



**2025 YNS IMX/IMR Meet
Greater Beverly YMCA
November 1-2, 2025**

Held under the sanction of USA Swimming/New England: NE26-1101YNS



CONTACT

ROLE	NAME	EMAIL	PHONE
Meet Director	Dave Modzelewski	modzelewskid@northshoreymca.org	203-788-8532
Meet Referee	Meghan McLaughlin	mmclaughlin3679@gmail.com	
Entry Chairperson	Dave Modzelewski	modzelewskid@northshoreymca.org	203-788-8532
Admin. Official	Jake Sullivan	jsully1664@yahoo.com	
Safety Monitor	Jack Van Meter	vanmeterj@northshoreymca.org	

SESSIONS:

DATE	SESSION	WARM-UP	START
Saturday, 11/1/25	1 – 12/Under	12:30pm	1:15pm
Saturday, 11/1/25	2 – 13/Over	4:15pm	5:00pm
Sunday, 11/2/25	3 – 12/Under	12:30pm	1:15pm
Sunday, 11/2/25	4 – 13/Over	4:15pm	5:00pm

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 the Event Page of the New England Swimming website.*

IMPORTANT DEADLINES	• First Date of Entry Acceptance: Friday, October 10th, 2025 • Final Date of Entry Acceptance: Friday, October 24th, 2025 • Payment Deadline: Saturday, November 1st, 2025
SITE	The Greater Beverly YMCA Competition Pool is an 8-lane, 25-yard pool with 8-foot wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado electronic timing system with touchpads at the finish end of the pool with Full LED Video Display. Attached to the main pool is a diving well area that is NOT available for warm-up and warm-down, approximately 20x20 yards in size. There is also full 6-Lane 25-yard pool which will be available for warm-up and warm-down. The finish end of the pool is 5 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is for 250. The pool is located inside the Greater Beverly YMCA, 254 Essex Street, Beverly, MA, 01915. Please enter through the main entrance on Main Street. Directions may be found later in this document.
COURSE	SCY
FORMAT:	• The meet will be swum as Timed Finals. Seeding will be slowest to fastest for all event. • No events will swim with more than one swimmer per lane • All events will start at start end and will be timed with 1 Touchpad, 2 Buttons, & 2 watches
SCRATCHES	• Scratch sheets will be used for all sessions and must be turned in at the control table 30 minutes before the start of each session.

ELIGIBILITY	• All swimmers must be currently registered as athlete members of USA Swimming (USAS) <i>before 5:00 pm on the day before the first day of the meet.</i> 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 <i>a fine of up to \$100.00 per event against the individual, member coach, or a member club</i> submitting the entry. • Deck Registrations will NOT be accepted.
DISABILITY SWIMMERS	• Athletes with a disability are welcome; they, or the athlete’s coach, shall provide advance notice of desired accommodations to the Meet Director. • The athlete, or the athlete's coach, is also responsible for notifying the Meet Referee of any disability prior to the competition.
ENTRY POLICY	<u>First Come, First Serve (FCFS)</u> • 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 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	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: • 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	• 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 hardcopy of the entry (including signed Entry Payment and Liability Release Form) must be received by November 1st , 2025 (by the start of the 1st Warm-Up session). Failure to pay Entry Fees by this deadline could result in teams being barred from the meet.

	● Mail completed signed Entry Payment and Liability Release Form, as well as payment, to: YMCA of the North Shore Attn: Dave Modzelewski 254 Essex Street Beverly, MA 01915 ● 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 The YMCA of the North Shore. 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 24 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. ● Athletes may enter 3 events per Session to satisfy the IMR/IMX program and compete in a maximum of 7 individual events for the entirety of the Meet. ● ENTRY TIME UPDATES: Entry Times may be updated <i>until the Monday prior to the first day of the meet (10/27/25)</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 NOT offered.
FEES	● Timed Final Individual Events (200-yards and under): \$5.00 ● Timed Final Individual Events (400-yards and over): \$10.00 ● 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	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. 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.
WARM-UP	The pool will open for warm-ups as follows: ● 30 minutes 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. - The 6-Lane Pool will be used during the Warm-Up period and will be available for the entire meet for warm-up and warm-down. See “Safety” for Warm-up safety guidelines.
AWARDS	IMX & IMR Awards will be given at the completion of the Meet. Heat Winner prizes will be awarded for 12/Under Sessions, and may be awarded for 13/Over Sessions. - IMX & IMR Awards will be given in the following Age Groups: 8/Under Girls & Boys 9-10 Girls & Boys 11-12 Girls & Boys 13-14 Girls & Boys 15-16 Girls & Boys 17/Over Girls & Boys
SCORING	IMX & IMR Scoring will be as follows: - Each event in the IMX & IMR programs will be scored using the HyTek Age Group Points system. - The events that must be swum are the following per age group: - IMR 10/Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM - IMR 11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM - IMR 13/Over: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM - IMX 10/Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM - IMX 11-12: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM - IMX 13/Over: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM - If an event above is not swum, the swimmer is not eligible for an award.
LEGAL SPLITS	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. 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.
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	- 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. ● 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.
SAFETY	● 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. ● All medical needs will be provided by the Lifeguards and Aquatics Department staff for the entirety of the Swim Meet. All EAP will be conducted by Lifeguards and Meet Director. WARM UP SAFETY: ● 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.
SAFE SPORT	● 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. • 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 November 1st, 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 November 1st, 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.
FACILITY RULES	• Swimmers must stay in designated area on Pool Deck when not swimming • Swimmers are NOT allowed in YMCA areas other than Pool, Locker Rooms, Lobby, Gymnasium, & Café Area • The YMCA of the North Shore is not responsible for lost or stolen items • Chairs are allowed to be used on the Pool Deck, however there will be bleacher seating for swimmers and teams • Locker Room / Changing Areas / Bathrooms: ○ All Swim Meet Participants under 18 should use the Community Locker Room for all changing and restroom needs. They are NOT allowed to use the Men's or Women's Locker Rooms ○ All Swim Meet Participants 18 & Over should use the Men's or Women's Locker Room for all changing and restroom need. ○ All Coaches & Meet Volunteers should use the single bathroom located right off the pool deck or the hallway bathrooms. Please do not use the Locker Rooms that the swimmers will be using. ○ All Spectators should use the bathrooms available in the Lobby Hallway (Carpeted mats will line the floor)

	○ Changing Tents will be available on the Pool Deck in the case of a crowded Locker Room. ● Spectators are not allowed to view the Meet via the Functional Fitness Area (Turf)
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 Gower . 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 Referee and let him/her 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 or conducted virtually in the days before the meet.
GENERAL	● Coaches and Officials Hospitality will be located in the Board Room. ○ Lunch & Dinner will be served on Saturday & Sunday ○ Individual snacks & drinks will be offered throughout all sessions ● Concessions will be offered in the café area. ● PARKING: There will be off-site parking. Swimmers may be dropped off at the entrance to the YMCA but all cars will be directed to one of the nearby off-site lots. Directions to lots will be available daily at the entrance to the YMCA and may change from day to day during the meet. Your cooperation is vital in order to run future meets at this facility.
DIRECTIONS	● The Sterling YMCA is located on 254 Essex Street, Beverly MA 01915. ○ From the north (New Hampshire, Maine) take Interstate 95 South to Route 128 North to exit 18. Take a right off the exit and proceed 1 mile. ○ From the south or west, take 128 North to exit 18. Turn right off the exit and proceed 1 mile. The Sterling YMCA is on the right. ○ Telephone #: 978-927-6855
WAIVERS	USA Swimming, Inc., New England Swimming, Inc., and The YMCA of the North Shore 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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SSRP

Events List

Session: 1 – 12/Under Warm-up: 12:30pm Start: 1:15pm

<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>
1	11-12 500Y Freestyle	2
3	12/Under 50Y Butterfly	4
5	12/Under 100Y Backstroke	6
7	12/Under 50Y Breaststroke	8
9	12/Under 100Y Freestyle	10
11	12/Under 200Y IM	12

Session: 2 – 13/Over Warm-up: 4:15pm Start: 5:00pm

<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>
13	13/Over 400Y IM	14
15	13/Over 100Y Butterfly	16
17	13/Over 200Y Backstroke	18
19	13/Over 100Y Backstroke	20
21	13/Over 200Y Breaststroke	22

Session: 3 – 12/Under Warm-up: 12:30pm Start: 1:15pm

<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>
23	12/Under 200Y Freestyle	24
25	12/Under 50Y Freestyle	26
27	12/Under 100Y Breaststroke	28
29	12/Under 50Y Backstroke	30
31	12/Under 100Y Butterfly	32
33	12/Under 100Y IM	34

Session: 4 – Sunday 13/Over Warm-up: 4:15pm Start: 5:00pm

<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>
35	13/Over 200Y IM	36
37	13/Over 100Y Freestyle	38
39	13/Over 200Y Butterfly	40
41	13/Over 100Y Breaststroke	42
43	13/Over 200Y Freestyle	44
45	13/Over 500Y Freestyle	46

ENTRY PAYMENT AND LIABILITY RELEASE FORM

	2025 YNS IMX/IMR Meet Greater Beverly YMCA November 1-2, 2025 Held under the sanction of USA Swimming/New England: NE26-1101YNS	 SSRP
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CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL: CONTACT CELL PHONE: LIST UNATTACHED SWIMMERS:
ENTRY FEES	Individual Specialty Events (200 and Under) (@ \$5.00/event) _____ = \$ _____ Individual Distance Events (400 and Over) (@ 10.00/event) _____ = \$ _____ Swimmer Participation Fee (@ \$25.00/athlete) _____ = \$ _____ NE Travel Surcharge (@ \$1.00/athlete) _____ = \$ _____ TOTAL DUE _____ \$ _____
PAYMENT	Make Checks Payable To: The YMCA of the North Shore Send To: The YMCA of the North Shore Attn: Dave Modzelewski Beverly, MA, 01915 Payment Deadline: Saturday, November 1st, 2025 (by the start of the 1st Warm-Up Session)
WAIVER	LIABILITY RELEASE Any swimmer whose entry is accepted will, for him/her/themselves and his/her/their executors and administrators, waive and release any and all rights and claims for damages he/she/they may have against United States Swimming, New England Swimming Inc., The YMCA of the North Shore, & YNS Sharks Swim Team 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. _____ <i>Signature of Authorized Team Official</i> _____ <i>Date</i>