

# North Shore Swim Club

## NE Regional Meet

### February 9-11, 2018

Thank you for your entry to the North Shore Swim Club “New England Regional Meet” at Salem State University. Listed below is some important information pertaining to the meet.

**Warm Up / Start Time Changes:** Please refer to the adjusted warm up / start times schedule or check the event list which also has the warm up/start times listed.

**MEET INFORMATION PAGE :** All information on the meet is located at northshoreswimclub.com “Regional Meet Information” tab on right of page.

**ONLINE RESULT POSTING:** All meet information will be posted on the NSSC website including live results.

**SCRATCHES:** Scratch sheets for each session must be turned into the timing table by the finish of the first warm up session for all teams. Scratch sheets can be picked up at the timing table on deck.

**ADVANCE SCRATCHES:** Any swimmer or events that you know are not going to be at the meet, please e-mail ([NSSC1@aol.com](mailto:NSSC1@aol.com)) with any scratches by tonight. All other scratches can be done at the meet with the scratch sheets for each session.

**“NO SHOW” WORKERS:** If a team does not provide the timers it has been assigned at an end of season/championship meet, the team will be fined \$100 per incident and will not be allowed to enter swimmers in another New England meet until the fine(s) is paid. This can be appealed to the Board of New England Swimming and is enforced only if the meet management has properly assigned timers based on the number of swimmers a team has entered in the meet.

**RESULTS:** We will be posting all results live as events are completed and results finalized and “Meet Mobile “will be active.

**TIME TRIALS:** will be available if time allows.

**TIMERS:** Team work & timing assignments are listed on the website.

**WARM UP ASSIGNMENTS:** Are posted on the website.

**COACHES BRIEF:** posted on the website.

**WEATHER ANNOUNCEMENTS:** Any changes to the meet due to weather issues will be posted on the web site under “Weather announcements”. We will also send an e-mail to each team contact regarding weather issues.

**FRIDAY EVENING EVENTS:** swimmers must provide timers and Counter for all Friday evening events.

**DISTANCE EVENTS:** Swimmers must provide for the 400IM, 500, 1000 and 1650 freestyle their own person to count and time. 400 IM, 500 freestyles will be swimming slow to fast with both the 1000 & 1650 freestyle swimming fast to slow.

**OFFICIALS:** Please touch base with Rich Nolan, head referee for the meet, any help will be appreciated.

**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.

**ANY QUESTIONS:** Please contact me by e-mail or call me at 978-852-3985(C).

Thank you and see you at the meet....Dan Warner....NSSC