2026 CS October Races Meet

Boston College High School

150 Morrissey Blvd, Boston, MA 02125

10/16-10/18/2026

Held under the sanction of USA Swimming/New England: NE27-1016CS

Contact

Role	Name	Email	Phone
Meet Director	David Sapozhnikov	dsapozhnikov@swimdna.org	+1 (508) 907-6908
Meet Referee	Lisa Gowern	lisa.gowern@comcast.net	+1 (603) 340-4104
Entry Chairperson	SwimDNA Meets	meets@swimdna.org	+1 (508) 907-6908
Admin. Official	Maxim Sapozhnikov	msapozhnikov@swimdna.org	+1 (508) 907-6908
Safety Monitor	Christopher Sheppard	meets@swimdna.org	+1 (508) 907-6908

Sessions

Date	Day	Session #	Session Name	Warm Up Time	Start Time
10/16/2026	1	1	Friday Open Distance Session	5:30 PM	6:15 PM
10/17/2026	2	2	Saturday 12&U Session	2:00 PM	3:00 PM
10/17/2026	2	3	Saturday 13&O Session	5:30 PM	6:30 PM
10/18/2026	3	4	Sunday 12&U Session	11:00 AM	12:00 PM
10/18/2026	3	5	Sunday 13&O Session	2:30 PM	3:30 PM
10/18/2026	3	6	Sunday Open Distance Session	5:45 PM	6:15 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 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 25th, 2026	October 10th, 2026	October 16th, 2026
SITE	The **Cadigan Pool** is an 8-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 a state-of-the-art video board. There are no touchpads at the turn end of the pool. The finish end of the pool is 12.5 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is for 170.		
COURSE	SCY		
FORMAT:	• The meet will be swum as timed finals. • Events 200 yards and below 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. • 25-yard events will be timed with 2 buttons • No events will swim with more than one swimmer per lane		

SCRATCHES	• Scratches will be handled through email until Friday, October 16th at 12:00 PM. • 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	• 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***. • 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	• 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	**<u>75%/25%</u>** • The meet host may allocate 75% of splashes for the meet. The host team's entries are included in this allocation. • Teams that are included in the 75% of guaranteed entries must submit their entry and payment to the host team no later than seven (7) calendar days before the First Date of Entry Acceptance, or the host team may remove them from the 75% of guaranteed entries. • 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. • The meet host must reserve 25% of splashes for other interested teams. Entries open at 12:00 am on the First Date of Entry Acceptance; any entries received before the First Date of Entry Acceptance are considered received on the First Date of Entry Acceptance. All entries received on the same calendar day are considered tied. • Should the meet become oversubscribed, and entries tied in sequence require resolution, a lottery will be conducted by the New England Swimming office. Results of the lottery will be shared with all involved parties. • Should the meet host improperly reserve 25% of available splashes, it must first adjust its own entry prior to applying cut protocols to the meet

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 must be received by **10/16/2026**. Failure to pay Entry Fees by this deadline could result in teams being barred from the meet. ● An online waiver will substitute the regular Entry Payment and Release Form. This will be sent out to coaches, upon first entry. **This must be submitted by October 14th, 2026.** ● Make check payable to: **Commonwealth Swimming** Mail **CHECK ONLY** to: **Determination Aquatics** **43 Indian Ridge Rd** **Natick, MA 01760** **ATTN: CS-26OCT** ● Any team that fails to submit the Entry Payment and Waiver online 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 **Commonwealth Swimming.** ● Late payment of entry fees may result in future exclusion from meets hosted by our club. ● Entries will be acknowledged within 48 hours if they are accepted into the meet. ***Your entry is considered received only if you receive an acknowledgement.*** ● 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 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 ***until the Monday prior to the first day of the meet.*** 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	There will be no time trials.
FEES	• Timed Final Individual Specialty Events (200-yards and under): $5.00 • Timed Final Individual Distance 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)
MEET MOBILE	**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**.** **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	**Warm Up plans will be shared closer to the meet.**
AWARDS	There will be no awards.
SCORING	This meet will not be scored.
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**.**
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 not permitted. • **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. ● Lifeguards will be on duty anytime an athlete is on deck. The facility is equipped with standard first aid and an AED. **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. ***Any athlete who turns 18 on or after October 16th, 2026, 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 18 on or after ***October 16th, 2026,*** 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 Gowern**. 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, **Lisa Gowern,** and let her know your level of certification, team, and sessions you will be available. Officials' meetings will be at least 20 minutes prior to the start of a session.
GENERAL	Hospitality will be available.
MEET PAGE	A webpage containing meet info will be accessible closer to the meet using the following link: **https://meets.swimdna.org/cs-26oct**
DIRECTIONS	**Directions to facility**
ADMISSION	Admission will be free.
WAIVERS	USA Swimming, Inc., New England Swimming, Inc., Determination Aquatics, Commonwealth Swimming, Boston College High School, and other hired vendors/personnel 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

Sessions					
Date	Day	Session #	Session Name	Warm Up Time	Start Time
10/16/2026	1	1	Friday Open Distance Session	5:30 PM	6:15 PM
10/17/2026	2	2	Saturday 12&U Session	2:00 PM	3:00 PM
10/17/2026	2	3	Saturday 13&O Session	5:30 PM	6:30 PM
10/18/2026	3	4	Sunday 12&U Session	11:00 AM	12:00 PM
10/18/2026	3	5	Sunday 13&O Session	2:30 PM	3:30 PM
10/18/2026	3	6	Sunday Open Distance Session	5:45 PM	6:15 PM

Friday Open Distance Session		
Warm Up: 5:30 PM		Start Time: 6:15 PM
Girls Event #	Event	Boys Event #
1	Open 500 Freestyle	2
3	Open 400 IM	4

Saturday 12&Under Session		
Warm Up: 2:00 PM		Start Time: 3:00 PM
Girls Event #	Event	Boys Event #
5	12&Under 200 Individual Medley	6
7	8&Under 25 Backstroke	8
9	12&Under 100 Freestyle	10
11	11-12 200 Backstroke	12
13	12&Under 50 Butterfly	14
15	8&Under 25 Breaststroke	16
17	12&Under 100 Breaststroke	18
19	12&Under 50 Backstroke	20
21	11-12 200 Butterfly	22

Saturday 13&Over Session		
Warm Up: 5:30 PM		Start Time: 6:30 PM
Girls Event #	Event	Boys Event #
23	13&Over 200 Individual Medley	24
25	13&Over 100 Freestyle	26
27	13&Over 200 Backstroke	28
29	13&Over 50 Butterfly	30
31	13&Over 100 Breaststroke	32
33	13&Over 50 Backstroke	34
35	13&Over 200 Butterfly	36

Sunday 12&Under Session		
Warm Up: 11:00 AM		Start Time: 12:00 PM
Girls Event #	Event	Boys Event #
37	12&Under 200 Freestyle	38
39	8&Under 25 Butterfly	40
41	12&Under 50 Breaststroke	42
43	12&Under 100 Backstroke	44
45	12&Under 50 Freestyle	46
47	8&Under 25 Freestyle	48
49	12&Under 100 Butterfly	50
51	12&Under 100 Individual Medley	52
53	11-12 200 Breaststroke	54

Sunday 13&Over Session		
Warm Up: 2:30 PM		Start Time: 3:30 PM
Girls Event #	Event	Boys Event #
55	13&Over 200 Freestyle	56
57	13&Over 50 Breaststroke	58
59	13&Over 100 Backstroke	60
61	13&Over 50 Freestyle	62
63	13&Over 100 Butterfly	64
65	13&Over 200 Breaststroke	66

Sunday Open Distance Session		
Warm Up: 5:45 PM		Start Time: 6:15 PM
Girls Event #	Event	Boys Event #
67	Open 1650 Freestyle	68
69	Open 1000 Freestyle	70

2026 CS October Races Meet

Boston College High School

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CONTACT INFO	Will be on online waiver!
ENTRY FEES	Timed Final Individual Specialty Events (200-yards and under): $5.00 Distance events (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)
PAYMENT	Make check payable to: **Commonwealth Swimming** Mail **CHECK ONLY** to: **Determination Aquatics** **43 Indian Ridge Rd** **Natick, MA 01760** **ATTN: CS-26OCT**
WAIVER:	**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 USA Swimming, Inc., New England Swimming, Inc., Determination Aquatics, Commonwealth Swimming, Boston College High School, and other hired vendors/personnel 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. This will be a signature field on the online waiver.

SwimDNA