

WELCOME COACHES, OFFICIALS, AND ATHLETES
To the Zesiger Aquatic Center
North Shore Swim Club Long Course Specialty Meet

MEET DATES- May 14-16, 2010

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.
- ❖ Roller skates are prohibited inside the Z-Center.(This includes Rollershoes)
- ❖ 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.

ENTRANCE - 2nd floor via north gallery spiral staircase.

Athletes - that are participating in the session will be allowed on deck. Check in and stamping will **NOT** be done for the athletes. 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.

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 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. **We also will be asking teams participating in the meet to help with 1 timer for each of the participating sessions.**

ONLINE POSTING- at the website www.northshoreswimclub.com is the warm up schedule and other pertinent information. Please direct all your swimmers and families to this site for all the meet information.

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. ***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 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 9:00 PM Thursday, May 13, 2010. These pre meet scratches will determine cuts if needed.

SCRATCH PROCEDURES- Each session's scratches are due 30 minutes before the start of the session. Scratch sheets can be picked up at the timing table on deck.

SESSION WARM UP & START TIMES-

Friday Afternoon - Warm ups begin at 4:00 PM, Meet at 5:00 PM
Saturday Morning – Warm ups begin at 7:30 AM, Meet at 8:30 AM
Saturday Afternoon - Warm ups begin at 2:30 PM, Meet at 3:30 PM
Sunday Afternoon - Warm ups begin at 3:30 PM, Meet at 4:30 PM

HEAT SHEETS- will be posted at both ends of the course and coaches will be supplied with seeded heat sheets at the timing table.

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.

CHASE STARTS: all odd number heats will start from the spectator end of the pool and all even number heats will start from the scoreboard end of the pool. All 50 events will run one way from the scoreboard to the spectator end.

400 FREESTYLE EVENTS- will be swimming 2 swimmers per lane starting from the spectator end unless determined otherwise by the meet director based on each session's time line.

RELAYS – all relays will start from the spectator end of the pool.

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.

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 whereis.mit.edu
- There is limited on street parking available. MIT encourage swimmers to carpool when able to maximize space available. Please plan accordingly.
- For more parking opportunities visit the North Shore Website.
- Saturday and Sunday: \$5 limited event parking will be available at MIT West garage on Vassar Street across the street from the Zesiger Sports and Fitness Center. Vehicles that are not parked in a marked spot will be ticketed and towed.

HOSPITAL- EMS will transport injured persons to a local hospital. The number for MIT's Emergency number is (617) 253-1212.

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.