

Exeter Swim Team

Exeter Sprints

Roger Nekton Championship Pool, Phillips Exeter Academy, Exeter, NH

December 2-3, 2011

Sanctioned by NE Swimming #NE-11-126 TT

Meet Director: Shannon Deschenes (office@exeterswim.org, 603-347-1947)

Meet Referee: Maryanne Lustgraff (maryannelustgraff@unh.edu, 603-767-8309)

Entry Chairperson: Shannon Deschenes (office@exeterswim.org, 603-347-1947)

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 for each event at the timing console.

SITE: The Roger Nekton Championship Pool is an 8-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. Fully-automatic Colorado Time Systems electronic timing with touchpads at the finish end of the pool with single-line electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 7' feet deep; the turn end of the pool is 12'6 feet deep. Spectator seating for 600. The pool is located inside the Love Gymnasium at Phillips Exeter Academy, Court Street, Exeter, NH. Please enter through the main entrance on Court Street. Directions may be found later in this document. The competition course has not been certified in accordance with 104.2.2C(4).

COURSE: Short course yards (25 yards)

CUT PROTOCOL: If a session is over-subscribed, the following cuts will be made in this order:

Swimmers will be asked to cut down to 4 events

RESERVE THE RIGHT TO MAKE CHANGES: Changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Mariella Allard. If changes need to be made once the meet begins, the Meet Committee will make the decision, after consulting with the Technical Chair, and will present it to the coaches at a coaches meeting for a vote.

MEET COMMITTEE: The meet committee should be made up of the Meet Director, Meet Referee, two coaches, and one athlete. The five members should be from separate teams.

WEATHER 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 session**, is a decision of the Meet Director, Meet Referee and the Meet Committee

ELIGIBILITY All swimmers must be 2011/2012 registered swimmers with New England Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492: office@neswim.com Age is determined by the age of the swimmer the first day of the meet and must be shown on the entry form. All coaches on deck must be registered with USA Swimming and display their coach membership cards. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. 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

REGISTRATIONS: 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. Teams are **required** to check their entries with the online registration check tool on the New England Swimming web site

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee and meet director of any disability prior to competition.

EVENTS and SESSIONS: See attached list.

ENTRY INFORMATION: Entries will be accepted on October 24th, 2011 and after, any entries received before that date will be considered received on October 24th, 2011. Entries must be received no later than November 10th. Make checks payable to "Exeter Swim Team". Mail completed signed entry cover page and waiver, and payment to the entry chairperson: Shannon Deschenes, 13 Fellows Road, Brentwood, NH 03833. 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.. Anywhere Aquatic 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. The other 25% of the splashes 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 office@exeterswim.org. 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 for timed final events, or 3 per day for trials/finals events. Time Trials count in the per day event count.

ENTRY TIME UPDATES: Entry times may be updated until 7 days prior to the first day of the meet. No new entries will be accepted after the November 10, 2011 entry deadline. Entry time updates should be sent via email to the entry chairperson at October 24th, 2011. 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 \$5.00 per swimmer. [Note that this fee can be charged only if a team requested it for a NE Calendar meet and submitted a bid before the deadline and cannot exceed \$10.]

ENTRY TIMES: All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times. (Coaches times instead of NT's will be accepted.)

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. If the meet becomes oversubscribed, 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.

25-YARD EVENTS: 25 yard events will start at the starting blocks and finish at the turn end of the pool. There are no touchpads at the turn end of the pool.

PROGRAMS: \$3.00 per session.

ADMISSION: Free

WARMUPS: The pool will open for warm-ups at least one hour before the beginning of each session with the exception of the eight and under session. Time length of warm ups for the eight and under session will be determined after entries are received. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes.
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: 2011 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. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the New England Swimming office for further review and/or action.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$5.00 for individual events.

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.

SCORING: This meet will be scored based on IMX points.

AWARDS: Ribbons will be awarded to the top six IMX point finishers in each age group.

FOOD: A concession stand will be in operation for the duration of the meet.

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

MISCELLANEOUS: Exeter Swim Team assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: parking is available on public streets where parking is permitted and in the Academy Athletic Facility parking lot behind the hockey rink and Love Gymnasium. Improperly parked cars will be ticketed and/or towed at the owner's expense.

DIRECTIONS: From North or South: Route I-95 to Exit 2. At tolls take Route 101 West to Portsmouth/Stratham exit 11 (Route 108). Take left at end of ramp, following Route 108 South to T intersection, turn right. At the bandstand in downtown Exeter, turn left (still 108). Take a left at the top of the hill onto Court St. (Route 108). Turn left just after the tennis courts on the left. Parking is on the right. From East or West: Route 101 to the Portsmouth/Stratham exit 11 (Route 108). Follow directions from Route 108 South above.

LODGING:

Fairfield Inn and Suites, Portsmouth Ave, Exeter, NH 03833 603-772-7411

Hampton Inn and Suites, Portsmouth Ave, Exeter, NH 03833 603-658-5555

Exeter Sprints

Friday, December 2nd

Warm ups, 4pm

Meet start, 5pm

Girls Event #	Event	Boys Event #
1	10 and under 100 Free	2
3	11-12 200 Free	4
5	13-14 200 Free	6
7	15 and over 200 Free	8
9	10 and under 100 IM	10
11	11-12 100 IM	12
13	13-14 200 IM	14
15	15 and over 200 IM	16

Saturday Morning , December 3rd

Warm Ups 6:45am Meet Start, 8am

Girls event #	Event	Boys Event #
17	10 and under 50 Back	18
19	11-12 50 Back	20
21	10 and under 50 Breast	22
23	11-12 50 Breast	24
25	10 and under 50 Fly	26
27	11-12 50 Fly	28

Saturday Mid-day, December 3rd

Warm ups, 12pm, meet start 12:30pm

Girls Events #	Event	Boys Event #
29	8 and under 50 Free	30
31	8 and under 25 Back	32
33	8 and under 25 Breast	34
35	8 and under 25 Fly	36
37	8 and under 25 Free	38

Saturday Afternoon, December 3rd

Warm Ups 1:30pm, meet Start 2:30pm

Girls Event #	Event	Boys Event #
39	13-14 100 Back	40
41	15 and over 100 Back	42
43	13-14 100 Breast	44
45	15 and over 100 Breast	46
47	13-14 100 Fly	48
49	15 and over 100 Fly	50