

Manchester Swim Team
Senior Distance Development Swim Meet
Southern New Hampshire University Pool, Manchester NH
November 28, 2009

[Cover Letter](#)

[Events List](#)

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

Entry Chairperson: Rhonda Farrington mst@farrington-berg.com (603-264-4152)

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 control office.

The 1500 freestyle will be swum fast-to-slow, alternating heats of women and men, and may include combined heats of men and women, and possibly two swimmers per lane. We urge use of a coaches time to be used for the seed time where none exists; but please be sure swimmers can complete the 1500 in 25 minutes or less. The 1500 will be limited to approximately 8 heats depending upon the time line. Swimmers must provide their own timers and counters.

All events may include combined heats of men and women.

SITE: The Southern New Hampshire University Pool is an 6-lane, 25-meter pool with seven-foot-wide lanes and non-turbulent lane lines. Electronic timing will be used. The finish end of the pool is 12 feet deep; the turn end of the pool is 4 feet deep. The pool is located inside the Southern New Hampshire University Athletic/Recreation Complex, 2500 North River Road, Manchester NH 03106. Directions may be found later in this document.

COURSE: Short course meters (25 meters).

EVENTS and SESSIONS: See attached list.

ELIGIBILITY: All contestants must be 2009 or 2010 USA Swimming registered athletes ages 12 thru 19. *All swimmers must be registered before the entry is submitted.* New England teams entering the meet are encouraged 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 1, 2009. Entries received before November 1, 2009 will be considered received on November 1, 2009. Entries must be received no later than November 21, 2009. Make checks payable to "Manchester Swim Team". Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson: Rhonda Farrington, 3 Ledgewood Road, Bedford NH 03110. 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.

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 rhonda@farrington-berg.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 3 events in session I.

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 21, 2009 entry deadline. Entry time updates should be sent via email to the entry chairperson at gozalk@verizon.net. 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 and \$6.00 for the 1500. Non-electronic entries: \$5.50 and \$6.50, respectively.

ENTRY TIMES: All entries must be specified in short-course meters (25-meter pool) times. Yard times must be converted to meter times. Please use a coaches' times instead of NT. Conversion factor equals 1.05 yards to short course meters.

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

WARMUPS: The pool will open for warm-ups 45 minutes 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.

SAFETY:

- 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.
- No shaving is permitted at the competition site.
- No glass containers are permitted within the facility.
- 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.
- No camera cell phones are permitted in the locker rooms.

RULES: The NH Swim Association Rules will govern all competition. This meet counts as an NHSA meet. Decisions by the meet referee will be final unless a written protest is lodged within 30 minutes of the heat swum.

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.

SCORING: The meet will not be scored.

AWARDS: Ribbons will be awarded to the top six men and women finishers in each of the following age groups: 12 & under, 13 & 14, 15-19.

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

MISCELLANEOUS: The Manchester Swim Team 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 in the parkings lot adjacent to the Southern New Hampshire University Athletic/Recreation Complex.

DIRECTIONS: The Southern New Hampshire University Athletic/Recreation Complex is located at 2500 North River Road, Manchester NH 03106. From I-93 take exit 9N onto US3/RT 28 heading north. At the first intersection, go left onto West Alice Drive, which becomes Donati Drive at the sharp curve. Follow Donati to the end, then go right onto Bicentennial Drive. Follow Bicentennial to the stop sign, then take a right onto North River Road. The university is 1/4 mile on the left. The pool is located in the Athletic/Recreational Complex (the first build on the left after the guard shack).