


**NEW ENGLAND  
LMSC**

## New England LMSC Short Course Yards Championship March 31 – April 2, 2023

Hosted by Worcester Polytechnic Institute Swimming & Diving at  
Worcester Polytechnic Institute, 100 Institute Road, Worcester, MA 01609  
Sanctioned by New England LMSC for USMS Inc. **[Sanction Pending]**

**MEET INFO & ENTRIES:** <https://bit.ly/nelmsc-scychamps23>

DATE	SESSION	Warm-Up Opens in Auxiliary Lanes	Warm-up Opens in Competition Lanes	Check-In Closes	Relay Entries Close	Session Starts
Friday, March 31	Distance	7:45 AM	7:45 AM	8:30 AM	--	9:00 AM
Friday, March 31	Main	7:45 AM	1:00 PM*	1:30 PM	1:30 PM	2:00 PM
Saturday, April 1	Distance	7:45 AM	7:45 AM	8:30 AM	--	9:00 AM
Saturday, April 1	Main	7:45 AM	11:10 AM*	11:30 AM	11:30 AM	Noon
Sunday, April 2	Distance	7:45 AM	7:45 AM	8:30 AM	--	9:00 AM
Sunday, April 2	Main	7:45 AM	10:10 AM*	10:30 AM	10:30 AM	11:00 AM

\*The competition lanes will open for warm-up when the Distance Session ends.

**FACILITY:** The WPI Sports & Recreation Center pool will be configured as a 10-lane, 25-yard competition course plus 6 auxiliary lanes for continuous warm-up unless, after reviewing the entry totals and estimated meet timeline, the meet organizers decide that 12 competition lanes and 4 auxiliary lanes are warranted. There is deck space for 500 swimmers, seating for over 400 spectators in the stands, and wheelchair access to all public spaces, including the pool, locker rooms, and stands.

**POOL LENGTH CERTIFICATION:** The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

**TIMING SYSTEM:** A Colorado Timing System will be used with automatic timing (touchpads), a one-button semiautomatic backup system, and a backup watch on each lane. Times from this competition will be eligible for USMS record and Top 10 consideration.

### ENTRIES:

- **Online Entries Only:** Share this short URL with your team: <https://bit.ly/nelmsc-scychamps23>
- **Entry Deadlines:** Regular entries close March 20, 2023, at 11:59pm. Late entries (\$20 surcharge) close March 27 at 11:59pm. Late entries for any or all sessions may close early upon reaching 600 swimmers or meet timeline limits, so enter early!
- **Entry Caps:** Swimmers may enter 13 individual events and 5 relay events. Relays will be deck-entered. See the distance event caps described below. If needed, the event director can add or adjust event caps.
- **Event Order:** Scroll the bottom of this page to view the Order of Events.
- **Contact:** Meet Director Paul Bennet at [wpiswimming@wpi.edu](mailto:wpiswimming@wpi.edu).

**ELIGIBILITY:** Current (2023) members aged 18 or older of U.S. Masters Swimming or another World Aquatics-recognized governing body. Age is determined by the swimmer's age on April 2, 2023, except 18-year-olds must be of age on March 31.

**ENTRY FEES:** \$30 meet fee + \$7 per individual event for entries submitted before the regular entry deadline. Late entries will incur a \$20 surcharge. These fees are nonrefundable. Your credit card statement will reflect a charge from “TNT Swimming.”

**NEW MEMBER INCENTIVE:** The New England LMSC board will provide **\$50 reimbursements** to the first 30 meet registrants who joined USMS (in the NELMSC) for the first time after October 31, 2022. Prior NELMSC meet subsidy recipients are not eligible.

To join USMS, [click here](#). To find your USMS number, [click here](#). To log in to My USMS and print your card, [click here](#).

**CHANGE/ADD EVENTS:** You cannot change events after submitting your entry. To add events @ \$7 per event, send an email message to [wpiswimming@wpi.edu](mailto:wpiswimming@wpi.edu) with your name, the event(s), and seed time(s). Requests received after the regular entry deadline will incur a \$20 late fee. TNT Swimming will charge the credit or debit card you used to enter the meet and email you a receipt.

**DISTANCE EVENT CAPS:** The 1000y and 500y freestyle events are each limited to the first 160 entries received and the 400y IM is limited to the first 80 entries. Plastic lap counters will be available for the 1000y and 500y freestyle events, but swimmers will need to find someone (teammate, coach, etc.) to count for them.

**RELAYS:** There is no relay entry fee, but every relay swimmer must be entered in at least one individual event. All four swimmers on a relay must be affiliated with the same club in their respective USMS member records. Swimmers cannot swim on both a same-sex relay and a mixed-sex relay for the same event. Women’s, men’s, and mixed relays may be swum in combined heats.

**RELAY ENTRY DEADLINES:** All relay entries must be deck-entered at the meet by 1:30pm Friday, 11:30am Saturday, and 10:30am Sunday using the [official relay entry form](#).

**AGE GROUPS:** The individual event age groups are 18-24, 25-29, 30-34, 35-39, etc. in five-year increments as high as necessary. The relay event age groups are 18+, 25+, 35+, 45+, etc. in 10-year increments, determined by the youngest relay member’s age.

**RULES:** [2023 USMS Rules & Regulations](#) apply. Please read [Article 402 “Conduct of Members”](#) and act accordingly at all times.

Your meet entry must match your club affiliation and, if applicable, New England Masters Swim Club workout-group affiliation in your USMS member record. You cannot change your club or NEM Swim Club workout-group affiliation after completing your first relay or individual event. If you have questions about your USMS registration or competition eligibility, see the NELMSC’s [Demystifying USMS primer](#) or contact [NEmembership@usms.org](mailto:NEmembership@usms.org).

This meet will use dive-over starting. If you want more time to exit the pool, please notify the meet referee before your heat.

**COVID SAFETY PROTOCOLS:** Attendees are **NOT** required to wear a mask. The meet organizers reserve the right to alter COVID-19 protocols based on WPI’s policies and local, state, and national guidelines at the time of the event. Any updates will be posted on this page and emailed to registered swimmers before the event. Do not attend if you are experiencing symptoms of COVID-19. If you test positive for COVID-19 within two weeks of the conclusion of the meet, please notify [wpiswimming@wpi.edu](mailto:wpiswimming@wpi.edu).

**SEEDING:** All events will be timed finals, seeded by time after check-in closes. All events will be seeded slow to fast, except the 800y freestyle relay will be seeded fast to slow. Each day’s distance session event (1000y freestyle, 500y freestyle, 400y IM) will alternate between women’s and men’s heats. The meet director or meet referee can change seed times that are obviously incorrect based on previous performances.

**SEED TIME PRIZE:** The first 10 swimmers who finish with the exact time submitted on their entry will receive a \$30 gift card. Limit: 1 per swimmer.

**CHECK-IN:** All events require positive check-in either in-person or online via [SwimPhone](#). Online check-in for each session will open at noon Thursday for the Friday sessions, noon Friday for the Saturday sessions, noon Saturday for the Sunday sessions.

Online and in-person check-in will close for each day’s Distance Session at 8:30am and for the Main Session on Friday at 1:30pm, Saturday at 11:30pm, and Sunday at 10:30am. **Swimmers who do not check-in on time will be scratched from the events for which they have not checked in.**

**WARM-UP/WARM-DOWN:** Each day the **auxiliary lanes** will open for warm-up/warm-down at 7:45am and close 30 minutes after the Main Session ends. The warm-up period in the **competition lanes** will open for the Distance Session each day at 7:45am and for the Main Session on Friday at 1:00pm, Saturday at 11:10am, and Sunday at 10:10am, or when the Distance Session ends. Warm-up in the competition lanes will close 10 minutes before each session's first event.

Swimmers must enter warm-up lanes FEET FIRST (no diving) except in designated one-way sprint lanes.

**SPLIT REQUESTS:** Official split requests for individual events must be submitted using the [Split Notification Form](#). Per USMS rules, for individual events other than backstroke you must notify the meet referee of your intent to record an initial split time before the meet is over; for backstroke events you must notify the referee before swimming that event. If possible, please submit all initial split requests (including for backstroke events) before the event is swum.

The [relay entry form](#) includes a pre-checked box requesting that the **leadoff** relay split be recorded as an official time. Accordingly, all relay leadoff splits will be automatically recorded (50y split in 200m relays, 100y split in 400y relays, 200y split in 800y relays).

However, the initial splits within each relay leadoff leg (50y split in 400y relays, 50y and 100y splits in 800y relays) will not be automatically recorded, and therefore require submission of a split request form and referee notification as described above to be considered an official time.

#### SCORING:

- For individual events, the first 16 places in each age group will be scored as follows: 17-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 points. For relay events, the first 16 places in each age-group will score double points.
- New England Masters Swim Club (NEM) will not accumulate team points at this meet: Each USMS-registered workout group of NEM will compete as its own team against other registered NEM workout groups and USMS-registered clubs.
- A relay team consisting of four NEM members who are all affiliated with the same workout group can only score points for that workout-group team.
- A relay team consisting of NEM members who are affiliated with different workout groups or no workout group can compete as an "NEM-Unattached" relay and record official times but cannot score points for a workout group team.

**PSYCH SHEETS:** Psych sheets, final team rosters and event entry lists, and an estimated timeline will be posted to SwimPhone, Meet Mobile, and the meet website on or about Tuesday March 28, 2023.

**HEAT SHEETS:** Heat sheets will be posted onsite at the meet and online on [SwimPhone](#), Meet Mobile, and the meet website after check-in closes and that day's events have been seeded.

**RESULTS:** Results will be posted onsite at the meet and online on [SwimPhone](#), Meet Mobile, and the meet website. Times recorded at this meet are not official until they are posted to the USMS meet results database.

**AWARDS:** Paper certificates for mounting adhesive label records (stickers) of your individual event performances will be available at the meet. Printable recognition certificates will also be posted on the meet website.

A brief ceremony will take place after Sunday's final event to bestow awards to the **male and female high-point winners in each age group** and to the **two top-scoring teams in the large, medium, small, and squad divisions**. Team-size parameters for each division (based on swimmers entered in the meet) will be determined after entries close. Team and individual point rankings will be posted after each session to [SwimPhone](#), Meet Mobile, and the meet website.

**WI-FI:** Limited Wi-Fi access will be available. Users will need to connect via the "wpi-open" network and follow the prompts. No support for Wi-Fi will be offered by WPI or the meet hosts.

**TEAM BANNERS:** You are encouraged to bring your team's banner. Please use painter's tape or Command hooks to hang your banners. Do not use duct tape or any other adhesive that will leave residue on the walls.

**DIRECTIONS TO POOL:** The GPS address is [153 Salisbury Street, Worcester, MA 01609](#).

From the East: Take Mass. Turnpike (I-90) to Exit 11A (I-495). Proceed north to exit 25B (I-290), then west into Worcester. Take Exit 18 (Lincoln Sq., Rte. 9), turn right at the end of the ramp, then an immediate right before next traffic light. At next light, proceed straight through, bearing to the right on Salisbury St. Turn left at the first entrance after the hill. Proceed straight towards the parking garage on the right.

From the North: Take I-495 south to I-290. Follow directions from east.

From the South and West: Take Mass. Turnpike (I-90) to Exit 10 (Auburn). Proceed east on I-290 into Worcester. Take Exit 17 (Lincoln Sq., Rte. 9), turn left at end of ramp, follow Rte. 9 west through Lincoln Sq., straight onto Highland St., then right at light onto Park Ave. Proceed through first light, then turn right at the first entrance. Take the first right, then proceed to the entrance of the parking garage.

<https://www.wpi.edu/coming-to-campus>

**PARKING DIRECTIONS:** The GPS address to the Gateway Park Parking Garage is [29 Garden Street, Worcester, MA 01609](#), which is **0.9 miles from the pool**. WPI will provide two 30-passenger shuttle buses to run on 15-minute loops between the Gateway Garage and the WPI Sports & Recreation Center. Please plan accordingly.

**HOTELS:** There are no hotel room blocks or discounts for this meet. You can find local hotels and rental properties through online services like [Hotels.com](#), [Bookings.com](#), [Expedia](#), [Google Hotels](#), [Airbnb](#), and [VRBO](#).

**THINGS TO DO:** The [Worcester Cultural Coalition](#) and [Discover Central Massachusetts](#) websites list places to stay, restaurants, events, and other attractions and sights to see in and around Worcester.

**CONDITIONS:** By entering this meet you hereby give United States Masters Swimming, the New England Local Masters Swimming Committee, and their assignee's permission to take and use photographs and video recordings of you at the meet for promotional purposes. When entering the meet, every meet participant must complete and sign the [USMS Participant Waiver](#). This waiver is built into the online meet registration process.

**ORDER OF EVENTS:** An estimated meet timeline will be added to the event schedule below after check-in closes. Breaks will be taken at the meet referee's discretion. Bring your own nutrition and water bottles.

### Friday, March 31, 2023 – Session 1 – Distance (1000 Free, Check-in closes 8:30 AM)

Warm-ups start at 7:45 AM

Meet Session starts at 9:00 AM

Women	Event	Men
#1	1000 Freestyle	#2

### Friday, March 31, 2023 – Session 2 – Main (Check-in & relay entry close 1:30 PM)

Warm-up start at 7:45 AM

Meet Session starts at 2:00 PM

Women	Event	Men
#3	100 Butterfly	#4
#5	50 Freestyle	#6
#7	100 IM	#8
#9	200 Backstroke	#10
#11	50 Breaststroke	#12
#13	800 Freestyle Relay	#14
#15	Mixed 800 Freestyle Relay	#15

**Saturday, April 1, 2023 – Session 3 – Distance (500 Free, Check-in closes 8:30 AM)**

Warm-ups start at 7:45 AM  
Meet Session starts at 9:00 AM

Women	Event	Men
#17	500 Freestyle	#18

**Saturday, April 1, 2023 – Session 4 – Main (Check-in & relay entry close 11:30 AM)**

Warm-ups start at 7:45 AM  
Meet Session starts at 12:00 PM

Women	Event	Men
#19	200 IM	#20
#21	100 Breaststroke	#22
#23	200 Freestyle Relay	#24
#25	Mixed 200 Freestyle Relay	#25
#27	200 Butterfly	#28
#29	50 Backstroke	#30
#31	100 Freestyle	#32
#33	400 Medley Relay	#34
#35	Mixed 400 Medley Relay	#35

**Sunday, April 2 , 2023 – Session 5 – Distance (400 IM, Check-in closes 8:30 AM)**

Warm-ups start at 7:45 AM  
Meet Session starts at 9:00 AM

Women	Event	Men
#37	400 IM*	#38

**Sunday, April 2, 2023 – Session 6 – Main (Check-in & relay entry close 10:30 AM)**

Warm-ups start at 7:45 AM  
Meet Session starts at 11:00 AM

Women	Event	Men
#39	50 Butterfly	#40
#41	200 Breaststroke	#42
#43	400 Freestyle Relay	#44
#45	Mixed 400 Freestyle Relay	#45
#47	100 Backstroke	#48
#49	200 Freestyle	#50
#51	200 Medley Relay	#52
#53	Mixed 200 Medley Relay	#53



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M    F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

**Revised 04/28/2022**