

WELCOME COACHES, OFFICIALS, AND ATHLETES
To Salem State College
October 9, 2010 Specialty 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!

DISTANCE SESSION POTENTIAL CUTS

There will be NO cuts in the 500 free or 400 IM. Do to the length of the morning distance session we will be only able to swim 4 heats of girls and 4 heats of boys 1000 freestyle. In order to allow as many swimmers to swim as possible we are asking teams to get any known distance session scratches to us (nsscl@aol.com) no later than Wednesday night by 9:00 PM. We will fill in swimmers at the meet also if lanes become available. As I'm sure you are aware there are SAT's this coming weekend in many surrounding towns.

SESSION BREAKDOWN

Saturday Morning Distance Events, October 9, 2010
Warm-up starts at 7:30 AM (Open Warm Up) / Meet 8:15 AM

Saturday 8 & Under Session, October 9, 2010
Warm-up starts at 12:45 PM (Open Warm Up) / Meet 1:00 PM

Saturday Afternoon Specialty Session, October 9, 2010
Warm-up starts at 2:00 PM / **Meet 3:00 PM (Changed)**

WARM UP ASSIGNMENTS

Are at the end of this document.

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.**

ONLINE POSTING- on the website northshoreswimclub.com will be posted adjusted 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 October 7, 2010 before 9:00 PM, by electronic entry only. E-mail all entry updates to nsscl@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 with their own watches & counter.

OFFICIALS- anyone interested in officiating will need to contact the meet referee on deck at the start end of the pool.

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 Wednesday October 7, 2010.

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.

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 female heats then all male heats for the 500 free & 400 IM. All swimmers will have to provide their own timer with their own watch and lap counters for all distance events. Heats may be combined in order to save time for all distance events. There will be a separate 20 minute open warm up before the 1000 free which will run fastest heat of girls then boys alternating girl-boy heats with warm up time to be announced after Wednesday scratch deadline by e-mail to all teams.

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.

**NSSC Specialty Meet
Warm Up Assignments
October 9, 2010**

Saturday Morning Distance Session

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
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Open Warm Up for all teams 7:30 – 8:10 AM, Start 8:15 AM

Saturday 8 & Under Session

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
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Open Warm Up for all teams 12:45 – 1:00 PM, Start 1:00 PM

Saturday Afternoon Specialty Session (2:00 – 2:20 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KASC	NSYV	NSYV	NSSC	NSSC	NSSC	NSSC	NSSC
UN							

Saturday Afternoon Specialty Session (2:20 – 2:40 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BYB	BYB

Saturday Afternoon Specialty Session (2:40 – 3:00 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BAT	BAT	MAC	MAC	SAC	SAC	SAC	SAC