

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

MEET DATES- July 9-11, 2010

IMPORTANT NUMBERS

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

SESSION TIME CHANGE: Saturday afternoon 12 & Under session only will change to 3:00 PM warm up and 4:00 PM start, please adjust your warm up time to fit the time change.

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. 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.

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 results and information.

TIMERS- All team assigned timers check in with the head timer on the pool deck near the timing platform at the designated time listed on the team work assignment schedule. Coaches it is your responsibility to make sure that your timers are on deck and on time. Teams must provide their own timers for session ending relays, 400, 800 and 1500 Freestyle events and 400 IM.

OFFICIALS- anyone interested in officiating contact the meet referee Bill McElhiney thru Dan Warner at nssc1@aol.com .

PRE MEET SCRATCHES- 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, July 8, 2010.

SCRATCH PROCEDURES- Each session's scratches for all teams regardless of warm up time are due by:

Friday Evening:	by 3:15 PM
Saturday Morning:	by 8:00 AM
Saturday Afternoon	by 3:30 PM
Sunday Morning:	by 8:00 AM
Sunday Afternoon:	by 4:30 PM

Scratch sheets can be picked up at the timing table on deck.

EVENTS SWIMMING 2 SWIMMERS/LANE:

Friday Evening	# 1-2	Age 9-12	400 free will not swim 2 per lane.
	# 3-4	Age 13 & O	400 free
	# 5-6	Age 11 & O	800 free
Saturday Morning	# 9-10	Age 13-14	200 free
	# 11-12	15 & O	200 free
Saturday Afternoon	# 47-48	11-12	200 free will not swim 2 per lane.

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.

200(13-14 & 15&O), 400(13-14 & 15&O), 800(11&O) & 1500 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 – Positive check in times:

Friday:	Event 7-8	13 & O	400 FR	5:00 PM
Saturday Morning:	Event 31-32	13 & O	200 MR	11:30 AM
Saturday Afternoon:	Event 33-34	12 & U	200 MR	3:30 PM
	Event 61-62	12 & U	400 FR	6:45 PM
Sunday Morning:	Event 63-64	13 & O	200 FR	8:00 AM
	Event 83-84	13 & O	400 MR	11:45 AM
Sunday Afternoon:	Event 85-86	12 & U	200 FR	4:30 PM
	Event 107-108	12 & U	400 MR	6:30 PM

1500 FREESTYLE – to immediately follow Friday evening relays first come basis. One heat of girls with cut off time of 21:53.09 and boys cut of 21:35.29 and will be swimming two swimmers/lane. E-mail to NSSC1@aol.com with name and time for event. Cost will be \$5.00 per 1500 swim.

SESSION TIMELINES: Friday (7:35 PM), Saturday AM (1:25 PM), Saturday PM (8:32 PM), Sunday AM (1:23 PM), Sunday PM (8:28 PM).

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.
- Friday After 3:00 PM and all day 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.

ATTACHED FILES: * Team warm up assignments, * Team work assignments

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