

**WELCOME COACHES, OFFICIALS, AND ATHLETES To the
Zesiger Aquatic Center
2017 North Shore Swim Club Prelim & Final Meet**

PRE MEET SCRATCHES: if you have anyone that will not be attending the meet, please email Dan Warner at NSSC1@aol.com with those scratches prior 9:00PM Tuesday, December 5, 2017.

IMPORTANT TIMES & SCHEDULE

Thursday Session: Meet Start: 5:15 PM

All Prelim Sessions: Meet Start: 8:50 AM

Friday: 13-14 Boys will swim with the Seniors in the 10 lane pool

Saturday: 11-12 girls will swim with the Seniors in the 10 lane pool

Sunday - 13-14 1000 Freestyle will have top heat of women/men (the 9 fastest swimmers of each gender who have not indicated a preference to swim in Prelims) swim at the beginning of Finals in the scoreboard pool. All 1000 Freestyle swimmers will be allowed to opt to swim in Prelims @ positive check-in.

TEAM ENTRY LIST: please review your entry and get any issues back to NSSC by Tuesday 12/5/17.

HEAT SHEETS: will be posted at both ends of the course and coaches will be supplied with seeded heat sheets at the clerk of course table. Note: some events may be moved from one pool to the other pool to balance timelines for prelims.

STAGING: 2 heats can prepare behind the blocks, this is especially critical during 50's. A 3 foot walkway must be maintained for Zesiger members from the locker rooms, around the dive well, to the teaching pool.

DISTANCE EVENTS: 1000 and 1650 frees will swim fastest to slowest. The top heat of the Senior and 13-14 1000 frees female & male swimming at the start of Sunday evening finals utilizing both pools. All 400 IM's and 500 Free will be swimming fastest to slowest except Thursday. After the scratch deadlines, the decision will be made by the Meet Referee in which pool each event will swim and whether to alternate heats of women and men. Slowest heat of men may be combined with slowest heat of women.

SPECIAL SCRATCH NOTES:

Coaches and swimmers are expected to understand the scratch, verification and relay rules before the meet begins.

Swimmer/coach may Declare a False Start (DFS) which will count toward the swim limit. DFS is done at Admin table until session start and then may be done at Admin or with Chief Judge/Deck

Referee in start area.

Any swimmer who fails to compete in an individual event heat in which he/she is entered and has not been scratched/DFS will be barred from further competition for that day, including relays and time trials. The swimmer will be also automatically scratched from his/her remaining events unless the Admin Official has been notified of the swimmer's intention to compete by 6:30 PM.

Any swimmer who competes in a preliminary heat and qualifies for finals and fails to notify the Admin Official of his/her intention to withdraw from finals within 30 minutes of the announcement of the results and qualifies for that event, and does not compete nor is excused by the Meet Referee, will be barred from all subsequent competition in the meet, including relays and time trials.

On Sunday, any team whose swimmer competes in an individual heat and qualifies for finals and fails to notify the Control Table of his/her intention to withdraw from the finals within 30 minutes of the announcement of the results and qualifies 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 reason for missing the final was beyond the control of the swimmer.

ONLINE POSTING: on the website Meet page will be the warm up schedule and other pertinent information. Please direct all your swimmers and families to this site for all the meet information.

Northshoreswimclub.com

[Meet Dedicated Page - https://www.teamunify.com/SubTabGeneric.jsp?team=nesnssc&stabid=177016](https://www.teamunify.com/SubTabGeneric.jsp?team=nesnssc&stabid=177016)

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.

TIMERS: Anyone interested in helping with timing please contact the head timer on the pool deck at the timing platform 30 minutes prior to the start of each session. ***Team Assigned Timers will be invited down to the pool deck 30 minutes prior to the start of each session for the timers meeting. This will help MIT and NSSC control initial deck crowding.**

OFFICIALS: anyone interested in officiating contact the meet referee at the meet.

ENTRANCE - 2nd floor via north gallery spiral staircase.

CREDENTIALS: Athletes that are participating in the session will be invited on deck. All swimmers who are not swimming in the session are asked to view the meet from the spectator gallery.

Coaches and officials: will use their US Swimming card as credentials to gain access to the pool.

Coaches are encouraged to make sure they have given the Admin Officials their team's single contact number (textable) in order to be reached in case of scratches into Finals or other issues that may arise throughout the meet.

Coaches and officials will be allowed on deck 30 minutes prior to the start of each warm up: Entry will be from the lobby and by the admissions table to the spiral staircase. Swimmers waiting in the lobby must be under supervision by a coach or designated parent and will be allowed access 15 minutes prior to the start of warm ups.

Spectators: will be invited to enter the spectator gallery 15 minutes after the athletes have been granted access to the pool. Please do not crowd the entrance to the gallery in order to allow swimmers an easy access to the pool.

Parent Volunteer workers and Timers: will need to use the spiral staircase for deck access. With a meet of this magnitude we need help from teams with timers, each team contact has received a volunteer timing schedule based on size of team. Please get back to us if there are any issues no later than Tuesday December 5, 2017. Your help and support is appreciated.

COACHES HOSPITALITY: there will be no food allowed on deck. NSSC will provide timers, officials and coaches with hospitality area throughout the meet. Food is prohibited on the pool deck at any time.

POOL RULES-

Please help us maintain a high caliber event by following facility rules. No lawn/coaches/directors chairs or helium balloons in the building. No glass on deck. Shoes must be worn beyond the aquatic center locker room and gallery. Roller skates are prohibited inside the Z-Center. (This includes Roller shoes) No food or coolers on deck.

Athletes, Coaches, and Spectators are restricted to the aquatic center and main lobby. Please bring bags on deck and do not leave belonging in locker room. Clean up team area after each session. Deck changing is not allowed.

FACILITY DAMAGE: Facility damage will be charged back to the responsible team.

SPECIAL NOTE: MIT has been gracious in accepting the NSSC Invitational into their complex. Please note that NSSC will expect proper behavior from everyone. Please go out of your way to clean up your area and obey all MIT rules and regulations.

QUESTIONS: please direct all meet questions to Dan Warner at 978-852-3985 or nssc1@aol.com