

WELCOME COACHES, OFFICIALS, AND ATHLETES
To the Zesiger Aquatic Center
2008 MIT Prelims & Finals Meet hosted by North Shore Swim Club

IMPORTANT NUMBERS

Pool Phone Number (617) 324-2200
Zesiger Customer Service (617) 253-3690

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.
- ❖ No food or coolers on deck. Drinks in plastic containers only.
- ❖ 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 at any time!

ENTRANCE - 2nd floor via north gallery spiral staircase.

CREDENTIALS-

Athletes will be stamped for deck access. Each Team must provide one person responsible to assist with athlete check in 30 minutes prior to each warm-up session in 1st floor lobby. Team representative will be responsible for lining athletes up in alphabetical order by last name. NSSC will need the names of these responsible adults by December 9, 2008. E-mail names of these people to nssc1@aol.com . If the stamp comes off during the course of the weekend, the athlete must have their name checked by security at the top of the spiral staircase.

Coaches and officials will use their US Swimming card as credentials to gain access to the pool. No coach or official will be allowed on the pool deck with our proper USA Swimming Credentials.

Parent workers and Timers will need to check in at the spiral staircase to pick up their credential for deck access. Athletes serving as timers will get their credential from the timer on deck. Please return these credentials after your shift. Parents working the athlete check in will report to the Zesiger lobby.

ONLINE POSTING- on the website northshoreswimclub.com all Psyche Sheets for Prelims and Session Time lines will be **posted on Wednesday December 10, 2008**, Warm Up Schedule, Facility Pictures and Entry List by Team are posted. Please direct all your swimmers and families to this site for all the meet information.

ENTRY TIME UPDATES- will be accepted up until December 9, 2008 by electronic entry only. E-mail all entry updates to nssc1@aol.com **Note: no additional swimmers and entries will be accepted due to timeline and participant number restraints.**

TIMERS- In order to run a meet of this magnitude it is essential that we have assistance from all teams in the meet. We are requesting **1 timer from each team on Friday Prelims & Finals and all finals sessions.** Please have your timers check in by 8:30AM of the prelim sessions and by 5:30 PM (4:30 PM for Sun) of the finals sessions to the head timer on deck by the timing table.

OFFICIALS- anyone interested in officiating contact the meet referee Cirsten Newland at cdnewl@comcast.net. All officials must be schedule with the referee to work any session of the meet.

PRE MEET SCRATCHES- if you have anyone that will not be attending the meet, please e-mail Dan Warner at NSSC1@aol.com with those scratches prior 6:00 PM Wednesday December 10, 2008.

SCRATCH PROCEDURES- Thursday evening events will be positive check in at the clerk of course table located beside the timing platform. All swimmers must positive check in by 4:50 PM for all Thursday events. Each day prelim session scratches are due by 6:00 PM the night before. **NOTE: Any swimmer that fails to scratch by the scratch deadline for Prelims or Finals and does not swim the event will be out of all events for the remainder of the meet.**

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.

DISTANCE EVENTS- 1650 free will run fastest to slowest alternating Female/Male heats in their respective pool and the 1000 free will run fastest to slowest alternating female/male heats when pool designation allows. **Top heat of both the women's and men's 1000 freestyle on Sunday will swim at the beginning of the final's session.** All swimmers will have to provide their own timer and lap counters for the 500 free, 1000 free and 1650 free, 400 IM and all relays. Heats may be combined in order to save time for all distance events. Positive check-in times will be listed on the scoreboard and will be available at the clerk of course table on deck.

SENIOR 500 & 1000 FREESTYLE- Will be cut based on timelines after scratches. Once the cuts are determined we will fill in open lanes based on psyche sheet, no additional heats will be added.

POOL/COURSE BREAKDOWN- Thursday Scoreboard Pool will be for 11-12 500 free and senior men 1650 free and men 800 free relays and Spectator end pool will be for women 1650 free and women 800 free relays. Rest of the weekend all prelims will run 14 & Under in Scoreboard end pool and all seniors in Spectator end pool. Certain events may be moved to the other pool to balance the timelines and will be posted.

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.

COACHES HOSPITALITY- there will be no food allowed on deck. NSSC will provide timers, officials and coaches with hospitality area throughout the meet. Coaches are ultimately responsible for their swimmers seating area. Coaches will be held accountable for any trash around their seating area.

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

ACCIDENT/ INCIDENTS- MIT will need to fill out an accident report. Lifeguards will handle all in water emergencies as well as minor injuries. EMS will be called in the event of a serious injury. Emergency response time is approximately 5 minutes.

EMERGENCY EVACUATION: An alarm will sound. Lifeguards and customer service staff will direct evacuation. Athletes will exit at deck level through locker room or south west corner near teaching pool. Spectators will exit gallery and proceed down closest stairwell. All athletes, coaches and spectators must exit the building. Meet will resume once facility is safe.

DIRECTIONS/PARKING –

- Directions can be found at <http://whereis.mit.edu/map-jpg?section=directions>
- MIT and the City of Cambridge are in the process of redesigning the look of Vassar St. During this time there will be **NO** on street parking on Vassar St. NSSC and MIT encourage swimmers to carpool when able to maximize space available. Please plan accordingly.
- Thursday-Sunday: Franklin Street Garage on the corner of Sidney St. and Green St. (3 blocks from pool, next to Hotel@MIT) is available for daily parking (not applicable to overnight parking). Coupon will be available for discounted daily rate at the admission table.
- Thursday-Friday at 4pm, MIT West garage on Vassar Street is **NOT** be available. The west annex surface lot will NOT be available at any time.
- Friday after 4pm, all day Saturday and Sunday: Free event parking will be available at MIT West garage on Vassar Street across the street from the Zesiger Sports and Fitness Center. At this time the Parking Garage on Vassar Street is under construction please caution during your entrance and exit from the parking structure. A second Free parking garage has been added on Albany Street(3 blocks from pool). Please check the website for directions.

- Please follow any local or state traffic laws when parking on campus. Any vehicles that are not parked in a designated spot, fire lane or on the street will be ticketed or towed at the owner's expense. Any vehicles parked in the Kresge (the lot off of Amherst Street) will be towed.

HOSPITAL- MIT EMS will transport injured persons to a local hospital. The number for MIT EMS is (617) 253-1311.

SPECIAL NOTE- MIT has been gracious in accepting New England Swimming 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.

Aquatic Center Contacts:

Main Aquatic Office

(617) 324-2200

Benjamin McElhiney, Assistant Aquatic Director

(617) 324-0220