

North Shore Swim Club
Team Specialty Meet
MIT Competition Pool at the Zesiger Center
120 Vasser Street, Cambridge, Ma. 02139
January 9-10, 2010
Sanctioned by NE Swimming # NE-10-1, NE-10-1TT

[Events List](#)

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

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

Click [HERE](#) to link to the NSSC main meet webpage for this event.

Results

Saturday Morning Session

Sunday Morning Session

Full Results (Adobe PDF)

Full Results (HTML)

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

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

Meet Director: Dan Warner (nssc1@aol.com 978-852-3985 978-852-3985)

Meet Referee: Kirsten Newland (cdnewl@comcast.net)

Entry Chairperson: Dan Warner (nssc1@aol.com 978-852-3985 978-852-3985)

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 at the timing table on deck.

SITE: The MIT Competition Pool at the Zesiger Center is two competition courses with seven-foot-wide lanes and non-turbulent lane lines and a separate 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. The competition course has 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 required 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

ENTRY INFORMATION: Entries will be accepted on and after December 4, 2009. Entries received before December 4, 2009 will be considered received on December 4, 2009. Entries must be received no later than December 18, 2009. Make checks payable to “North Shore Swim Club”. Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson: Dan Warner, 19 Fenley Road Gloucester Ma. 01930. 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. North Shore Swim Club will limit the number of swims in the meet. North Shore 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. **In order to make sure that the meet is neither oversubscribed or undersubscribed, all teams included in the 75% must submit their entry and check at least one week before the date of first acceptance.** 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 exceed the 25% still available in the meet, there will be a lottery of those teams. The lottery will 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 chairperson at nssc1@aol.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.

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

ENTRY TIME UPDATES: Entry times may be updated until Thursday January 7, 2010. No new entries will be accepted after the December 18, 2009 entry deadline. Entry time updates should be sent via email to the entry chairperson at nssc1@aol.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

ENTRY FEES: Electronic entries: \$4.00 for individual events. Non-electronic entries: \$4.50 for individual events. The swimmer participation fee is \$10.00 per swimmer. 400IM and 500 Free are \$5.00.

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 Times will be rejected)

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. This meet will follow the 75/25 process outlined by New England Swimming policy. The host team may guarantee up to selected teams 75% of the entries for the meet including the host team, if the meet becomes oversubscribed for the last 25%, 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. ** Based on the number of entries, designated events may be cut by time in order to keep the meet within time limits for the session. Only one of the designated events will be cut if needed. Teams will be notified within one week of the first day of acceptance of any cuts made.

PROGRAMS: \$4.00 per session, Seeded Programs.

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. Warm Up pool will be available with 3 lanes throughout the 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
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 \$20.00 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. Spectators will be expected to remain in the designated spectator area.

SCORING: The meet will not be scored.

AWARDS: No Awards

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

MISCELLANEOUS: North Shore Swim Club and MIT assume no responsibility for lost or stolen property. No glass containers are permitted within the facility.

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).

DIRECTIONS: 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.

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LODGING:

N/A

Saturday Morning January 9, 2010
Warm Ups 7:30 AM, Start 8:35 AM

GIRLS EVENTS

1	12 & Under 100 Free	2
3	11-12 200 Fly *	4
5	12 & Under 100 Breast	6
7	12 & Under 50 Back	8
9	12 & Under 50 Fly	10
11	9-12 200 Free *	12
13	11-12 200 Back *	14

BOYS EVENTS

GIRLS EVENTS

15	13 & Over 50 free	16
17	13 & Over 200 Fly *	18
19	13 & Over 200 Back *	20
21	13 & Over 100 Breast	22
23	13 & Over 100 Free	24
25	13 & Over 400 IM *	26

BOYS EVENTS

Sunday Morning January 10, 2010
Warm Ups 7:30 AM, Start 8:35 AM

GIRLS EVENTS

27	12 & Under 50 Free	28
29	12 & Under 50 Breast	30
31	12 & Under 100 Back	32
33	12 & Under 100 Fly *	34
35	9-12 200 IM *	36
37	11-12 200 Breast *	38

BOYS EVENTS

GIRLS EVENTS

39	13 & Over 200 Free	40
41	13 & Over 100 Fly	42
43	13 & Over 100 Back	44
45	13 & Over 200 Breast *	46
47	13 & Over 200 IM *	48
49	13 & Over 500 Free *	50

BOYS EVENTS

** Based on the number of entries, designated events may be cut by time in order to keep the meet within time limits for the session. Only one of the designated events will be cut if needed. Teams will be notified within one week of the first day of acceptance of any cuts made.

*** Cuts will be made to the top 32 swimmers in each event, unless time allows.**

North Shore Swim Club

Team Specialty Meet

MIT Competition Pool at the Zesiger Center

120 Vasser Street, Cambridge, Ma. 02139

January 9-10, 2010

Sanctioned by NE Swimming # NE-10-1, NE-10-1TT

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

ENTRY FEES

____ Individual Electronic Entries @ \$4.00 = \$ _____

____ Individual Non-Electronic Entries @ \$4.50 = \$ _____

X Relay Electronic Entries @ \$16.00 = \$ N/A

X Relay Non-Electronic Entries @ \$18.00 = \$ N/A

____ Swimmer Participation Fee @ \$10.00 ea = \$ _____

Total: \$ _____

Make check payable to: North Shore Swim Club

Mail entries and check to:
North Shore Swim Club
c/o Dan Warner, Entry Chairperson
19 Fenley Road
Gloucester, MA 01930
978-852-3985

Entry Deadline: December 18, 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, North Shore Swim Club and MIT 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