

**Cape Cod Swim Club  
Team Specialty Meet  
Massachusetts Maritime Academy, Buzzards Bay, MA  
January 15-17, 2010  
Sanctioned by NE Swimming #NE-10-4 and #NE-10-4 TT**

[Events List](#) (Adobe PDF)

[Entry Cover Page](#) (Adobe PDF)

[Hy-Tek Events File for Team Manager](#)

Results

Results (Adobe PDF)

Hy-Tek CL2 File for Team Manager (no time trials)

Hy-Tek CL2 File for Team Manager (time trials only)

**Meet Director:** Alan Sanders ([swimmeets@capecodswimclub.com](mailto:swimmeets@capecodswimclub.com) 508-759-1322)

**Meet Referee:** Carlos Pereira ([carlospepsi@aol.com](mailto:carlospepsi@aol.com) 401-437-0747)

**Entry Chairperson:** Alan Sanders ([swimmeets@capecodswimclub.com](mailto:swimmeets@capecodswimclub.com) 508-759-1322)

**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 Massachusetts Maritime Academy (MMA), Buzzards Bay, MA is located on Cape Cod. The pool is a 6 lane, 25 yard course with Competitor non-turbulent lane lines including buffer zones and lane lines on outside lanes. Starting blocks are at the deep end. Colorado Timing with electronic scoreboard and touchpads. Seating for 300. The pool is located along the scenic Cape Cod Canal, one of Bourne's major recreational attractions. Fishermen, boaters, joggers, bicyclists and walkers all use the canal for recreation. In addition, we are only ¼ mile from a marina and public boat launching facility and about one mile from Bourne Scenic Park and Campground. The campground is open April through October. The competition course has not been certified in accordance with 104.2.2C(4).

**COURSE:** Short course yards (25 yards).

**EVENTS and SESSIONS:** See attached list.

**ELIGIBILITY:** All contestants must be 2010 USA Swimming registered athletes. *All swimmers must be registered before the entry is submitted. Teams that enter unregistered swimmers will be subject to a fine of \$100 per unregistered swimmer.* New England teams entering the meet are encouraged to check their entries with the online registration check tool on the New England Swimming web site. Please contact the New England Swimming Office for registration information. Disabled swimmer forms are available from the New England Swimming Office. New England Swimming Office: 20 Cleveland Road, Needham MA 02492, 781-449-0270, [office@neswim.com](mailto:office@neswim.com)

**ENTRY INFORMATION:** Entries will be accepted on and after December 15, 2009. Entries received before December 15, 2009 will be considered received on December 15, 2009. Make checks payable to "Cape Cod Swim Club". Mail completed forms (including signed entry cover page and waiver) and payment to the entry

chairperson: **Alan Sanders PO Box 623 Buzzards Bay MA 02532**. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. 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. *Any swimmer who is entered with incorrect swimmer information, or an incorrect or no ID, or is unregistered, will be scratched from the meet until corrections are made per the New England policy. The Cape Cod Swim Club will reserve 75% for its own team and any other teams (New England and/or out of district) that it may want to invite to the meet. The other 25% of the swims will be open to other teams to submit entries. If on the first day of acceptance, those meet entries exceeded the 25% still available in the meet, there would be a lottery of those teams. The lottery would be run by the New England Office*

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairman at [swimmeets@capecodswimclub.com](mailto:swimmeets@capecodswimclub.com). Please check that your team name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received within four (4) days, excluding Sundays and holidays, of receipt of the email entry. If payment is received within four (4) days, excluding Sundays and holidays, of the email entry, the email receipt date will be considered the date of entry. If payment is received more than four (4) days, excluding Sundays and holidays, after the email entry, the payment receipt date will be considered the date of entry. **All electronic entries received will be acknowledged, however teams should request return receipt on emailed entries to verify receipt.**

**ENTRY LIMITS:** Athletes may enter and swim in a maximum of 5 events per day.

**ENTRY TIME UPDATES:** Entry times may be updated until 7 days prior to the first day of the meet. Entry time updates should be sent via email to the entry chairman at [swimmeets@capecodswimclub.com](mailto:swimmeets@capecodswimclub.com). Entry time updates must be sent as Hy-Tek format CL2 or SD3/SDIF files with updated times.

**ENTRY FEES:** Electronic entries: \$4.00 for individual events, \$5.00 for distance events (400 yards and over). Non-electronic entries: \$4.50 for individual events, \$5.50 for distance events. The Swimmer Participation Fee is \$6.00 per swimmer.

**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 accepted.)

**ENTRY CUTS:** Entry cuts, if necessary, will be made by the date of receipt. Teams will be notified that they have been accepted or cut from the meet within seven days of receipt of entry. If the meet becomes oversubscribed, a random selection of those entries received on the date the meet becomes oversubscribed will be conducted in accordance with New England Swimming guidelines. Teams that are cut from the meet will have their entry fee returned within four days of being cut.

**RELAYS:** None

**25-YARD EVENTS:** 25-yard events will start at the turn end of the pool. There are no starting blocks at the turn end of the pool. Swimmers will dive in from the wall.

**PROGRAMS:** \$6.00 per meet

**ADMISSION:** \$1.00 per session.

**WARMUPS:** The pool will open for warm-ups one-hour before the beginning of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. **SPECIAL NOTE FOR FRIDAY EVENING SESSION – Warm-up** for 500 Freestyle commences at 4:30 pm and will last 30 minutes. **Check in** for Open 1650 Freestyle will be at 5:30 pm. Warm-up will commence at the conclusion of the 500 Freestyle and will last 30 minutes. Warm-up time for afternoon sessions is contingent on timely conclusion of morning session.

**SAFETY:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warmup and warmdown areas at any time
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. 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. No camera cell phones are permitted in the locker rooms.

**RULES:** 2010 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.

**TIME TRIALS:** Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$5.00 for individual events and \$10.00 for relays.

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming.

**SCORING:** The meet will not be scored.

**AWARDS:** Ribbons will be awarded to the top six finishers in each individual event, and top sixteen finishers in 8 & Under events..

**FOOD:** A concession stand will be in operation on Saturday and Sunday.

**EQUIPMENT VENDOR:** A swimming equipment vendor will be selling suits, goggles, and other accessories on Saturday and Sunday.

**MISCELLANEOUS:** Cape Cod Swim Club 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 Mass. Maritime Swimming Pool.

**DIRECTIONS:** From Rhode Island and Connecticut – Take I-95 North to Providence, RI. Take I-195 East to Rte. 25 East. Take Exit 3 (new numbering) off Route 25. Directions continue below.

From the West – Take I-84 to I-90 East (Mass. Pike). Take I-495 South to Rte. 25 East. Take Exit 3 (new numbering) off Rte. 25. Directions continue below

From the North – Take I-93 South to Rte. 3 South to Rte. 6 & 28 West to Buzzards Bay. Directions continue below

Or - take Rte. 24 South to 495 South to Rte. 25 East. Take Exit 3 (new numbering) off Rte. 25. Directions continue below

From Cape Cod – If crossing the Sagamore Bridge, proceed on Rte 6 West towards Buzzards Bay. If crossing the Bourne Bridge take the first exit. Directions continue below.

**Continue:** On the rotary, go past the CVS and follow the MMA and Main Street signs. Once on Main Street in Buzzards Bay take a left after 1 mile at the only set of lights onto Academy Drive. Proceed ¼ mile to MMA campus. Turn right into parking lot just before gate. Pool entrance is far left door in first building

**LODGING:** The following hotels and motels are in the area:

- Beachmoor Inn (508) 759-7522 Walk to pool
- Buttermilk Bay Inn (508)743-0800. Seasonal. 3 minutes to pool.
- Best Western (508)759-0800. 6 minutes to pool.
- Cape Cod Canal Region Bed & Breakfast Association (508)759-1458.
- Sandwich Motor Lodge (800)282-5353 or (508)888-2285. 15 minutes to pool.
- [SeaCrest Oceanfront Resort & Conference Center](#) (800)225-3100. 20 minutes from pool
- [Hilton Garden Inn Plymouth](#) (508)830-0200. 20 minutes from pool. **Discounted rates and free breakfast for swimming families**

**Session 1 Friday Warmup 4:30 pm**

- 1 Girls 12 & Under 500 Freestyle
- 2 Boys 12 & Under 500 Freestyle  
30 min warmup
- 3 Girls 1650 Freestyle
- 4 Boys 1650 Freestyle

**Session 2 Saturday Warmup 7:00 am**

- 5 Girls 9-10 100 IM
- 6 Boys 9-10 100 IM
- 7 Girls 8 & Under 50 Freestyle
- 8 Boys 8 & Under 50 Freestyle
- 9 Girls 11-12 100 IM
- 10 Boys 11-12 100 IM
- 11 Girls 8 & Under 25 Backstroke
- 12 Boys 8 & Under 25 Backstroke
- 13 Girls 9-10 50 Butterfly
- 14 Boys 9-10 50 Butterfly
- 15 Girls 11-12 50 Butterfly
- 16 Boys 11-12 50 Butterfly
- 17 Girls 8 & Under 100 IM
- 18 Boys 8 & Under 100 IM
- 19 Girls 9-10 200 Freestyle
- 20 Boys 9-10 200 Freestyle
- 21 Girls 11-12 200 Freestyle
- 22 Boys 11-12 200 Freestyle
- 23 Girls 8 & Under 25 Breaststroke
- 24 Boys 8 & Under 25 Breaststroke
- 25 Girls 11-12 400 IM
- 26 Boys 11-12 400 IM
- 27 Girls 10 & Under 100 Backstroke
- 28 Boys 10 & Under 100 Backstroke
- 29 Girls 11-12 100 Backstroke
- 30 Boys 11-12 100 Backstroke
- 31 Girls 8 & Under 50 Butterfly
- 32 Boys 8 & Under 50 Butterfly
- 33 Girls 9-10 50 Freestyle
- 34 Boys 9-10 50 Freestyle
- 35 Girls 11-12 50 Freestyle
- 36 Boys 11-12 50 Freestyle
- 37 Girls 10 & Under 100 Breaststroke
- 38 Boys 10 & Under 100 Breaststroke
- 39 Girls 11-12 100 Breaststroke
- 40 Boys 11-12 100 Breaststroke
- 41 Girls 11-12 200 Butterfly
- 42 Boys 11-12 200 Butterfly

**Session 3 Saturday Warmup 1:00 pm**

- 43 Girls 400 IM
- 44 Boys 400 IM
- 45 Girls 100 Backstroke
- 46 Boys 100 Backstroke
- 47 Girls 200 Butterfly
- 48 Boys 200 Butterfly
- 49 Girls 100 Freestyle
- 50 Boys 100 Freestyle
- 51 Girls 200 Breaststroke
- 52 Boys 200 Breaststroke
- 53 Girls 200 Freestyle

- 54 Boys 200 Freestyle

**Session 4 Sunday Warmup 7:00 am**

- 55 Girls 8 & Under 100 Freestyle
- 56 Boys 8 & Under 100 Freestyle
- 57 Girls 9-10 200 IM
- 58 Boys 9-10 200 IM
- 59 Girls 11-12 200 IM
- 60 Boys 11-12 200 IM
- 61 Girls 8 & Under 50 Breaststroke
- 62 Boys 8 & Under 50 Breaststroke
- 63 Girls 9-10 50 Breaststroke
- 64 Boys 9-10 50 Breaststroke
- 65 Girls 11-12 50 Breaststroke
- 66 Boys 11-12 50 Breaststroke
- 67 Girls 8 & Under 25 Freestyle
- 68 Boys 8 & Under 25 Freestyle
- 69 Girls 11-12 200 Backstroke
- 70 Boys 11-12 200 Backstroke
- 71 Girls 8 & Under 25 Butterfly
- 72 Boys 8 & Under 25 Butterfly
- 73 Girls 9-10 100 Freestyle
- 74 Boys 9-10 100 Freestyle
- 75 Girls 11-12 100 Freestyle
- 76 Boys 11-12 100 Freestyle
- 77 Girls 8 & Under 50 Backstroke
- 78 Boys 8 & Under 50 Backstroke
- 79 Girls 9-10 50 Backstroke
- 80 Boys 9-10 50 Backstroke
- 81 Girls 11-12 50 Backstroke
- 82 Boys 11-12 50 Backstroke
- 83 Girls 10 & Under 100 Butterfly
- 84 Boys 10 & Under 100 Butterfly
- 85 Girls 11-12 100 Butterfly
- 86 Boys 11-12 100 Butterfly
- 87 Girls 11-12 200 Breaststroke
- 88 Boys 11-12 200 Breaststroke

**Session 5 Sunday Warmup 1:00 pm**

- 89 Girls 500 Freestyle
- 90 Boys 500 Freestyle
- 91 Girls 100 Butterfly
- 92 Boys 100 Butterfly
- 93 Girls 200 IM
- 94 Boys 200 IM
- 95 Girls 100 Breaststroke
- 96 Boys 100 Breaststroke
- 97 Girls 200 Backstroke
- 98 Boys 200 Backstroke
- 99 Girls 50 Freestyle
- 100 Boys 50 Freestyle

**Cape Cod Swim Club  
Team Specialty Meet  
Massachusetts Maritime Academy, Buzzards Bay, MA  
January 15-17, 2010  
Sanctioned by NE Swimming #NE-10-4 and #NE-10-4 TT**

**CONTACT INFORMATION**

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**ENTRY FEES**

_____	Individual non-Distance Electronic Entries	@ \$4.00	=	\$ _____
_____	Individual non-Distance Non-Electronic Entries	@ \$4.50	=	\$ _____
_____	Individual Distance (400yds +) Electronic Entries	@ \$5.00	=	\$ _____
_____	Individual Distance Non-Electronic Entries	@ \$5.50	=	\$ _____
_____	Swimmer Participation Fee	@ \$6.00	=	\$ _____
				Total: \$ _____

Make check payable to: **CCSC**

Mail entries and check to:  
Alan Sanders  
PO Box 623  
Buzzards Bay MA 02532

Entry Start Date: December 15, 2009  
*For e-mailed entries, this form and payment  
must be received within four business days  
of your entry e-mail.*

**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, New England Swimming, Cape Cod Swim Club, Friends of the Cape Cod Swim Club and Massachusetts Maritime Academy 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 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

Officials attending:  
\_\_\_\_\_