

Charles River Aquatics Team Specialty and Distance Meet

William J. Holmes Sports Center Pool

Simmons College, Boston MA

October 26-28, 2012

Sanctioned by NE Swimming #NE-13-18-TT

Meet Director: Michele Fournier (fournier_faling@msn.com, 857-241-9426)

Meet Referee: Ken Galica (kennethgalica@gmail.com, 978-808-0328)

Entry Chairperson: Raana Mumtaz (CRAentrychair@gmail.com, 617-730-3621)

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 clerk of course table. The 1650 freestyle will be swum fast-to-slow, alternating heats of women and men and may be swum 2 per lane. If swimming two per lane, the swimmers start the first heat on the right and then the second heat starts 15 seconds later on the left. Any swimmer who chooses not to swim 2 per lane can scratch the event and receive a full refund only if the entry chair is notified BEFORE the meet begins. Swimmers must provide their own timer for events 400 yards or longer.

SITE: The Simmons College Pool is an 8-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. Fully-automatic Daktronics electronic timing system 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 13 feet deep; the turn end of the pool is 4 feet deep. There is spectator seating for 150. The pool is located inside the Holmes Sports Center at Simmons College, 331 Brookline Avenue, Boston MA 02115. 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)

25-YARD EVENTS: 25-yard events will start at the block end of the pool and finish at the turn end.

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

- Distance events of 400 yards or longer will be cut by time
- Specific distance events are limited heats based on time line
- Swimmers will be asked to cut down to 4 events

Clubs will be notified of cuts no later than Monday before the meet.

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.

The Meet Director reserves the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour rule.

MEET COMMITTEE: The meet committee will be made up of the Meet Director, Meet Referee, two coaches, and one athlete. The five members will 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 2012 or 2013 registered swimmers with United States 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 on the first day of the meet. 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](#)

DISABILITY SWIMMERS: 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:

First date of entry acceptance: September 21, 2012 (any entry received before this date will be considered received September 21, 2012)

Final date of entry acceptance: October 15, 2012

Make checks payable to "CRA Booster Club".

Mail completed signed entry cover page and waiver, and payment to the entry chairperson:

Raana Mumtaz

Charles River Aquatics

P.O. Box 534

Needham, MA 02494.

Payment due date for all entries: The later of October 15, 2012 or within 4 days of being notified of your teams acceptance into the meet. Any team that fails to send payment, cover page and waiver form, by this due date can be scratched from the meet at the discretion of the Entry Chairperson.

ENTRY POLICY: *Charles River Aquatics 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.*

If necessary, entry cuts 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. Teams that are cut from the meet will have their entry fee returned within four days of being cut.

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.*

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 CRAentrychair@gmail.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 by: October 19, 2012.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 5 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 7 days prior to the first day of the meet. No new entries will be accepted after the October 15, 2012 entry deadline. Entry time updates should be sent via email to the entry chairperson at CRAentrychair@gmail.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,

\$5.00 for distance event.

Non-electronic entries: \$4.50 for individual events, \$5.50 for distance events.

Swimmer Participation Fee is \$6.00 per swimmer

NE Swimming Travel Fee of \$1.00 per swimmer (to be included in the check and the host team will send to NESwimming)

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

PROGRAMS: \$4.00 .

ADMISSION: \$2.00 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..

OFFICIALS: If you know that you will be attending this meet, please email the meet referee and let him/her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warmup and warmdown 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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks at any time.

RULES: Current 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 and \$20.00 for relays.

DECK ACCESS: Only 2012/2013 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their current 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: The meet will not be scored.

AWARDS: Ribbons will be awarded to the top six finishers in each individual event.

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

EQUIPMENT VENDOR: Metro Swimming will be selling suits, goggles, and other accessories for the duration of the meet.

MISCELLANEOUS: Charles River Aquatics assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: There is ample parking available at the MASCO Garage, located at 375 Longwood Avenue, a short walk from the Holmes Sports Center.

DIRECTIONS: The pool is located inside the Holmes Sports Center at Simmons College, 331 Brookline Avenue, Boston MA 02115.

From Route 9

- Take Route 9 East - At the Brookline Avenue intersection, turn left onto Brookline Avenue. Go to the second set of lights and turn left onto the Riverway. Take the Riverway to the third set of lights, where it intersects again with Brookline Avenue. The Holmes Sports Center is located approx. ¼ mile up on the right (Directly across from Beth Israel Medical Center).

From Boston, Route 93 and Route 1 North

- Take Storrow Drive WESTBOUND. Exit at the "Fenway/Route 1 South" exit. Bear right onto Boylston Street, heading OUTBOUND. Follow Boylston Street (outbound) to the major intersection of Boylston Street and Park Drive. (The Landmark Center Mall will be on your right). Go straight through the intersection, (which has 3 lights), towards Brookline Avenue. The Holmes Sports Center is located up on the right (Directly across from Beth Israel Medical Center).

From the West and the Massachusetts Turnpike

- Take the Massachusetts Turnpike to Exit 18 for Allston, Brighton and Cambridge. Stay to the right after the toll-booth. Take the Cambridge/Somerville fork at the exit. After the first set of lights and before the bridge, turn right onto Storrow Drive East. Head toward Boston to the third exit which is marked "Fenway/Route 1

South." . Take the Fenway/Route 1 South exit. Bear right onto Boylston Street, heading
OUTBOUND. Follow Boylston Street to the major intersection of Boylston Street and Park Drive. (The
Landmark Center Mall will be on your right). Go straight through the intersection, (which has 3 lights),
towards Brookline Avenue.

From Providence, Rhode Island

-Take I-95 North to Exit 12, where it joins Route 128. Follow I-95/Route 128 towards Dedham. At Dedham,
take Route 1 North, heading toward Boston. Stay on Route 1, also known as VFW Parkway and the Jamaica
Way, to the intersection with Brookline Avenue. At this intersection, the Jamaica Way becomes the
Riverway. Stay on the Riverway until the third set of lights, where the Riverway intersects again with
Brookline Avenue. Turn right onto Brookline Avenue.

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LODGING: A list of Hotels and motels in the area are available at the following link on the Simmons College
website:

<http://www.simmons.edu/overview/directions/accommodations/>

CHARLES RIVER AQUATICS DRAGONS

EVENTS SCHEDULE

FEMALE

EVENT #

Session 1

EVENT

1 Open 1000 Freestyle
3 Open 1650 Freestyle

MALE

EVENT #

2
4

Session 2

EVENT

5	10 & U 200 IM	6
7	13/14 200 Freestyle	8
9	10 & Under 200 Free	10
11	8 & Under 25 Freestyle	12
13	13/14 100 Butterfly	14
15	10 & Under 100 Butterfly	16
17	8 & Under 25 Butterfly	18
19	13/14 50 Freestyle	20
21	10 & under 50 Freestyle	22
23	13/14 200 Breast	24
25	10 & Under 50 Breast	26
27	13/14 100 Back	28
29	10 & Under 100 Back	30
31	13/14 400 IM	32

Session 3

EVENT

33	Open 200 Freestyle	34
35	11/12 200 Freestyle	36
37	Open 100 Back	38
39	11/12 100 Back	40
41	Open 100 Breast	42
43	11/12 100 Breast	44
45	Open 200 Butterfly	46
47	11/12 50 Butterfly	48
49	Open 50 Freestyle	50
51	11/12 50 Freestyle	52
53	Open 400 IM	54

Session 4

EVENT

57	13/14 200 Back	59
59	10 & Under 50 Back	60
61	8 & Under 25 Back	62
63	13/14 100 Freestyle	64
65	10 & U 100 Freestyle	66
67	13/14 100 Breast	68
69	10 & U 100 Breast	70
71	8 & Under 25 Breast	72
73	13/14 200 Butterfly	74
75	10 & Under 50 Butterfly	76
77	13/14 200 IM	78
79	10 & Under 100 IM	80
81	14 & Under 500 Free	82

Session 5

EVENT

83	Open 100 Freestyle	84
85	11/12 100 Freestyle	86
87	Open 200 Breast	88
89	11/12 50 Breast	90
91	Open 100 Butterfly	92
93	11/12 100 Butterfly	94
95	Open 200 Back	96
97	11/12 50 Back	98
99	Open 200 IM	100
101	11/12 200 IM	102
103	Open 500 Freestyle	104

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CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Address: _____

Unattached Swimmers: _____

ENTRY FEES (non-electronic add .50 per entry)

_____ Individual Entries @ \$4.00/ \$4.50 = \$ _____

_____ Distance Event Entries @ \$5.00/ \$5.50 = \$ _____

_____ Swimmer Participation Fee: # athletes____ @ \$6.00 = \$ _____

_____ NE Travel Surcharge: # athletes____ @ \$1.00 each = \$ _____

Total: \$ _____

Make check payable to: Charles River Aquatic Booster Club

Mail entries and check to:

Charles River Aquatic Booster Club

c/o Raana Mumtaz, Entry Chairperson

Charles River Aquatics

P.O. Box 534

Needham, MA 02494

617-730-3621

Entry Deadline: 10/15/12

*For e-mailed entries, this form and payment
must be received by: 10/15/12*

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, Charles River Aquatics and Booster Club and Simmons College 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