance events @ \$10.00 _____ = \$ _____

Swimmer Participation Fee: # athletes ____ @ \$ 25.00 = \$ _____

NE Travel Surcharge: # athletes ____ @ \$1.00 each = \$ _____

TOTAL DUE: \$ _____

PAYMENT

Make checks payable to: **Amherst Tritons Swim Team**

Send to:

Determination Aquatics

43 Indian Ridge Rd, Natick, MA 01760

Payment deadline: 04/02/2024

WAVER

LIABILITY RELEASE

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, Springfield College, and Determination Aquatics 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.

Signature of Authorized Team Official

Date