

North Shore Swim Club Team Invitational

MIT Pool

120 Vasser Street, Cambridge, Ma. 02139

December 10-13, 2009

Sanctioned by NE Swimming # NE-09-90, NE-09-90TT

[Events List](#)

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

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

Results

Results (Adobe PDF)

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)

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

Entry Chairperson: Dan Warner (NSSC1@aol.com, 978-852-3985)

MEET FORMAT: The meet will be swum as prelims and finals. Each session will be pre-seeded by computer based on pre-scratches that are due by 6:00 PM the previous evening. Positive check-in will be required for 500 free, 1000 free, 1650 free and 400IM and all relays. 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.

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: Two courses, 10 lane and 9 lane 25 yard competition courses with separate 25 yard 6 lane pool with 3 lanes open for continuous warm up and warm down.

EVENTS and SESSIONS: See attached list.

ELIGIBILITY: All contestants must be 2009 or 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 November 6, 2009. Entries received before November 6, 2009 will be considered received on November 6, 2009. Entries must be received no later than November 20, 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. Anywhere Aquatic Club will limit the number of swims in the meet to. 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. **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.*

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 any amount of events but may swim in a maximum of 3 individual events per day. Relay only swimmers are being accepted.

ENTRY TIME UPDATES: Entry times may be updated until Tuesday, December 8, 2009. No new entries will be accepted after the November 21, 2007 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: \$5.00 for individual events. Non-electronic entries: \$5.50 for individual events. Relays \$20.00, non-electronic \$20.50.

SWIMMER PARTICIPATION FEE: \$10.00 per swimmer.

ENTRY TIMES: All entries must be specified in yards times.

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 NE 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. Certain designated events will be cut if necessary to meet the required NE Swimming guidelines.

MEET SCRATCH RULE: All rules pertaining to the meet scratch rule will follow the USA Swimming rules and scratch policy.

SUNDAY FINALS PENALTY: 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.

PROGRAMS: \$4.00 per Prelim Pool, \$5.00 per Finals session.

ADMISSION: \$1.00 per session.

WARMUPS: The pool will open for warm-ups 90 minutes before the beginning of each session. The pool will close five minutes before the beginning of each session. The warm-up pool will be open for the entire session. Teams will be assigned warm-up lanes after all entries are received.

OFFICIALS: Anyone interested in officiating at this meet is welcome. Please contact the meet referee Kirsten Newland (cdnewl@comcast.net).

TIMERS: Swimmers must provide their own timers/watches for the 500, 1000, 1650 free, 400IM and all relays. Teams may be asked to assist in timing for some of the sessions if needed.

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: 2009 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: If time allows time trials will be offered at the discretion of the meet referee. 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.

FINALS BREAKDOWN: Final Heat only for 10 & Under, Finals and Consolation for 11-12, 13-14, and Bonus, consolation and final for Senior. One heat only for 11-12 500 free, Two heats for 13-14 500 free and 400IM and three heats for Senior 500 free and 400 IM. All relays will take place during the prelim sessions.

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. Diving will be prohibited during the warm-up except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time.

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.

LODGING: The following hotels and motels are in the area: