



North Shore Swim Club

All Age Groups

Prelim & Finals Meet



MIT Pool at the Zesiger Center, Cambridge MA 02139
December 6-9, 2018

Held under the sanction of USA Swimming/New England #NE19-1206NSSC-TT

Meet Director	Dan Warner	Nssc1@aol.com	978-852-3985
Meet Referee	Sean Caron	scaron@nycap.rr.com	518-698-5434
Entry Chairperson	Dan Warner	Nssc1@aol.com	978-852-3985
Admin Official	Betsy Russell	betsy@byrussell.com	617-699-1033
Asst. Admin Official	Rich Nolan	Nolanr42@yahoo.com	978-375-0544
Safety Monitor	Tony Padvaiskas	tonypad@aol.com	978-314-5445

IMPORTANT DEADLINES:

First date of entry: October 25, 2018

Final date of entry: November 22, 2018

Payment deadline: November 27, 2018

MEET FORMAT: The meet will be swum as prelims and finals. Returning for finals – 10 & Under events (1 heat of 10), 11/12 and 13/14 (2 heats of 10), Seniors (3 heats of 10). Each session will be pre-seeded by computer based on pre-scratches that are due by 6:30 PM the previous evening. Positive check-in will be required for 500 free, 1000 free, 1650 free. 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 top heat of 13-14 and senior women & men 1000 freestyle will swim in finals at the start of the Sunday evening session. All remaining heats of the 1000 freestyles will be swum immediately after prelim swimming fastest to slowest. The 1650 freestyle will be swum fast-to-slow, alternating heats of women and men if pool breakdown allows. Swimmers must provide their own timers & counter for events 400 yards or longer. No events will swim with more than one swimmer per lane.

SITE: The MIT Competition Pool at the Zesiger Center has two 25 yard 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. Depth of start and turn end approximately 7 feet deep. Timing Systems are fully-automatic Colorado Time System with touchpads and electronic display for both pools. The facility provides spectator gallery seating for approximately 400. 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), the copy of such file is on file with USA Swimming.

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

CUT PROTOCOL: If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour rule using the following cut protocols in any order deemed necessary:

- (a.) Teams included in the 75% may be asked to cut relay events.
- (b) Distance events may need to be cut by time or to a specific number of heats for specified events.

For teams included in the 25% of the 75/25:

- (a.) Teams may be asked to cut relay events.
- (b.) Entries may be cut by time or to a specific number of heats for specified events

If deck scratches allow a reasonable time-line, the swimmers can be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet

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 a session, is a decision of the Meet Director and the Meet Referee. If weather requires the cancellation of any finals session, the results of the preliminary session will be the final order.

ELIGIBILITY: All swimmers must be current 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.

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.

SWIMWEAR: Per New England Swimming policy, swimmers 10 years old and younger are not allowed to wear "Tech" suits at any sanctioned or approved meet. The age of the swimmer is determined on the first day of the meet. A list of banned suits is found on www.neswim.com under ADMIN/Governance/Policies.

REGISTRATIONS: All swimmers must be registered (includes proof of age and payment) with USA Swimming before 5:00 pm on the Thursday before the first day of the start of the meet. New England teams are required to check their entries with the online registration check tool on the New England Swimming web site to verify registration status. Coaches must be registered before the start of the meet.

FALSE REGISTRATIONS: If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach, or a member club submitting a meet the entry.

DECK REGISTRATIONS: Will not be accepted

DECK ACCESS: Only current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck and will be subject to a fine by New England Swimming of \$100 to the coach, and \$200 to the coach's club.

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 POLICY: 75%/25%

Teams that are included in the 75% of guaranteed entries must submit their entry no later than 7 calendar days before the first date of entries, and payment to the host team by the first date of entry acceptance, or the host team may remove them from the 75% of guaranteed entries. The team will still be liable for payment of the entry fee and will be referred to the Admin Review Board if necessary. The host team can release this liability if it is able to fill the meet with entries from other teams.

Teams accepted in the 25% or the lottery must send payment for their entry within 4 calendar days of the notification. Accepted teams that do not send payment within 4 calendar days may forfeit their entry, but will still be liable for payment of the entry fee, unless the host team is able to fill the meet with entries from other teams. No refunds will be given for entries that are accepted or for entries that are rejected due to improper entry.

All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.

ENTRY LIMITS: Athletes may enter as many events as they choose, but may only compete in a maximum of 3 individual events per day for trials/finals events. Time trials count in the per day event count.

ENTRY INFORMATION:

First date of entry acceptance: October 25, 2018 (any entry received before this date will be considered received October 25, 2018)

Final date of entry acceptance: November 22, 2018

Make checks payable to “North Shore Swim Club”.

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

NSSC

19 Fenley Road

Gloucester MA 01930

Payment due date for all entries: November 27, 2018 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.

Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. *Your entry is considered received only if you receive an acknowledgement.*

Any team that fails to send payment, cover page and waiver form, by the payment due date can be scratched from the meet at the discretion of the Entry Chair.

Any team who has not paid their meet fees by the start of the meet will be assessed a \$100 fine. If no payment is received after 30 days, the fine is doubled. This fine is payable to the NSSC. Late payments of entry fees may result in future exclusion from meets hosted by our club

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.

ENTRY FEES: Electronic entries:

\$10.00 for distance events (events 400 yards and over).

\$6.00 for trials/finals events

\$20.00 for relays.

\$10.00 for time trials

Swimmer Participation Fee is \$10.00 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)

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 by: November 27, 2018.

ENTRY TIME UPDATES: Entry times may be updated the Monday prior to the first day of the meet. No new entries will be accepted after the 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 TIMES: All entries must be specified in short-course 25-yard pool times and meet the qualifying time standards.

RELAYS: Relays will not be limited. All relay swimmers must be officially entered in the meet. Unattached swimmers may not participate in any relays.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$10.00 for individual events, and \$40.00 for relays.

LEGAL SPLITS: Legal splits (including relay lead-offs) must be requested by a coach, before the event, using a legal split form (available from the Clerk of Course) and the requesting party must supply an additional timer(s) on the lane for the split, if necessary, to meet the USA-S requirement.

ADMISSION: \$3.00 per session.

PROGRAMS: \$4.00 per Prelim pool, \$5.00 per Final session.

MEET MOBILE & LIVE RESULTS: Both will be functional for this meet. All users should be aware that Meet Mobile publishes unverified raw data which cannot be relied upon until the official results have been published and posted on Live Results and in the facility.

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.

TIMERS: Swimmers must provide their own timers/watches for the 500, 1000, 1650 free, 400IM and all relays at the end of a session only. NSSC will be asking teams, based on their team entry size, to provide timers for the meet. There will be no penalty if you are unable to volunteer but please let NSSC know by Wednesday December 6, 2017 for planning purposes.

WARM-UPS: 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 once the meet starts. 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.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
- Deck changes are prohibited.

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.

DRONES Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

SAFE SPORT: The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to an official, the Meet Referee or the Meet Director to be resolved. USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Anne Kaufman: nesafesport@gmail.com (857-928-3638) or through the [USA-S online reportable form](#).

ON DECK PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the NSSC, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests

AWARDS: Place 1-3 high point special awards for all age groups. No team scoring.

SCORING:

	1-10	11-20
Individual	24-21-20-19-18-17-16-15-14-13	11-9-8-7-6-5-4-3-2-1

FOOD: Available on the MIT campus.

EQUIPMENT VENDOR: A swimming equipment vendor will be selling suits, goggles, and other accessories for the duration of the meet.

Miscellaneous: New England Swimming, MIT and North Shore Swim Club assume no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: MIT always suggest using public transportation when available, parking is very limited since the demolition of our parking garage located across the street. We apologize for the inconvenience as we are working closely with the City of Cambridge, our parking services, and MIT to provide more viable options for everyone to park.

- The link below will get you to the parking available at MIT, please note the dates and times and special notes associated with each garage, lot, or on-street parking. Please also note for individuals driving a large vehicle the **max height of Albany Garage is 6’6”**
 - http://web.mit.edu/afs/athena.mit.edu/user/b/m/bmce/Public/MIT%20Recreation_Event%20Parking.pdf
- Another option would be to use the City of Cambridge’s parking garage if there is still space available. The garage is located a few blocks away from the Zesiger Center.
 - **Green Street Garage:** 260 Green St. Cambridge MA 02139
- Some on-street parking is also available on Memorial Drive.

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 hotel is the host hotel of the meet: Cambridge Hyatt

Guests can make their room reservations by calling the hotel directly (group Sales, 617-441-6433) and refer to the North Shore Swim Club Meet room block. As more information is available it will be posted on the meet page.

PRELIMINARY ORDER OF EVENTS - 14 & UNDER

THURSDAY, DECEMBER 6, 2018 Warm Up 4:30-5:10 PM / Start 5:15 PM

1	6:09.29	11-12 500 Free	6:04.69	2
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FRIDAY, DECEMBER 7, 2018 Prelim Warm Up 7:30-8:55 AM / Start 9:00 AM

7	NT	12 & Under 400 Freestyle Relay (# TF)	NT	8
9	NT	13-14 400 Freestyle Relay (# TF)	NT	10
11	47.79	10 & Under 50 Breast	47.89	12
13	37.79	11-12 50 Breast	37.29	14
15	1:17.59	13-14 100 Breast	1:12.09	16
17	1:18.82	10 & Under 100 Free	1:19.99	18
19	1:03.09	11-12 100 Free	1:02.69	20
21	2:08.00	13-14 200 Free	2:04.64	22
23	42.99	10 & Under 50 Fly	41.99	24
25	32.39	11-12 50 Fly	32.09	26
27	1:06.99	13-14 100 Fly	1:02.89	28
29	3:19.39	10 & Under 200 IM #	3:18.09	30
31	2:37.59	11-12 200 IM #	2:35.59	32
33	5:00.68	13-14 400 IM #	5:00.49	34

SATURDAY, DECEMBER 8, 2018 Warm Up 7:30-8:55 AM / Start 9:00 AM

35	NT	13-14 200 Medley Relay (# TF)	NT	36
37	1:25.99	10 & Under 100 IM	1:27.99	38
39	1:11.99	11-12 100 IM	1:11.49	40
41	2:24.11	13-14 200 IM #	2:20.29	42
43	42.02	10 & Under 50 Back	42.87	44
45	33.89	11-12 50 Back	33.49	46
47	1:08.49	13-14 100 Back	1:04.19	48
49	2:48.86	10 & Under 200 Free #	2:45.16	50
51	2:19.89	11-12 200 Free	2:16.19	52
53	28.69	13-14 50 Free	26.29	54
55	NT	12 & Under 200 Medley Relay (# TF)	NT	56
		5 Minute Break		
57	5:41.99	13-14 500 Free #	5:35.19	58

SUNDAY, DECEMBER 9, 2018 Warm Up 7:30-8:55 AM / Start 9:00 AM

59	NT	13-14 200 Freestyle Relay (# TF)	NT	60
61	1:28.93	10 & Under 100 Back	1:29.07	62
63	1:14.19	11-12 100 Back	1:12.29	64
65	2:23.99	13-14 200 Back	2:18.19	66
67	1:44.99	10 & Under 100 Breast	1:43.69	68
69	1:22.19	11-12 100 Breast	1:20.49	70
71	2:46.79	13-14 200 Breast	2:36.29	72
73	35.99	10 & Under 50 Free	35.19	74
75	29.49	11-12 50 Free	28.59	76
77	59.11	13-14 100 Free	57.39	78
79	1:42.09	10 & Under 100 Fly	1:40.39	80
81	1:13.19	11-12 100 Fly	1:11.69	82
83	2:28.59	13-14 200 Fly	2:20.29	84

85	NT	12 & Under 200 Freestyle Relay (# TF)	NT	86
		5 Minute Break		
87	12:07.59	13-14 1000 Free #	11:36.39	88

PRELIMINARY ORDER OF EVENTS – SENIOR

THURSDAY, DECEMBER 6, 2018 Warm Up 4:30-5:25 PM / Start 5:30 PM

3	19:58.89	1650 Free (# ***TF)	18:47.79	4
5	NT	800 Free Relay (# TF)	NT	6

FRIDAY, DECEMBER 7, 2018 Prelim Warm Up 7:30-8:55 AM / Start 9:00 AM

89	NT	400 Free Relay (# TF)	NT	90
91	1:15.69	100 Breast	1:08.89	92
93	2:02.42	200 Free #	1:53.99	94
95	1:04.60	100 Fly	57.93	96
97	4:57.89	400 IM #	4:35.46	98

SATURDAY, DECEMBER 8, 2018 Warm Up 7:30-8:55 AM / Start 9:00 AM

99	NT	400 Medley Relay (# TF)	NT	100
101	2:20.62	200 IM #	2:08.57	102
103	26.60	50 Free	24.50	104
105	1:05.48	100 Back	1:00.25	106
107	5:28.30	500 Free #	5:04.92	108

SUNDAY, DECEMBER 9, 2018 Up 7:30-8:55 AM / Start 9:00 AM

109	NT	200 Free Relay (TF)	NT	110
111	2:18.25	200 Back	2:09.99	112
113	2:42.79	200 Breast #	2:30.09	114
115	57.79	100 Free	53.99	116
117	2:24.49	200 Fly	2:13.39	118
119	11:52.76	1000 Free (# *** TF)	11:12.19	120

ALL RELAYS ARE TIMED FINALS AND WILL BE SWUM DURING PRELIMS.

Event cut by time if required *** POSITIVE CHECK-IN EVENT (TF) - TIMED FINALS

ORDER OF FINALS

Friday

Female		Male
11	10 & Under 50 Breast	12
13	11-12 50 Breast	14
15	13-14 100 Breast	16
91	Senior 100 Breast	92
17	10 & Under 100 Free	18
19	11-12 100 Free	20
21	13-14 200 Free	22
93	Senior 200 Free	94
23	10 & Under 50 Fly	24
25	11-12 50 Fly	26
27	13-14 100 Fly	28
95	Senior 100 Fly	96
29	10 & Under 200 IM	30
31	11-12 200 IM	32
33	13-14 400 IM	34
97	Senior 400 IM	98

Saturday

Female		Male
37	10 & Under 100 IM	38
39	11-12 100 IM	40
41	13-14 200 IM	42
101	Senior 200 IM	102
43	10 & Under 50 Back	44
45	11-12 50 Back	46
47	13-14 100 Back	48
103	Senior 50 Free	104
49	10 & Under 200 Free	50
51	11-12 200 Free	52
53	13-14 50 Free	54
105	100 Back	106
57	13-14 500 Free	58
107	Senior 500 Free	108

Sunday

Female		Male
119	Senior 1000 Free (1 Heat)	120
61	10 & Under 100 Back	62
63	11-12 100 Back	64
65	13-14 200 Back	66
111	Senior 200 Back	112
67	10 & Under 100 Breast	68
69	11-12 100 Breast	70
71	13-14 200 Breast	72
113	Senior 200 Breast	114
73	10 & Under 50 Free	74
75	11-12 50 Free	76
77	13-14 100 Free	78
115	Senior 100 Free	116
79	10 & Under 100 Fly	80
81	11-12 100 Fly	82
83	13-14 200 Fly	84
117	Senior 200 Fly	118

Friday & Saturday Finals:

Warm Ups 5:00-5:55 PM / Start 6:00 PM

Sunday Finals:

Warm Ups 4:00-4:55 PM / Start 5:00 PM

North Shore Swim Club
All Ages Prelim & Finals Meet
MIT Competition Pool at the Zesiger Center, Cambridge MA 02139
December 6-9, 2018

CONTACT INFORMATION *(all fields required)*

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Address: _____

Unattached Swimmers: _____

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

_____ Trials/Finals Event Entries @ \$6.00 = \$ _____

_____ Distance events @ \$10.00 = \$ _____

_____ Relays @ \$20.00 each = \$ _____

_____ Swimmer Participation Fee: # athletes _____ @ \$ 10.00 = \$ _____

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

Total: \$ _____

Make check payable to: NSSC

Mail entries and check to:

NSSC

19 Fenley Road

Gloucester MA 01930

Phone: 978-852-3985

Entry Deadline: 11/22/18

For e-mailed entries, this form and payment

must be received by: 11/27/18

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, North Shore Swim Club or MIT 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