

## Exeter Swim Team

### EXETER SPRINTS

Phillips Exeter Roger A. Nekton Championship Pool  
December 4-5, 2009

Sanctioned by NE Swimming #NE-09-113and NE- 09-113 TT

[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:** Shannon Deschenes ([shannond3@hotmail.com](mailto:shannond3@hotmail.com)) 603-347-1947

**Meet Referee:** Maryanne Lustgraaf ([mlustgraaf@comcast.net](mailto:mlustgraaf@comcast.net)) 603-343-1099

**Meet Director:** Shannon Deschenes ([shannond3@hotmail.com](mailto:shannond3@hotmail.com)) 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 are required to ensure all swimmers have checked in on deck prior to entering the pool for warm ups. Swimmers who have failed to check in will be scratched. Heat sheets will be posted around the pool deck. Heat sheet will be distributed to coaches after scratches are entered.

**SITE:** Phillips Exeter Roger A. 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 eight-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 feet 6 inches deep. Spectator seating for 600. The competition course has not been certified in accordance with 104.2.2C(4). 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.

**COURSE:** Short course yards (25 yards).

**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](mailto:office@neswim.com).

**ENTRY INFORMATION:** Entries will be accepted on and after November 2, 2009. Entries received before November 2, 2009 will be considered received on November 2, 2009. Entries must be received no later than November 13, 2009. Make checks payable to "Exeter Swim Team". Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson: Shannon Deschenes 13 Fellows Road Brentwood, NH 03833. 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. If necessary, there will be a lottery of those teams in accordance with the usual practices of New England Swimming. Teams that are cut from the meet will have their entry fee returned within four days of being cut. *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 [shannond3@hotmail.com](mailto:shannond3@hotmail.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 5 events per day.

**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 13, 2009 entry deadline. Entry time updates should be sent via email to the entry chairperson at [shannond3@hotmail.com](mailto:shannond3@hotmail.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, Non-electronic entries: \$4.50 . The Swimmer Participation Fee is \$4.00 per swimmer.

**ENTRY TIMES:** All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times. (Entries with "NO TIME" will be rejected.)

**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. 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. 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. 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.

**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:** The meet will not be scored.

**AWARDS:** Custom medals 1<sup>st</sup> through 3<sup>rd</sup> place; custom ribbons 4<sup>th</sup> through 8<sup>th</sup> place.

**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 or Phillips Exeter Academy assumes no responsibility for lost or stolen property. Your cooperation in respecting the use of the Phillips Exeter Roger A. Nekton Championship Pool and facilities is required and appreciated. Swimmers and spectators must remain in the pool, viewing gallery or locker room areas as well as the Thompson Gym. No food or beverages other than bottled water are allowed on deck. Any food or beverages on deck or in the locker rooms will be confiscated. 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 Faculty 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:** The following hotels and motels are in the area:

Anchorage Motor Inn, 417 Woodbury Ave., Portsmouth, NH, 603-431-8111

Ashworth Hotel, 295 Ocean Blvd., Hampton, NH, 603-926-6762

Comfort Inn & Conference Center, Route 1, Lafayette Rd., Portsmouth, NH, 603-433-3338

Exeter Inn, 90 Front Street, Exeter, NH, 603-772-5901

Hampton Falls Motor Inn, Lafayette Rd., Hampton Falls, NH, 603-926-9545 , Outside NH 1-800-356-1729

The Inn of Hampton, 815 Lafayette Rd., Hampton, NH, 603-926-6771

Hampton Village Resort, 660 Lafayette Rd., Hampton, NH, 603-926-6775

Lamies Inn & Tavern, 490 Lafayette Rd., Hampton, NH, 603-926-0330

Sheraton Portsmouth Hotel & Conference Center, 250 Market Street, Portsmouth, NH, 603-431-2300

Inn By The Bandstand, 4 Front Street, Exeter, NH, 603-772-6352

Governor Jeremiah Smith House Inn, 41 Front Street, Exeter, NH, 603-778-7770