

**New England Swimming 13 –19 Age Group Championships**  
**Zeigler Center, MIT, Cambridge MA**  
**Hosted by North Shore Swim Club**  
**March 4-7, 2010**  
**Sanctioned by New England Swimming: NE-10-29 (TT)**

**Meet Director:** Dan Warner (978-852-3985) [nssc1@aol.com](mailto:nssc1@aol.com)  
**Meet Referee:** Larry Thomas [lpthoma2000@yahoo.com](mailto:lpthoma2000@yahoo.com)  
**Administrative Referee:** Dave Saunders: [davidsaot@yahoo.com](mailto:davidsaot@yahoo.com)  
**Entry Chairperson:** Dan Warner (978-852-3985) [nssc1@aol.com](mailto:nssc1@aol.com)  
**Clerk of Course:** Mariella Allard: [mariallard@comcast.net](mailto:mariallard@comcast.net); 508-633-8821  
**Meet Web Site:** northshoreswimclub.com

	<b>Thursday at MIT</b>	<b>Friday at MIT</b>	<b>Saturday at MIT</b>	<b>Sunday At MIT</b>
<b>Warm Up Prelims</b>		7:30 – 8:55 AM	7:30 – 8:55 AM	7:30 – 8:55 AM
<b>Prelims Begin</b>		9:00 AM	9:00 AM	9:00 AM
<b>Warm Up Finals</b>	4:30 – 5:25 PM	5:00 – 5:55 PM	5:00 – 5:55 PM	4:00 – 4:55 PM
<b>Finals Begin</b>	5:30 PM	6:00 PM	6:00 PM	5:00 PM

**MEET FORMAT:** The meet will be conducted in a trials/finals format. In the evening there will be 4 heats: two 13-14 year old heats and two 15-19 year old heats. The top 20 swimmers in each event will return at night. The relays will be conducted as timed finals in the evening. The top heat of (10) women and (10) men in the 1650 Free will be swum at finals.

**SITES:** The MIT Competition Pool at the Zesiger Center includes two 25 yard competition courses, a 9 lane pool and a 10 lane pool with seven-foot-wide lanes and non-turbulent lane lines and 6 lane, 25 yard warm-up and warm down pool. Fully-automatic Colorado Time System touchpads and electronic display for both pools. Spectator seating for 350. The pool is located inside the MIT Zesiger Center, 120 Vasser Street, Cambridge, MA 02139.

**COURSE:** Two courses with 10 lane and 9 lane 25 yard (SCY) competition pools during the prelims. Short course yards (25 yards). The competition courses have been certified in accordance with 104.2.2C (4), copy of such certification is on file with USA Swimming."

**EVENTS:** See attached list.

**ELIGIBILITY:** All contestants must be 2010 New England 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 required to check their entries with the online registration check tool on the New England Swimming web site (<http://www.neswim.com/tools/registration.html>). 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: 47 May St, Needham MA 02492, 781-449-0270, [office@neswim.com](mailto:office@neswim.com). Age eligibility is determined by the age of the swimmer the first day of the meet and must be shown on the entry form.

*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.*

**ENTRY INFORMATION:** All entries, hand written, or emailed, must be received by Wednesday, February 24, 2010. Email entries with a standard HY3, SD3 or CL2 data file of your team's entries attached are encouraged, provided a hardcopy of the proof of times entry report, with a signed entry cover sheet, must arrive on or before Tuesday, March 2, 2010.

An entry will NOT be accepted without the hard copy and payment. Payment and hard copy are due by Tuesday, March 2, 2010. No fax entries will be accepted. All hard copies and checks should be sent by US Postal Service certified mail, or hand delivered. **Please check the "no signature required" box on overnight deliveries.** The hard copy of the entries should be the Proof of Times report that identifies the meet where each qualifying time was achieved.

All entries must be typed or legibly printed and must include all swimmer's USA Swimming numbers and ages. If there is a discrepancy between the hard copy and the electronic entry, the hard copy will be used as the official meet entry. Send the hard copy entries to NSSC, 19 Fenley Road, Gloucester, MA 01930.

One check for entries, swimmer participation fee and travel fund surcharge should be made payable to North Shore Swim Club.

Direct all entry questions to Dan Warner 978-852-3985, [nssc1@aol.com](mailto:nssc1@aol.com)

**ENTRY FEES:** \$7.50 electronic entry/ \$8.00 hand entry for all individual events. \$25.00 electronic relay entry/ \$25.50 hand relay entry. In addition, there is a \$10.00 swimmer participation fee and a \$2.00 New England Travel Fund surcharge for every swimmer listed on the entry including relay only swimmers.

**ENTRY TIMES:** Entry times must be achieved between February 1, 2009 and the entry deadline of February 24, 2010. Entry times will be seeded in the following order: SCY, SCM, LCM.

**ENTRY LIMITS:** A swimmer may swim in a maximum of 9 individual events, excluding time trials, with no more than 3 individual events per day, including time trials. A swimmer may enter as many events as he/she has qualified for, then scratch down to the allowed maximum 9 individual events for the meet with a maximum of 3 individual events per day.

**RELAYS:** All relays will be swum as timed finals at the end of the evening sessions. A team may enter relays according to the number of swimmers per sex entered in individual events with a maximum of 2 relays per team per event, both of which may score. **Relay only swimmers must also pay the \$10.00 participation fee and the NES travel surcharge of \$2.00. Also 200 yard relays will be entered with 400 yard times.**

Relay-Only Swimmers: Relay-only swimmers are allowed based on the number of qualifying athletes per age group and gender:

- 0 qualifying athletes = 0 relay-only swimmers
- 1 qualifying athlete = 3 relay-only swimmers
- 2 qualifying athletes = 2 relay-only swimmers
- 3 qualifying athletes = 1 relay-only swimmer
- 4 or more qualifying athletes = 0 relay-only swimmers

Relay cards must be turned in by 7:00 PM to the clerk of course the day of the event. Relay name or order changes may be done at the clerk of course table until the heat is called.

**TIME TRIALS:** Time trials are \$10.00 for individual events and \$25 for relays.

## **Time Trials ( Friday, Saturday, Sunday evening )**

North Shore Swim Club would like to announce that we will offer all swimmers time trials during the finals sessions of the 13-19 Age Group Championships, in the east pool. Time trial swimmers must be entered into the 13-19 age group championship meet, including relay only swimmers to participate. Time trial sign ups will be Friday, Saturday and Sunday morning from 9:00 AM - 12:00 noon. We will only time trial the events that are offered on that specific day of the 13-19 championship meet. Time trials will run approximately 90 minutes starting 15 minutes after the beginning of the Finals session. Time trials will conclude before the finals session relay regardless of remaining swims. Swimmers who do not get to swim will be reimbursed. All time trials will be \$10.00 per event and \$25.00 per relay. Swimmers are reminded that they are only allowed to swim in a maximum of 3 individual events per day including time trials. All events except the 1000 free and the 1650 free will be offered in time trials. All time trial events must have swimmers provide own timers with their own watches. Sign up for all time trials with the clerk of course. Time trials will only be available for swimmers in the meet.

**DISTANCE EVENTS:** The 1000 Free and 1650 Free are timed finals. These events will be combined age groups that are seeded by time. Both events will be swum fastest to slowest. The fastest heat of 10 women and 10 men in the 1650 Free will swim at the beginning of the final session on Sunday. All of the other heats will be conducted during prelims. These events will be scored separately. The meet director reserves the right to seed these events with two swimmers per lane if the event is oversubscribed.

The 500 Free and the 400 IM will be swum slowest to fastest with the women's event first followed by the men's event.

A/B flight format: Dependent on the number of entries, and at the discretion of the Meet Referee, the 400 IM and/or 500 freestyle preliminaries may be conducted in an "A/B flight" format.

All swimmers in the 400 IM, 500, 1000, and 1650 Free must provide at least 2 timers with watches and 1 counter for their swims during prelims.

**SCRATCHES:** Scratch forms will be located at the clerk of course table on deck. Scratch deadlines for Friday, Saturday and Sunday are 6:30 PM the night before the next day of trials.

Scratch deadlines:

Thursday, 4:45pm: Positive check-in for Thursday distance events (1000 freestyle).

Thursday, 6:30pm: All Friday events. Scratches for Friday events may also be made via telephone to Dan Warner (978-852-3985) until Thursday at 6:30pm.

Friday, Positive check in for 200 Medley relays before end of prelims, relay cards by 5:45pm.

Friday, 6:30pm: Positive check-in for Friday relays (400 free relay).

Friday, 6:30pm: All Saturday events.

Saturday, Positive check in for 200 Free relays before end of prelims, relay cards by 5:45pm.

Saturday, 6:30pm: Positive check-in for Saturday relays (800 free relay).

Saturday, 6:30pm: All Sunday events except 1650 freestyle.

Sunday, 9:00am: Positive check-in for Sunday distance events (1650 freestyle).

Sunday, 5:30pm: Positive check-in for Sunday relays (400 medley relay).

**POSITIVE CHECK IN:** All 500, 1000, 1650 Freestyle, and 400 IM swimmers and all relays must confirm their intention to participate with a positive check-in for those events. Positive check-in for the 1000 is 4:45pm on Thursday. The deadline for all the others is 9:00 AM on the day of the individual event. Relay check-in is by 6:30 PM the day of the event and Sunday by 5:30 PM. Failure to check-in will result in a swimmer not being seeded. Any swimmer or relay team that does affirm his/her/their intent to swim and does not compete, unless excused by the referee, will be barred from further competition at this meet, including relays and time trials.

**SPECIAL SCRATCH NOTES:**

1. Coaches and swimmers are expected to understand the scratch, verification and relay rules before the meet begins.
2. Any swimmer who fails to compete in an individual event heat in which he/she is entered and has not been scratched will be barred from further competition for that day, including relays and time trials. The swimmer will be also automatically scratched from the following day's events unless the clerk of course has been notified of the swimmers intention to compete by 5:30 PM. NOTE: Finals are considered continuation of events starting with trials.
3. Any swimmer who competes in an individual heat and qualifies for Finals and fails to notify the clerk of course of his/her intention to withdraw from the finals within 30 minutes of the posting of the results and qualifiers for that event, and does not compete nor is excused by the meet referee, will be barred from all subsequent competition in the meet, including relays and time trials.
4. On Sunday, any team whose swimmer competes in an individual heat and qualifies for Finals and fails to notify the clerk of course of his/her intention to withdraw from the finals within 30 minutes of the posting of the results and qualifiers for that event, and does not compete nor is excused by the meet referee, **will be fined \$100**. The meet referee may waive the fine, if based on his judgment, the swimmer was ill or the reason for missing the final was beyond the control of the swimmer.

**VERIFICATION & RULES:** There will be a verification table on deck. At this meet teams must submit to the verification table a copy of their meet entry with verification of all times indicated. Teams must also include a copy of any non-New England calendar meet results used for entry times. Any swimmer unable to verify entry time will be barred from the rest of the meet. If several swimmers from one team are unable to verify entry times the swimmers and the coach may be banned from the remainder of the meet.

The 2010 USA Swimming rules will govern except as otherwise stated herein and the decision of the referee will be final. Disabled swimmer forms are required by US Swimming and are available from the New England Swimming Office.

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.

**WARM UP:** USA Swimming warm-up policies will be in effect for the meet. Diving will be prohibited during warm-ups in the warm-up/down pool at all times during the meet. One way sprint lanes will be announced during warm-ups for starting practice only. Coaches must instruct their swimmers to obey these rules. Failure to comply with a designated safety marshal's orders could result in disciplinary action. All swimmers participating in the meet without a USA Swimming registered coach shall report to the referee before warm-ups prior to each 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 warm-up and warm-down areas at any time. Athletes must, at all times, enter the pool only from the starting block end. This applies to the warm-up area also.
- 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.

**AWARDS:** Medals will be awarded for the first 8 places, in individual events, and medals for the first three places in relays. Awards will only be available for pick-up for 24 hours after the event is swum.

The top eight high point winners for women, men and teams will be awarded a plaque. The high point ceremony will take place on Sunday evening at the conclusion of the session. Coaches are responsible for making sure their swimmer is present to receive their award.

<b>Scoring:</b>	<b>1-10</b>	<b>11-20</b>
<b>Individual</b>	24-21-20-19-18-17-16-15-14-13	11-9-8-7-6-5-4-3-2-1
<b>Relays</b>	48-42-40-38-36-34-32-30-28-26	22-18-16-14-12-10-8-6-4-2

Please note that the top 20 places will be scored for team awards and high point awards. Only 2 relays per team, per event will score.

Awards for all events will be available at the designated awards table upon request of the swimmer during the meet.

**RESULTS:** Event results will be posted on the pool deck and in the spectator area immediately after each event.

**ADMISSION:** \$3.00 per session. (**All finals sessions will be free admission for anyone bringing a canned good or non perishable item to be donated to a local charity**).

**PROGRAMS:** \$4.00 per pool for prelim sessions and \$5.00 per finals session.

**HOSPITALITY:** Coaches and officials will be served food during Trials and Finals sessions. Cold drinks and snacks will be available throughout the meet. No food is allowed on deck.

**VENDOR:** A swimming equipment vendor will be selling suits, goggles, and other accessories for the duration of the meet.

**TIMERS AND OTHER WORKERS:** According to New England Swimming policy, NSSC will make timing assignments for this meet based on the size of your team’s entry. Please be cooperative and punctual. We need the full cooperation of all teams, large and small, to adequately run this meet. All teams will be given timing/work assignments based on the number of entries. Teams treating this meet as a team travel meet need to assure that they have enough parental workers at the meet to fulfill their team obligation. The timing assignments will be posted on the web page with ample time to get workers.

All swimmers in the 400 IM, 500, 1000, and 1650 free are reminded that they must provide at least 2 timers and 1 counter for these distance events in the prelims. At night timers will be assigned for the whole session.

**OFFICIALS:** Officials are requested to help with the pre-meet planning for this meet by stating their availability to help as soon as possible. Please provide the information requested on the [Intent to Officiate Form](#) for this meet, found on the New England Swimming web site ([www.neswim.com](http://www.neswim.com)). Host Team officials are reminded that they also need to submit an application. All applications that are received by the meet entry deadline February 24, 2010 will count towards the work requirements for the official's team. Please do not submit an application within three days of the meet. "Walk-on" officials are always welcome and will be assigned to positions that are not filled.

The uniform for Prelims and Timed Finals Sessions will be Navy Blue Bottoms and White Polo shirts. All evening Finals Sessions we will wear Khaki Long Pants (or skirts) and Navy Blue Polo shirts.

All Officials meetings will take place 45 minutes prior to the start of each session with the exception of evening distance sessions which will begin 30 minutes prior to the meet start time.

**COACHES NOTES:** All coaches should check-in with the control table upon arrival at the pool. Coaches' information will be available at the beginning of warm-ups at each session from the office. These will include the heat sheets for that session and any notes that may be needed. There will be a coaches meeting at 8:40 AM on Friday, and after that, when needed.

Coaches are responsible for the behavior of their swimmers at all times. Any damage to the premises or equipment is the responsibility of those doing the damage.

Swimmers, parents, coaches, and spectators are restricted to the pool, spectator stands and concession area.

There will be absolutely no food on deck. Swimmers caught with food will be asked to leave the meet. Each team is responsible for cleaning up their area.

No glass bottles are allowed in the pool areas or locker rooms.

No smoking is permitted inside the building.

MIT and New England Swimming will not assume responsibility for lost or stolen articles.

Parents are in charge of supervising younger children in attendance at the meet.

**Please do not ask to change entry times or events after the entry deadline. No deck entries will be accepted.**

## **DIRECTIONS:**

### **MIT**

#### **From the North (I-95 or I-93)**

If you are heading south on I-93, follow I-93 into Boston then follow the I-93 instructions below. If you are heading south on I-95, take the I-93 South exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.

#### **From the South (I-95 or I-93)**

If you are heading north on I-93, follow I-93 (the Southeast Expressway) into Boston then follow the I-93 instructions below. If you are heading north on I-95, take the I-93 North exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.

#### **From the West (I-90) (Mass Turnpike)**

Follow I-90 east to the Cambridge/Brighton exit (exit 18). Following the signs to Cambridge, cross the River Street Bridge, and continue straight about 1 mile to Central Square. Turn right onto Massachusetts Avenue and follow Massachusetts Avenue for about a half mile. The main entrance to MIT will be on your left. If you cross the river again, you have gone too far.

#### **From Route I-93**

From I-93, take exit 26, and follow the signs to Back Bay along Storrow Drive West, approximately 1.5 miles, to the exit for Route 2A. The exit will be on the left, just before the Harvard Bridge (more appropriately called the Massachusetts Avenue Bridge). The Charles River will be on your right. As you cross the bridge, you will be looking at MIT – the Great Dome and academic facilities are on the right, the dormitories and athletic facilities are on the left.

**PARKING:** Parking in Cambridge and Boston is generally not an enjoyable experience. Whenever possible, park your car at the hotel at which you are staying, and use public transportation to get to the MIT campus. If you must drive to the campus, there are both on- and off-street parking available, but most public parking is not very close to the center of the MIT campus (unless you arrive early in the morning or late in the evening).

There is metered parking on Massachusetts Avenue. There are a number of lots at which you may park for a fee. These include a lot at the corner of Massachusetts Avenue and Vassar Street, “Park and Lock” on Third Street, “Kinney Systems” at 4 Cambridge Center (entrances on Ames Street and Broadway), and “Kinney Systems” at Ten Cambridge Center (entrances from Broadway and Binney Street).

#### **LODGING: Host Hotel – Cambridge Hyatt**

Guests can make their room reservations by calling our toll-free Reservations number, (800) 233-1234, and referring to the North Shore Swim Club room block. Reservations must be made by February 11, 2010. Any rooms remaining in your block not reserved by this date will be released for general sale. The following is a link to the Host Hotel's website: <http://cambridge.hyatt.com/hyatt/hotels/index.jsp>