



2025 ATST Western Mass Showdown
Northfield Mount Hermon School
 1 Lamplighter Way, Gill, MA 01354
10/17-10/19/2025

Held under the sanction of USA Swimming/New England: NE26-1017ATST



Contact

Role	Name	Email	Phone
Meet Director	David Sapozhnikov	dsapozhnikov@swimdna.org	+1 (508) 306-1979
Meet Referee	Patrick Johnstone (Fri & Sat) Dave Travers (Sun)	pjohnstone@gmail.com dktravers@comcast.net	+1 (413) 636-5928 + 1 (413) 320-7953
Entry Chairperson	SwimDNA Meets	meets@swimdna.org	+1 (508) 306-1979
Admin. Official	Maxim Sapozhnikov	msapozhnikov@swimdna.org	+1 (508) 306-1979
Safety Monitor	Mark Gehring	meets@swimdna.org	+1 (508) 306-1979

Sessions

Date	Day	Session #	Session Name	Warm Up Time	Start Time
10/17/2025	1	1	Friday Distance	5:00 PM	5:45 PM
10/18/2025	2	2	Saturday 13&Over	8:00 AM	9:00 AM
10/18/2025	2	3	Saturday Distance	11:15 AM	12:00 PM
10/18/2025	2	4	Saturday 12&Under	1:15 PM	2:15 PM
10/19/2025	3	5	Sunday 13&Over	8:00 AM	9:00 AM
10/19/2025	3	6	Sunday Distance	11:00 AM	11:45 AM
10/19/2025	3	7	Sunday 12&Under	1:00 PM	2:00 PM

NOTE: 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 meets.swimdna.org and the Event Page of the New England Swimming website.*

IMPORTANT DEADLINES	First Date of Entry	Final Date of Entry	Payment Deadline
	September 23 rd , 2025	October 10 th , 2025	October 17 th , 2025
SITE	The Northfield Mount Hermon School Competition Pool is a 6-lane, 25-yard pool with 6-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Timing 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 10 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is for 100. The pool is located inside the Northfield Mount Hermon School, 1 Lamplighter Way, Gil, MA 01354. Directions may be found later in this document.		
COURSE	SCY		

FORMAT:	<ul style="list-style-type: none"> ● The meet will be swum as timed finals. ● 5 Lanes will be used for swimming. 1 Lane will always remain open for continuous warmup/warm down ● Events 200 yards and under will be seeded slow to fast. Events 400 yards and over will be seeded fast to slow. ● Scratch sheets will be available for each session. Heat sheets will be available at the admin table 20 minutes before session start. ● No events will swim with more than one swimmer per lane ● 25-yard events will start at the start end and will be timed with 2 watches
SCRATCHES	<ul style="list-style-type: none"> ● Scratch sheets/Positive Check In will be used for all sessions and must be turned in at the admin table 40 minutes before the start of each session.
ELIGIBILITY	<ul style="list-style-type: none"> ● All swimmers must be currently registered as athlete members of USA Swimming (USAS) before 5:00 pm on the day before the first day of the meet. New England swimmers must have a “proof-of-age” document 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 USAS 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 USAS 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; they, or the athlete’s coach, shall provide advance notice of desired accommodations to the Entry Chair/Contact. ● The athlete, or the athlete's coach, is also responsible for notifying the Meet Referee of any disability prior to the competition.
ENTRY POLICY	<p>100% Invitational</p> <ul style="list-style-type: none"> ● The meet host may allocate 100% of splashes for the meet. ● 25% of the splashes allocated must be allocated to New England Swimming Teams, excluding the meet host. The meet host must make a reasonable effort at the time of allocation to solicit interest from New England Swimming teams. If no teams express interest at the time of allocation, the meet host may proceed with allocating these reserved splashes to out-of-LSC teams. ● If a specified allocation of splashes is granted to a team and agreed upon in writing between the meet host and attending team, the attending team is financially responsible for that allocation if unused, unless the meet host is able to substitute other participants to fill the unused splashes.

<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. Clubs will be notified of cuts no later than Monday before the meet.
<p>ENTRIES</p>	<ul style="list-style-type: none"> ● Electronic entries should be emailed as an attachment to the Entry Chairperson. Please check that your team's name, address, and contact information are listed correctly in this file. For email entries, payment and online waiver must be received by 10/17/2025. Failure to pay Entry Fees by this deadline could result in teams being barred from the meet. ● Make check payable to: Amherst Tritons Swim Team <p>Mail CHECK ONLY to:</p> <p>Determination Aquatics 43 Indian Ridge Rd Natick, MA 01760 ATTN: ATST-25OCT</p> <p>OR</p> <ul style="list-style-type: none"> ● OPTIONAL TENTATIVE ONLINE PAYMENT OPTION <ul style="list-style-type: none"> ○ We plan to try to use an online payment solution that combines with our online waiver, making a seamless online entry process. Payments will be accepted through standard ACH (bank transfer). Information will be sent once team's entry is sent. ● Any team that fails to send the Entry Payment and Liability Release Form as well as payment by the aforementioned 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 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 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 Payment and Liability Release Form before the meet begins. ● All Entry Times must be entered in the specified meet course. Coach's times may be used (and are preferred) instead of "NT" Entry Times.

	<ul style="list-style-type: none"> • Athletes may enter as many events as they choose but may only compete in a maximum of 6 individual events per day for timed final events. Time trials count in the per day event count. • ENTRY TIME UPDATES: Entry Times may be updated <i>until the Monday prior to the first day of the meet</i>. No new entries will be accepted after the Final Date of Entry Acceptance; they will be automatically excluded from Entry Time Update files. Entry Time Updates must be sent via email to the Entry Chairperson in Hy-Tek format. • No deck entries will be accepted.
TIME TRIALS	Time Trial events will be offered at the discretion of the Meet Director and the Meet Referee.
RELAYS	<ul style="list-style-type: none"> • Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets. • 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.
FEES	<ul style="list-style-type: none"> • Timed Final Individual Specialty Events (200-yards and under): \$5.00 • Distance Events (400-yards and over): \$10.00 • Relay Event: \$20.00 • Per-Swimmer Participation Fee: \$25.00 • Per-Swimmer NES Travel Fee: \$1.00 (to be included in the check sent by the host team to NES) • Non-electronic entries: \$5.50 for individual, \$10.50 for distance and \$25.00 for relays.
MEET MOBILE	<p>MEET MOBILE HEAT SHEETS: Meet Mobile heat sheets will be offered at this meet for no charge. 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><u>13&Over/12&Under Sessions</u></p> <p>Teams will be divided into 2 warm up sessions. Each warm up session will take 25 minutes; teams will decide one-way sprints. The competition pool will close 10 minutes prior to session start.</p> <p><u>Distance Sessions</u></p> <p>There will be a 30-minute open warmup (no sprints). The pool will be open for a 10-minute controlled warm up after. The competition pool will close 5 minutes prior to session start.</p>
AWARDS	All 12&Under heat winners will win a prize.
SCORING	The meet will not be scored.

<p>LEGAL SPLITS</p>	<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 (one timer with touchpad timing, three 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: 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>
<p>SWIMWEAR</p>	<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>
<p>RULES</p>	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy (MAAPP 2.0) 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 USAS 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 NES policy, professional photographers contracted by M.F. Swimming, LLC, 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 SafeSport policies defined by USAS, NES, 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 NES Best Practices, all athletes should shower before entering the pool.

	<ul style="list-style-type: none"> ● In accordance with NES Policy, only those coaches who have current, valid USAS 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</p>	<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 Meet Referee before he/she warms up, and the Meet Referee will assign the swimmer to a registered coach for warm-ups. ● Lifeguards will be on duty anytime an athlete is on deck. The facility is equipped with standard first aid and an AED. <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. ● 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>	<ul style="list-style-type: none"> ● The USA Swimming SafeSport program is USAS’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. ● The Minor Athlete Abuse Prevention Policy 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 USAS 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 via 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.

	<ul style="list-style-type: none"> • For information on how to report other alleged violations, including without limitation the Code of Conduct found within the USAS Rules and Regulations as well as 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. <i>Any athlete who turns 18 on or after October 17th, 2025, 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.</i> Times achieved by an athlete who turns 18 on or after October 17th, 2025, who competes in this USAS sanctioned event without completing this 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 Information before the meet only with the approval of the Co-Technical Chairs, Patrick Johnstone and Greg Gowers . 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. 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 Referees, Patrick Johnstone (Fri & Sat) Dave Travers (Sun) and let them know your level of certification, team, and sessions you will be available. Officials' meetings will be at least 30 minutes prior to the start of a session.
GENERAL	Hospitality will be available for all coaches, officials, and meet staff. Snacks and drinks will be passed around for meet volunteers. There will be no vendors or concessions.
MEET PAGE	A meet page will be available containing all meet info including psych sheets, heat sheets, timelines, and more at https://meets.swimdna.org/atst-25oct closer to the meet.
DIRECTIONS	Directions to facility
HOTELS	Hotels near facility

WAIVERS

USA Swimming, Inc., New England Swimming, Inc., Determination Aquatics, Amherst Tritons Swim Team, and Northfield Mount Hermon School 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.

Event Schedule

Friday Distance Session	
Warm Up: 5:00 PM	Start Time: 5:45 PM
Mixed Event #	Event
1	Open 1650 Freestyle

Saturday 13&Over Session		
Warm Up: 8:00 AM		Start Time: 9:00 AM
Girls Event #	Event	Boys Event #
2	13&Over 200 Medley Relay	3
4	13&Over 200 Backstroke	5
6	13&Over 100 Butterfly	7
8	13&Over 50 Freestyle	9
10	13&Over 100 Breaststroke	11
12	13&Over 100 Individual Medley	13
14	13&Over 50 Backstroke	15
16	13&Over 200 Freestyle	17

Saturday Distance Session	
Warm Up: 11:15 AM	Start Time: 12:00 PM
Mixed Event #	Event
18	Open 400 Individual Medley

Saturday 12&Under Session		
Warm Up: 1:15 PM		Start Time: 2:15 PM
Girls Event #	Event	Boys Event #
19	12&Under 200 Medley Relay	20
21	12&Under 200 Backstroke	22
23	12&Under 100 Butterfly	24
25	12&Under 50 Freestyle	26
27	12&Under 100 Breaststroke	28
29	12&Under 100 Individual Medley	30
31	12&Under 50 Backstroke	32
33	12&Under 200 Freestyle	34

Sunday 13&Over Session

Warm Up: 8:00 AM

Start Time: 9:00 AM

Girls Event #	Event	Boys Event #
35	13&Over 200 Freestyle Relay	36
37	13&Over 200 Breaststroke	38
39	13&Over 50 Butterfly	40
41	13&Over 100 Backstroke	42
43	13&Over 200 Individual Medley	44
45	13&Over 100 Freestyle	46
47	13&Over 50 Breaststroke	48
49	13&Over 200 Butterfly	50

Sunday Distance Session

Warm Up: 11:00 AM

Start Time: 11:45 AM

Mixed Event #	Event
51	Open 500 Freestyle

Sunday 12&Under Session

Warm Up: 1:00 PM

Start Time: 2:00 PM

Girls Event #	Event	Boys Event #
52	12&Under 200 Freestyle Relay	53
54	12&Under 200 Breaststroke	55
56	12&Under 50 Butterfly	57
58	12&Under 100 Backstroke	59
60	12&Under 200 Individual Medley	61
62	12&Under 100 Freestyle	63
64	12&Under 50 Breaststroke	65
66	12&Under 200 Butterfly	67



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CONTACT INFO	Will be on online form!
ENTRY FEES	<p>Individual Entries: Events 200 yards and under @ \$5.00</p> <p>Individual Entries: Events 400 yards and over @ \$10.00</p> <p>Relays @ \$20.00 each</p> <p>Swimmer Participation Fee @ \$25.00 each</p> <p>NE Travel Surcharge @ \$1.00 each</p>
PAYMENT	<p>Make checks payable to: Amherst Tritons Swim Team</p> <p>Send to:</p> <p>Determination Aquatics 43 Indian Ridge Rd Natick, MA 01760 ATTN: ATST-25OCT</p> <p>Payment deadline: 10/17/2025</p> <p>OR</p> <p>SEE INFORMATION IN PAYMENT SECTION ON MEET INFO FOR ONLINE METHOD</p>
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, Determination Aquatics, Amherst Tritons Swim Team, and Northfield Mount Hermon School 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>This will be a signature field on the online form.</p>