

North Shore Swim Club

NE Regional Meet

February 12-14, 2010

Thank you for your entry to the North Shore Swim Club “New England Regional Meet” at Salem State College. Listed below is some general information pertaining to the meet.

Warm Up / Start Time Changes:

Friday Afternoon Session:	Warm Up Begin 4:00 PM **Start 5:05 PM (No Change)
Saturday Morning Session:	Warm Up Begin 7:00 AM ** Start 8:05 AM (No Change)
Saturday 8 & Under Session:	Warm Up Begin 12:00 Noon ** Start 12:25 PM (No Change)
Saturday Afternoon Session:	Warm Up 2:00 PM ** Start 3:05 PM (No Change)
Saturday 1650 Session:	Warm Up 6:30 PM ** Start 7:00 PM (No Change)
Sunday Morning Session:	Warm Up Begin 7:00 AM ** Start 8:05 AM (No Change)
Sunday 8 & Under Session:	Warm Up Begin 12:45 PM ** Start 1:15 PM (Changed)
Sunday Afternoon Session:	Warm Up Begin 2:30 PM ** Start 3:35 AM (Changed)

- Please review the above schedule carefully so everyone is aware of the warm up schedule and start times.

ONLINE POSTING: All meet information will be posted on the NSSC website including live results after each event and full results after each session. Northshoreswimclub.com

Link to meet main page: [Regional meet Main Page](#)

SCRATCHES: Scratch sheets for each session must be turned into the timing table by the finish of the first warm up session for all teams. Scratch sheets can be picked up at the timing table on deck.

ADVANCE SCRATCHES: Any swimmer or events that you know are not going to be at the meet, please e-mail (NSSC1@aol.com) with those scratches up till 9 pm Thursday evening. All other scratches can be done at the meet with the scratch sheets for each session.

RESULTS: We will be posting all results live as events are completed.

TIMERS: Team timing assignments are listed on the website

WARM UP ASSIGNMENTS: Are posted on the website

DISTANCE EVENTS: Swimmers must provide their own person to count and time where needed.

OFFICIALS: Anyone interested in officiating at this meet is welcome. Please contact the meet referee Cirsten Newland at cdnewl@comcast.net

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming.

ANY QUESTIONS: Please contact me by e-mail or call me at 978-852-3985(C).

Thank you and see you at the meet....Dan Warner....NSSC