

**WELCOME COACHES, OFFICIALS, AND ATHLETES  
To Salem State College**

**November 6-7, 2010 Specialty & Distance Meet hosted by North Shore Swim Club**

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

- ❖ 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!

**SESSION SCHEDULES**

Saturday Morning Distance Meet, November 6, 2010

Warm-up starts at 7:30 AM / Meet 8:15 AM (No Change)

Saturday 8 & Under Session, November 6, 2010

Warm-up starts at 12:45 PM / Meet 1:00 PM (No Change)

Saturday Specialty Meet, November 7, 2009

Warm-up starts at 1:45 PM / Meet 2:45 PM (No Change)

Sunday Morning Distance Meet, November 7, 2010

“A” Flight (Top 32 Female & Top 32 Male) Warm-up starts at 7:00 AM / Meet 7:30 AM

“B” Flight (All additional heats female & male) Warm up 20 minutes not starting before 9:15 AM.

All teams are asked to get any advance scratches for the 1650 freestyle to NSSC no later than Wednesday evening by 9:00 PM, on Thursday morning all teams will receive an e-mail with the 32<sup>nd</sup> time for female & males that will be in the “A” flight of the meet with all swimmers in 33<sup>rd</sup> place and slower will be in the “B” flight.

**SPECIALTY SESSION CUTS** – on Saturday afternoon due to the timeline we will only be able to swim the fastest 4 heats of each of the 200 freestyles events (event # 35, 36, 37, 38). All cut swimmers for this event will be refunded. On Thursday morning teams will be notified also of the cuts after all advance scratches.

**TEAM WARM UP ASIGNMENTS** – Refer to warm up schedule.

**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.

**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 November 3, 2010 before 7:00 PM, by electronic entry only. E-mail all entry updates to [nssc1@aol.com](mailto:nssc1@aol.com)

**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. All Distance meet events must provide own timer & counter.

**OFFICIALS-** anyone interested in officiating will need to contact NSSC by Thursday, November 4, 2010 by noon. E-mail address is: [nssc1@aol.com](mailto:nssc1@aol.com)

**SCRATCH PROCEDURES-** Scratch sheets will be available at the beginning of warm ups and will need to be returned 30 minutes prior to the meet starting. Regarding the 1650 freestyle, once the "A" flight is determined as of Thursday mornings e-mail anyone in the "B" flight will not move up to the "A" flight based on scratches at 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.

**DISTANCE MEET (ALL EVENTS)** will run fastest to slowest. 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 in the 500 Free, 1000 Free, 1650 Free.

**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.

**QUESTIONS-** please direct all meet questions to Dan Warner at 978-852-3985 or [nssc1@aol.com](mailto:nssc1@aol.com).