

WELCOME COACHES, OFFICIALS, AND ATHLETES
To the Hanscom AFB Pool
May 8-9, 2010
Specialty & Distance Meet hosted by North Shore Swim Club

POOL RULES- Please help us maintain a high caliber event by following facility rules.

- ❖ Lawn/coaches/directors chairs **will be allowed** on deck.
- ❖ No glass on deck.
- ❖ No food or coolers on deck. Drinks in plastic containers only.
- ❖ Athletes, Coaches, and Spectators are restricted to the aquatic center and area.
- ❖ Please bring Swimmer 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!

FACILITY ENTRANCE – All swimmers, coaches and spectators will enter the pool facility through the main entrance. No one will be allowed to use the side entrances, except in the case of an emergency.

SESSION TIME CHANGES- Go to meet information on northshoreswimclub.com

Saturday Morning, May 8, 2010

Warm-up starts at 7:00 AM/ Meet 8:00 AM

Sunday Morning, May 9, 2010

Warm-up starts at 8:00 AM/ Meet 9:00 AM

Sunday Afternoon, May 9, 2010

Warm-up starts at 2:30 PM/ Meet 3:30 PM **(Changed)**

Sunday Distance Session, May 9, 2010

Warm-up starts no earlier than 5:00 PM / Meet 20 minutes later

NOTE: There will be continuous warm-up throughout the meet.

CUT EVENTS – Events:	Saturday Morning		
	# 5	13 & Over Female 200 IM	3:02.18 and slower
	# 6	13 & Over Male 200 IM	3:10.00 and slower
	# 7	13 & Over Female 400 free	5:21.12 and slower
	# 8	13 & Over Male 400 free	5:12.00 and slower
		Sunday Morning	
	# 9	11-14 Female 200 free	2:52.16 and slower
	#10	11-14 Male 200 free	3:18.20 and slower

BASE ACCESS – An alphabetical roster of all adult guests must be turned into Dan Warner by Tuesday, May 4, 2010 by 9:00 PM in Microsoft Word, Excel or convert to a PDF, also numbered one to however many guests on your roster. This includes, but not limited to: parents, grandparents, assistant coaches. Basically any adult that will be coming to the meet. If they are not on the roster, they will not be given access to the base. No one will be allowed to wander or sightsee on the base. Access to the base is for the pool only. The final roster will be turned in on Wednesday morning and no additions will be made once the roster is turned in to the base.

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 out proper USA Swimming Credentials. Officials must be pre registered to gain access without paying admission. Coaches and Officials must also be listed on their team Base Access List.

ONLINE POSTING- on the website northshoreswimclub.com will be posted Warm-up Schedule, Facility Information. Please direct all your swimmers and families to this site for all the meet information.

ENTRY TIME UPDATES- will be accepted up until Thursday May 6, 2010 by electronic entry only. E-mail all entry updates to nssc1@aol.com **Note: no additional entries will be accepted due to timeline and participant number restraints as well as NO time updates for cut events.**

TIMERS- Anyone that would like to assist in timing is asked to see the head timer on deck by the timing table. Any help would be greatly appreciated.

OFFICIALS- anyone interested in officiating will need to contact the meet referee Cirstin Newland by Thursday May 6, 2010 before noon. Her email address is: cdnewl@comcast.net

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 6, 2010. It is important that teams get their pre-scratches in as soon as possible to allow more swims to possibly be reinstated.

SCRATCH PROCEDURES- Scratch sheets will be available at the beginning of warm ups and will need to be returned 20 minutes prior to the start 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 timing table.

EVENTS SWIMMING 2 PER LANE- Due to time line restraints and the size of the sessions Saturday morning 11 & Over 400 free, Sunday morning 11-14 200 free, Sunday afternoon 800 freestyles will swim 2 swimmers/per lane.

DISTANCE EVENTS will run fastest to slowest alternating Female heats and Male heats. All swimmers will have to provide their own timer and lap counters for all distance events. Heats may be combined in order to save time for all distance events. All 400, 800 events will be swum 2 swimmers per lane, with events combined where necessary.

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.

DIRECTIONS/PARKING – Take Exit 30B off I-95/Rte 128, Hanscom Field Exit, go .7 mi take a right, go 1.1 mile straight, to Hanscom AFB, Marrett St. Gate, and check in at the gate or visitors center that has been set up. Then take immediate left, then right onto Marrett St, go .3 mi to stop sign, go .1 mile and Pool entrance will be on your right.

Getting to the Pool from the Visitor's Center:

Exit right out of visitor center parking lot. Stop at gate for ID check. Once through gate go straight and go right at end of road onto Marrett St. Follow Marrett past 3 ball fields on your left. The Hanscom Pool is immediately following the ball fields on your left.

SPECIAL NOTE- Hanscom AFB 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 Hanscom base rules and regulations. Seatbelts must be worn on base. You can not talk on the cell phone and drive on base.

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