

**NEW ENGLAND SWIMMING REGIONAL MEET**  
**Hosted by North Shore Swim Club**  
**Salem State College, Salem, MA**  
**February 12-14, 2010**  
**Sanctioned by New England Swimming # NE-10-23 (TT)**

**TEAMS ASSIGNED TO THIS VENUE**

*ANA, BGSC, BGNE, ESC, MST,NBST, NSSC, ORO, RAYS, FINS, WW, STRM, YMA, UN-CRUSH, UN-WORTHY, UN-BCNC, UN-PARIS STREET, UNATTACHED*

**New England Swimming reserves the right to reassign a team to another venue if the original venue is oversubscribed.**

**DATES AND LOCATION**

February 12-14, 2010 at the O'Keefe Athletic Center, Salem State College, Salem MA. This meet is hosted by North Shore Swim Club.

**CONTACTS**

Meet Director	Dan Warner	(978) 852-3985	Nssc1@aol.com
Referee	Cirsten Newland	(508) 358-5080	cdnewl@comcast.net
Entry Chairman	Dan Warner	(978) 852-3985	Nssc1@aol.com

**SESSIONS**

	<u>Warm-up</u>	<u>Meet</u>
Friday, February 12	4:00 PM	5:05 PM
Saturday Morning, February 13	7:00 AM	8:05 AM
Saturday 8 & Under Session, February 13	12:00 PM	12:25 PM
Saturday Afternoon, February 13	2:00 PM	3:05 PM
Saturday Evening, February 13	6:30 PM	7:00 PM
Sunday Morning, February 14	7:00 AM	8:05 AM
Sunday 8 & Under Session, February 14	12:00 PM	12:25 PM
Sunday Afternoon, February 14	2:00 PM	3:05 PM

**Start times may be changed once all entries have been received. Teams will be notified of exact times at least 1 week prior to meet.**

## **SITE**

The Salem State College Competition Pool is an 8-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. Fully automatic Colorado Time Systems with touch pads and full 8 lane electronic scoreboard display. Balcony spectator seating for 250 people and deck seating for 350 coaches and officials. The pool is located inside the Salem State College O'Keefe Athletic Complex, 352 Lafayette Street, Salem MA 01930. The competition course has not been certified in accordance with 104.2.2C(4). Directions may be found later in this document.

Failure to abide by rules defined in this notice, posted at the facility or determined by the Meet Referee or Meet Director may result in ejection from the facility.

## **COURSE**

Short course yards (25 yards).

## **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. Copies of heat and lane assignments will be given to coaches. Swimmers should report directly to the blocks for their events. Coaches are responsible for ensuring their swimmers are in the correct heat and lane. There will be no bullpen.

All heats of the 1650 will be swum fastest to slowest, alternating girls and boys. Girls and boys may be combined if that requires fewer heats. 15-19 year old swimmers and 13-14 year old swimmers will be combined into heats for efficiency if deemed necessary by meet management, but will be scored separately.

## **RELAYS**

Swimmers must be entered in an individual event to be able to participate in a relay. Relay only swimmers are not allowed. Relays are age specific. Swimmers may not age up for a relay. Relay entries may be limited to two teams per event per club at the discretion of the Meet Director.

## **CUTS**

The distance events (400, 500, 1650 free) may be cut by time in the event that the meet is oversubscribed at the discretion of the Meet Director. The 200 fly, 200 back, and 200 breast for the 11 and 12 age group will be limited to 4 heats for girls and 4 heats for boys. Relays will be the first to be cut in the event that the meet is oversubscribed, at the discretion of the Meet Director.

## **ELIGIBILITY**

All swimmers must be 2010 registered swimmers with New England Swimming. Swimmers may register with Carol Healey, 47 May St. Needham, MA 02492. 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. Teams are **required** to check their entries with the online registration check tool on the New England Swimming web site. 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.

## **ENTRY INFORMATION**

Entries must be received by **Tuesday, February 2, 2010**. Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson:

Dan Warner  
19 Fenley Road  
Gloucester, MA 01930  
(978) 852-3985  
[nssc1@aol.com](mailto:nssc1@aol.com)

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. Entry times must be achieved between September 1, 2009 and February 2, 2010. Times achieved in a 25-meter pool must be multiplied by .9049 to convert to yards.

Anyone submitting a TEAM's late entry is subject to a fine up to \$100, at the sole discretion of the Entry Chairperson.

## **ELECTRONIC ENTRIES**

Electronic entries (such as from Hy-Tek Team Manager or other team management software that are in the CL2 or SD3/SDIF format) may be emailed as an attachment to the entry chairperson [nssc1@aol.com](mailto:nssc1@aol.com). Please check that your team name, address, and contact information are listed correctly in this file. Payment and hardcopy of the entry (including the signed entry cover page and waiver) must be received within 4 days, excluding Sundays and holidays, of receipt of the email entry.

## **OTHER ENTRIES**

United States Postal Service Overnight Mail is the preferred paper mailing method. If Overnight Mail is used, indicate that the package be delivered even if no one is there to sign for it. No fax entries will be accepted. All fees must accompany the entry.

## **ENTRY LIMITS**

Athletes may enter and swim in a maximum of 5 individual events per day.

## **NEW CUT TIMES ACHIEVED AT THE CCSC MEET FEB 5 -7, 2010**

New events only, achieved at this meet may be entered by emailing the entry to Dan Warner [nssc1@aol.com](mailto:nssc1@aol.com) by Monday February 8, 2010 by 11:59 PM. The hard copy and check must be received by 5PM on Tuesday February 9 in order for the entry to be accepted. Mail to Dan Warner, 19 Fenley Road, Gloucester, MA 01930. These entries must be for new events only, not upgraded times.

## **SCRATCHES**

Coaches must scratch swimmers by the end of the first 30 minutes of each warm-up session.

**FEES**

\$4.00 per individual entry            only one check per team for all fees will be accepted and  
\$5.00 per distance event (400        should be made payable to **North Shore Swim Club**  
yards and longer)  
\$16.00 per relay  
\$2.00 per swimmer NE Travel  
Fund  
\$10.00 Swimmer Participation  
Fee per swimmer

Time trials: \$5.00 per individual event; \$20.00 per relay

In accordance with New England Swimming policy, fees are increased 50¢ per individual entry or per relay if not submitted in an .sd3 or .cl2 electronic file.

**SEND ENTRIES AND FEES TO**

Dan Warner  
19 Fenley Road  
Gloucester, MA 01930  
(978) 852-3985  
[nssc1@aol.com](mailto:nssc1@aol.com)

**TIME TRIALS**

Time Trials will be available, time permitting, at the discretion of the referee. Any non-meet swimmer who would like to swim a time trial must contact the entry chair 4 days before the meet.

**25 YARD EVENTS**

25-yard events will start at the start end of the pool. Swimmers may start from the blocks, gutter or they may use an in water start. Timing for this event will be manual, 2 watches per lane.

**ADMISSION**

Admission:\$3.00 per session  
Programs: \$4.00 per session (Seeded Program after all scratches)

**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.

**VERIFICATION**

All entries must include verification codes. Results will be reviewed by New England Swimming. Teams found entering swimmers with unverifiable times will be reported to the Board of Review for further action and may jeopardize their participation in future New England Swimming “end of season” meets.

**RULES**

2010 USA Swimming rules will govern except as otherwise stated herein and the decision of the referee will be final, unless a written protest is lodged within 30 minutes of the swim heat being protested. Disabled swimmer forms are required by USA Swimming and are available from the New England Swimming office.

### **OFFICIALS AND TIMERS**

In accordance with standard New England Swimming “end of season” procedure, all teams entering this meet must provide a pro-rata share of officials and timers. Teams will be informed of their assignments prior to the meet. The Officials’ Coordinator for this meet will be Cirsten Newland, (508) 358-5080 cdnewl@comcast.net Any official interested in helping at the meet should contact Cirsten. Officials who sign up by the meet deadline will be included in the number of workers when timers are assigned. Individuals swimming the 500 and 1650 are responsible for providing their own counter and timer.

### **AWARDS**

Medals will be awarded for the first eight places in individual events and for the first three places in relays. Ribbons will be awarded from 9<sup>th</sup> through 16<sup>th</sup> place in individual events and 4<sup>th</sup> through 8<sup>th</sup> place in relays. “Best Time” ribbons will be awarded to 10 and under swimmers who achieve best times. A team representative needs to pick-up the awards at the end of the meet.

### **SCORING**

The meet will not be scored.

### **VENDOR**

Merchandise will be for sale throughout the meet in the auxiliary Gym.

### **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 then assign the swimmer to a registered coach for warm-ups.
5. No camera cell phones are permitted in the locker rooms.

### **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.

### **PARKING**

Parking is free and available at the school parking lot.

### **AREA LODGING**

Comfort Inn	25 minutes	978-777-1700
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Springhill Suites      25 Minutes      978-535-5000

**DIRECTIONS:** The O'Keefe Athletic Center is located at 352 Lafayette Street, Salem MA 01970.

From 128N take Exit 25A toward Salem (114E). Follow 114E through downtown Salem onto Route 1A (Canal Street). Stay on Canal Street 1 1/2 miles, Salem State O'Keefe Center will be on left. Plenty of parking. Walk up ramp to complex entrance.

**NEW ENGLAND REGIONAL MEET 2010  
HOSTED BY NSSC at Salem State College  
ORDER OF EVENTS**

**GIRLS**

**FRIDAY 2/12: SESSION 1**

**BOYS**

**Warm-ups: 4 PM Meet: 5:05 PM**

<u>Slower than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
2:54.99	3:31.99	1	9-10	200 IM	2	3:27.89	2:56.29
2:34.99	3:06.69	3	11-12	200 IM	4	3:04.49	2:33.89
5:06.29	5:47.79	5	13-14	400 IM	6	5:55.69	4:49.79
4:59.29	5:19.79	7	15-19	400 IM	8	5:30.19	4:37.09
2:53.59	3:23.49	9	11-12	200 Breast	10	3:22.29	2:58.69
2:34.39	3:17.29	11	9-10	200 Free	12	3:15.19	2:35.39
6:00.89	7:05.49	13	11-12	500 Free	14	7:00.89	5:59.99
5:38.29	6:39.99	15	13-14	500 Free	16	6:35.39	5:25.29
5:31.79	6:08.29	17	15-19	500 Free	18	5:52.29	5:10.79

**GIRLS**

**SATURDAY 2/13: SESSION 2**

**BOYS**

**Warm-ups: 7 AM Meet: 8:05 AM**

<u>Slower than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
2:07.09	2:23.49	19	13-14	200 Free	20	2:24.59	2:00.59
1:21.69	1:49.09	21	9-10	100 Back	22	1:46.79	1:22.49
1:05.89	1:25.39	23	13-14	100 Back	24	1:24.99	1:02.19
37.09	55.59	25	9-10	50 Fly	26	55.29	37.19
2:24.39	2:53.29	27	13-14	200 Fly	28	2:44.09	2:20.99
41.99	1:00.69	29	9-10	50 Breast	30	1:00.09	43.39
2:42.59	3:14.09	31	13-14	200 Breast	32	3:05.79	2:37.29
31.79	49.49	33	9-10	50 Free	34	49.59	31.89
27.09	31.39	35	13-14	50 Free	36	32.09	25.49
		37	9-10	200 Medley Relay	38		
		39	13-14	200 Medley Relay	40		

**GIRLS**

**SATURDAY 2/13: SESSION 3**

**BOYS**

**Warm-ups: 12 Noon Meet: 12:25 PM**

<u>Slower than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
1:23.19	2:20.00	41	8 & U	100 IM	42	2:20.00	1:23.59
32.39	1:00.00	43	8 & U	50 Free	44	1:00.00	32.29
	35.00	45	8 & U	25 Fly	46	35.00	
	40.00	47	8 & U	25 Breast	48	40.00	
38.19	1:10.00	49	8 & U	50 Back	50	1:10.00	38.39
		51	8 & U	100 Free Relay	52		

**NEW ENGLAND REGIONAL MEET 2010  
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ORDER OF EVENTS**

<b>GIRLS</b>			<b>SATURDAY 2/13, SESSION 4</b>				<b>BOYS</b>	
			<b>Warm-ups: 2 PM</b>		<b>Meet: 3:05 PM</b>			
<u>Slower Than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>	
1:13.59	1:32.19	53	11-12	100 IM	54	1:31.29	1:14.49	
2:20.29	2:40.59	55	15-19	200 IM	56	2:31.79	2:09.99	
2:17.09	2:43.99	57	11-12	200 Free	58	2:48.39	2:15.09	
57.39	1:05.79	59	15-19	100 Free	60	1:00.49	51.99	
1:11.79	1:31.09	61	11-12	100 Fly	62	1:30.09	1:13.69	
2:18.19	2:35.09	63	15-19	200 Fly	64	2:21.09	2:08.79	
33.39	42.99	65	11-12	50 Back	66	44.59	33.39	
1:04.19	1:16.69	67	15-19	100 Back	68	1:13.59	58.79	
1:20.59	1:42.99	69	11-12	100 Breast	70	1:42.89	1:21.39	
1:13.19	1:25.79	71	15-19	100 Breast	72	1:17.89	1:06.29	
2:32.89	2:51.29	73	11-12	200 Back	74	2:50.19	2:34.49	
		75	15-19	200 Medley Relay	76			
		77	11-12	200 Medley Relay	78			

<b>GIRLS</b>			<b>SATURDAY 2/13: SESSION 5</b>				<b>BOYS</b>	
			<b>Warm-ups: 6:30 PM</b>		<b>Meet: 7:00</b>			
<u>Slower Than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>	
19:21.69	21:21.19	79	13-14	1650 Free	80	20:25.19	18:40.79	
18:58.69	19:56.89	81	15-19	1650 Free	82	19:04.19	18:00.19	

<b>GIRLS</b>			<b>SUNDAY 2/14: SESSION 6</b>				<b>BOYS</b>	
			<b>Warm-ups: 7 AM</b>		<b>Meet: 8:05 AM</b>			
<u>Slower Than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>	
1:21.59	1:55.49	83	9-10	100 IM	84	1:53.59	1:23.59	
2:24.99	2:57.49	85	13-14	200 IM	86	2:54.19	2:17.79	
1:26.19	1:47.19	87	9-10	100 Fly	88	1:45.39	1:26.69	
1:05.29	1:25.89	89	13-14	100 Fly	90	1:25.79	1:02.69	
1:10.89	1:43.09	91	9-10	100 Free	92	1:41.89	1:10.79	
58.99	1:08.59	93	13-14	100 Free	94	1:11.69	55.59	
37.89	55.99	95	9-10	50 Back	96	55.89	38.39	
2:21.19	2:50.69	97	13-14	200 Back	98	2:48.09	2:16.99	
1:33.39	1:59.49	99	9-10	100 Breast	100	1:57.79	1:35.49	
1:15.79	1:34.99	101	13-14	100 Breast	102	1:31.99	1:11.79	
		103	9-10	200 Free Relay	104			
		105	13-14	200 Free Relay	106			

**NEW ENGLAND REGIONAL MEET 2010  
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ORDER OF EVENTS**

**GIRLS**

**SUNDAY 2/14: SESSION 7**

**BOYS**

Warm-ups: 12 Noon Meet: 12:25 PM

<u>Slower Than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
1:12.29	2:00.00	107	8 & U	100 Free	108	2:00.00	1:10.79
37.29	1:10.00	109	8 & U	50 Fly	110	1:10.00	37.79
	30.00	111	8 & U	25 Free	112	30.00	
	35.00	113	8 & U	25 Back	114	35.00	
41.99	1:20.00	115	8 & U	50 Breast	116	1:20.00	44.19
		117	8 & U	100 Medley Relay	118		

**GIRLS**

**SUNDAY 2/14: SESSION 8**

**BOYS**

Warm-ups: 2 PM Meet: 3:05 PM

<u>Slower Than</u>	<u>Cut Time</u>	<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Cut time</u>	<u>Slower than</u>
28.79	35.89	119	11-12	50 Free	120	36.79	28.09
2:02.99	2:21.49	121	15-19	200 Free	122	2:15.99	1:53.99
2:35.99	2:54.39	123	11-12	200 Fly	124	2:55.89	2:38.29
1:03.29	1:14.99	125	15-19	100 Fly	126	1:12.09	57.99
37.09	47.99	127	11-12	50 Breast	128	49.09	37.19
26.39	29.99	129	15-19	50 Free	130	27.99	23.79
1:01.79	1:18.99	131	11-12	100 Free	132	1:21.79	1:01.59
2:17.89	2:35.79	133	15-19	200 Back	134	2:28.09	2:07.09
1:12.79	1:32.19	135	11-12	100 Back	136	1:31.49	1:12.19
2:37.99	2:56.59	137	15-19	200 Breast	138	2:42.19	2:23.89
31.89	43.79	139	11-12	50 Fly	140	43.79	31.89
		141	15-19	200 Free Relay	142		
		143	11-12	200 Free Relay	144		

**North Shore Swim Club**  
**New England Regional Meet**

Salem State College, Salem MA

February 12-14, 2010

Sanctioned by NE Swimming #NE-10-23 (TT)

**CONTACT INFORMATION**

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**ENTRY FEES**

_____ Individual Electronic Entries	@ \$4:00	=	\$ _____
_____ Distance Event Electronic Entries	@ \$5.00	=	\$ _____
_____ Relay Electronic Entries	@ \$16.00	=	\$ _____
_____ Swimmer Participation Fee	@ \$10.00	=	\$ _____
_____ Per Swimmer NE Travel Fund Fee	@ \$2.00	=	\$ _____
			Total: \$ _____

Make check payable to: NSSC

Mail entries and check to:

Entry Deadline: February 2, 2010

Dan Warner  
19 Fenley Road  
Gloucester, MA 01930  
(978) 852-3985  
[nssc1@aol.com](mailto:nssc1@aol.com)

*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, Salem State College and North Shore Swim Club 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