

WELCOME COACHES, OFFICIALS, AND ATHLETES

To the Zesiger Aquatic Center

2010 New England Swimming 13-19 Age Group Championships

March 4-7, 2010

Coaches are reminded to know all USA Swimming rules, understand the meet information and all New England Swimming policies regarding championship competitions. There will not be a coaches meeting during the meet. Please direct all questions to the meet referee and meet director.

Meet Website – All information on this meet can be found on the [MEET WEBSITE](#)

Zesiger 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.

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.

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.

[Opportunity to give back at 13-19 Age Group Champs](#)

ATHLETES:

Sweatshirt drive- We would like to ask all attending athletes to give 1 older (but in good condition), sweatshirt. These sweatshirts will go to the Home for Little Wanderers in Boston's Jamaica Plain neighborhood. This is a great chance for the kids to give back. Sweatshirts are in demand for the spring time. www.thehome.org
Sweatshirts will be picked up at the top of the entrance, each morning, as the children make their way to the pool.

PARENTS/ SPECTATORS:

Free admission (*Not free programs*) for finals session- When you donate 1 non perishable food item. These donations will go to Rosie's Place in Boston. Non-perishable food items, particularly canned vegetables and fruits, cereal, peanut butter, pasta, non-refrigerated juices and rice.

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. Please refer to the team work assignment posted on Northshoreswimclub.com.

ONLINE POSTING - on the website www.northshoreswimclub.com is the Psyche Sheets for all prelims, warm up schedule, facility pictures, session time lines and entry list by Team. Please direct all your swimmers and families to this site for all the meet information.

OFFICIALS- All officials must be previously scheduled with the referee to work any session of the meet.

DISTANCE EVENTS- 1000 freestyle on Thursday will run fastest to slowest alternating female/ male. Positive check in for the 1000 free by 4:45 PM on Thursday.

RELAYS – Both the 200 yard relays are positive check in by the completion of the prelim session the day of that event. These relays will be swimming at the beginning of finals. These relays will be seeded prior to the Finals event. All other relays will be a positive check in during the evening session. Check the schedule for all deadlines for relays and events. We will be swimming the all the 13-14 relays in the Scoreboard pool and the 15-19 relays in the spectator pool due to the length of the finals session on Friday and Saturday. All individual events for finals will be in the spectator pool.

TIME TRIALS – Time Trials (Friday, Saturday, Sunday evening)

North Shore Swim Club would like to announce that we will offer all swimmers time trials during the finals sessions of the 13-19 Age Group Championships, in the scoreboard pool. Time trial swimmers must be entered into the 13-19 age group championship meet, including relay only swimmers to participate. Time trial sign ups will be Friday, Saturday and Sunday morning from 9:00 AM - 12:00 noon. We will only time trial the events that are offered on that specific day of the 13-19 championship meet. Time trials will run approximately 90 minutes starting 15 minutes after the beginning of the Finals session. Time trials will conclude before the finals session relay regardless of remaining swims. Swimmers who do not get to swim will be reimbursed. All time trials will be \$10.00 per event. Swimmers are reminded that they are only allowed to swim in a maximum of 3 individual events per day including time trials. All events except the 1000 free and the 1650 free will be offered in time trials. All time trial events must have swimmers provide own timers with watches

INSTANT RESULTS – Will occur and can be seen on the www.northshoreswimclub.com under [RESULTS/MEET REPORTS](#)

POOL/COURSE BREAKDOWN- 13-14 prelim sessions will be in the scoreboard pool. 15-19 prelim sessions will be in the spectator pool. Finals sessions will be held in the spectator pool with the exception of the 13-14 relays on Friday & Saturday.

COACHES HOSPITALITY- there will be no food allowed on deck. NSSC will provide timers, officials and coaches with hospitality area throughout the meet.

FACILITY DAMAGE- Facility damage will be charged back to the responsible team. Teams are responsible for the cleanliness of the area that they choose to sit.

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.
- **Parking for Thursday - Friday** – Coupon Available at the Aquatic Center.
- For directions to 80 Landsdowne St garage. See www.northshoreswimclub.com
Saturday and Sunday: \$5 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- MIT EMS will transport injured persons to a local hospital. The number for MIT EMS 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.