

New England Swimming
Long Course Open Championship
July 28-31, 2005
Zesiger Center, MIT, Cambridge MA

Sanctioned by: New England Swimming, Inc NE-05-48, NE-05-48TT

Presented by: North Shore Swim Club

Meet Director: Dan Warner (nssc1@aol.com) 978-852-3985

Entry Chairperson: Dan Warner (nssc1@aol.com) 978-852-3985

Meet Referee: Paul Burkhardt (Paul.Burkhardt@hp.com)

Priscilla Davis

	Thursday	Friday	Saturday	Sunday
Warm Up Prelims	7:30 – 8:55 AM	7:30 – 8:55 AM	7:30 – 8:55 AM	7:30 – 8:55 AM
Prelims Begin	9:00 AM	9:00 AM	9:00 AM	9:00 AM
Warm Up Finals	5:00 PM	5:00 PM	5:00 PM	5:00 PM
Finals Begin	6:00 PM	6:00 PM	6:00 PM	6:00 PM

No one will be allowed in the building until 15 minutes before the start of warm ups, except officials and those affiliated with North Shore Swim Club.

Graduating seniors will be honored on Sunday at the start of the evening session. If you will not be swimming in the meet but will be there for the ceremony, please notify the New England Swimming Office (office@neswim.com) so that your name will be listed.

Please check the meet website **northshoreswimclub.com** on a daily basis for possible changes to morning warm up times etc.

Facility: The MIT Competition Pool at the Zesiger Center has an 8 Lane championship 50 meter course as well as a 6 lane 25 yard warm-up/ warm down pool.. All competition pools with 7 foot wide lanes and automatic Colorado Timing System, touchpads, and electronic display. Spectator seating for 450 around the competition pools.

Eligibility: All swimmers must be 2005 USA Swimming registered swimmers with NE Swimming. *All swimmers must be registered before the entry is submitted. Teams that enter unregistered swimmers will be subject to a fine of \$100.00 per unregistered swimmer. All swimmers who are unregistered or have ID problems will be scratched from the meet until the entered team takes care of the problem through the NE Swimming office.*

Entry Fees: \$5.00 electronic entry/ \$5.50 hand entry for all individual events. \$10.00 electronic entry/ \$10.50 hand relay entry. In addition, there is a \$1.00 per swimmer New England Travel Fund surcharge for every swimmer listed on the entry including relay only swimmers.

Entry Procedure: Entry via e-mail to: nssc1@aol.com by 5:00 PM on Tuesday July 19, 2005. Additional entries(new events only, no updated times) from the 12 & Under Championship are due by 5:00 PM on Monday July 25, 2005. Hard copies of e-mail entries and check must be received by Friday July 22, 2005. Hard copies of additional entries from the 12 & Under Championship and additional checks are due by July 26, 2005.

- Mail checks and hard copies to: North Shore Swim Club, 19 Fenley Road, Gloucester MA 01930. If mailing overnight mail, be sure to check off “No Signature Required” box on the envelope.
- One check for entries and travel fund surcharge should be made payable to North Shore Swim Club.
- All forms must be legible and must include all swimmers USA Swimming numbers and ages.
- Please ensure that the team contact information is filled out correctly in your computer entry file as this is the information that will be used to send results and other information to your team. An active e-mail address for your coach or contact person is required.
- Direct all entry questions to Dan Warner at nssc1@aol.com or 978-852-3985.

Entry Times: Times must date from July 22, 2004.

The meet will be seeded in the following order, LCM, SCY, SCM

Format: The meet will be conducted in a trials/finals format. In the evening there will be 4 heats: a 13-14 year old heat of those swimmers not qualifying for any other heats in that event. Bonus, consolation and final heat in that order in all events except the two distance events and the relays. The relays will be conducted as timed finals in the evening and the top heat women and men 800 free and 1500 free will be swum at finals.

Number of Events: A swimmer may swim in a maximum of 9 events with no more than 3 individual events per day, including time trials. A swimmer may enter as many events as he/she has qualified in, then scratch down to the allowed maximum 9 individual for the meet with a maximum of 3 individual events per day.

Relays: All relays will be swum as timed finals at the end of the evening sessions. A team may enter a maximum of two (2) open relays of any age and two (2) 13-14 year old relays. A swimmer may not participate in the same event as two different swimmers. Non-qualified relay only swimmers will be allowed to fill a relay for a team that only has one, two or three qualified swimmers entered in the meet for either Open and/or 13-14 relays. Relay only swimmers must be age 12 or older.

Relay Cards: Names must be turned in by 7:00 PM to the clerk of course each day of the event . Relay name/ or order changes may be done at the clerk of course table until the event is called.

Time Trials: Will be offered at the discretion of the meet referee if time allows. Time trials are \$5.00 per Individual events and \$10.00 per relay. All time trial swimmers must provide at least 2 timers for their swims. Rules for time trials will be strictly enforced.

Distance Events: (800 Free, 1500 Free) are timed finals. Both events will be swum fastest to slowest alternating women/men with the fastest heat of women and men to be at the beginning of the finals on Thursday and Sunday. All of the other heats will be conducted during prelims.. All distance swimmers must provide at least 2 timers with watches and 1 counter for their swims.

Any questions or concerns about the meet format or event order should be directed to New England Swimming Senior Chair, Mike Parratto (parratto@seacoastswimming.com)

Awards:

- Individual High Point – Top 8 female and male swimmers (Open)
- Individual High Point – Top 8 female and male swimmers (13-14)
- Team Awards Top 8 teams (combined male & female)
- Individual Events – Medals for 1st through 8th places (Open)

- Individual Events – Medals for 1st through 8th places (13-14)
- Relays – Medals 1st – through 3rd places
- Ind. High Point Distance Award – Top 3 female and male swimmers (Open)

Note: Those 13-14 year old swimmers competing in the top 3 heats of the open competition will have their scores included in the tabulation of the 13-14 high point awards.

Scoring:	1-8	9-16	17-24
Individual	32-29-28-27-26-25-24-23	20-18-17-16-15-14-13-12	9-7-6-5-4-3-2-1
Relays	64-58-56-54-52-50-48-46	40-36-34-32-30-28-26-24	18-14-12-10-8-6-4-2

Please note that only finals, consolation and bonus heats will be scored for team awards and open high point awards. Only 2 relays per team, per event will score.

Awards Ceremonies: The awards ceremony will consist of only announcing the results of the Championship Final heat immediately upon completion of that event. Awards for all events will be available at the designated awards table upon request of the swimmer during the meet.

Results: Event results will be posted on the pool deck and in the spectator area immediately after each event. Event results will be available online on a daily basis after finals each night.

Admission: \$1.00 per session. No one will be permitted on the pool deck except swimmers, registered coaches and officials. All coaches and officials must display their current USA membership cards while on the pool deck.

Programs: \$2.00 for session heat sheets.

Vendor: Metro Swim Shop will be available during the entire meet.

Scratches: A scratch box will be located at the clerk of course table on deck. Scratch deadlines for Friday, Saturday and Sunday are due by 5:30 PM the night before the next day of trials. Scratches for Thursday events only need to be e-mailed to Dan Warner (nsscl@aol.com) or made by phone to 978-852-3985 until 5:30PM on Wednesday July 27, 2005 only. You must request confirmation of a scratch via e-mail or phone.

Positive Check In: All 400, 800 and 1500 freestyle swimmers, 400 IM and all relays must confirm their intention to participate with a positive check-in for those events. Deadline is 8:30 AM on the day of the individual event and all relays by 7:00 PM the day of the event.

Failure to check-in will result in a swimmer being eliminated from the event. Any swimmer or relay team that does affirm his/her/their intent to swim and does not compete, unless excused by the referee, will be barred from further competition at this meet, including relays and time trials.

Special Scratch Notes:

1. Any swimmer who fails to compete in an individual event heat in which he/she is entered and has not been scratched will be barred from further competition for that day, including relays and time trials. The swimmer will be also automatically scratched from the following day's events unless the clerk of course has been notified of the swimmers intention to compete by 5:30 PM. **NOTE:** Finals are considered continuation of events starting with trials.

2. Any swimmer who competes in an individual heat and qualifies for Finals and fails to notify the clerk of course of his/her intention to withdraw from the finals within 30 minutes of the posting of the results and qualifiers 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.

Timers and Other Workers: According to New England Swimming policy, NSSC will make timing assignments for this meet based on the size of your team's entry. Please be cooperative and punctual. We need the full cooperation of all teams, large and small, to adequately run this meet. Assignments will be posted on the meet website prior to the meet.

All swimmers in the 800 and 1500 free are reminded that they must provide at least 2 timers and 1 counter for the distance events. Officials who would like to officiate at the New England Open meet should fill out the application form to officiate, by July 22, 2005, and send to Paul Burkhardt, meet referee at Paul.Burkhardt@hp.com those officials who submit this information by the deadline date will be counted as part of their teams work assignment.

Verification: All Entries must include verification codes. There will be a verification table at the Open Championship on deck. At this meet teams must submit to the verification table a copy of their meet entry with verification of all times indicated. Teams must also include a copy of any non-New England calendar meet results used for entry times. Results will be reviewed by New England Swimming. Any swimmer unable to verify entry time will be barred from the rest of the meet. If several swimmers from one team are unable to verify entry times the swimmers and the coach may be banned from the remainder of the meet.

Disabled Swimmers: Disabled swimmer forms are available from the New England Swimming office.

Warm-up: USA Swimming warm-up policies will be in effect for the meet. Diving will be prohibited during warm-ups in the warm-up/down pool at all times during the meet. One way sprint lanes will be announced during warm-ups for starting practice only. This policy will be strictly enforced at all times. Coaches must instruct their swimmers to obey these rules. Failure to comply with a designated safety marshal's orders could result in disciplinary action. Check the meet website for team warm-up and lane assignments.

Other Meet Notes: Coaches are expected to understand the scratch, verification and relay rules before the meet. All coaches should check-in with the control table upon arrival at the pool. Coaches' information will be available at the beginning of warm-ups at each session from the office. These will include the heat sheets for that session and any notes that may be needed. There will be a coaches meeting at 8:40 AM on Thursday, and after that, when needed.

Coaches are responsible for the behavior of their swimmers at all times. Any damage to the premises or equipment is the responsibility of those doing the damage. Swimmers, parents, coaches, and spectators are restricted to the pool, spectator stands and concession area. No glass bottles are allowed in the pool areas or locker rooms. No smoking is permitted inside the building. MIT, the North Shore Swim Club, and New England Swimming will not assume responsibility for lost or stolen articles. Parents are in charge of supervising younger children in attendance at the meet. Officials will be patrolling the facility and locker rooms and will have the authority to dismiss swimmers and spectators immediately from the facility. There will be no exceptions. Coaches are responsible for communicating this to both swimmers and parents.

Please do not ask to change entry times or events after the entry deadline. No deck entries will be accepted.

The meet will be run according to the 2005 USA Swimming Rules and Regulations, except where this meet information provides a different procedure. The decision of the Meet Referee as to procedures and conduct will be final.

There will be no shaving allowed anywhere in the swimming venue, including the locker room, bathrooms, and shower area.

No camera cell phones are allowed in the locker rooms.

Meet Website: northshoreswimclub.com All team entry sheets, warm-up assignments, work assignments, results and any other necessary communications will be posted on this web site.

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.

Parking: Parking in Cambridge and Boston is generally not an enjoyable experience. Whenever possible, park your car at the hotel at which you are staying, and use public transportation to get to the MIT campus. If you must drive to the campus, there are both on- and off-street parking available, but most public parking is not very close to the center of the MIT campus (unless you arrive early in the morning or late in the evening).

There is metered parking on Massachusetts Avenue. There are a number of lots at which you may park for a fee. These include a lot at the corner of Massachusetts Avenue and Vassar Street, “Park and Lock” on Third Street, “Kinney Systems” at 4 Cambridge Center (entrances on Ames Street and Broadway), and “Kinney Systems” at Ten Cambridge Center (entrances from Broadway and Binney Street).

Hotels: Meet Host Hotel:

Hyatt Regency Cambridge (walking distance from pool)
617-492-1234 (identify for NSSC Meet)
1-800-233-1234