

North Shore Swim Club

12/Under Timed Final, 13 & Over Prelim & Final

MIT Competition Pool at Zesiger Center
Cambridge MA 02139



June 16-18, 2017

Sanctioned by NE Swimming #NE17-0616-NSSC TT

First Date of Entry Acceptance: May 5, 2017

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2017 LCM Meet Information

MEET FORMAT: The meet will be swum as timed finals on Friday evening. On Saturday and Sunday the meet will be swum prelims and finals for ages 13 & over and timed finals for 12 & under. Finals for 13&14 and 15 & Over will include a consolation and final heat of 8 swimmers each for all event except Friday evening. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session, which must be returned no later than 30 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. All events except evening 13 & Over finals will have chase starts. Coaches will be able to pick up heat sheets at the timing table on deck. All Friday events will be swum fast-to-slow, all heats of women and then men. Swimmers must provide their own timer and counters for all events 400 yards or longer and all Friday evening events. No events will swim with more than one swimmer per lane.

SITE: The MIT pool is an 8-lane, 50-meter pool with seven-foot-wide lanes and non-turbulent lane lines. Fully-automatic Colorado Time Systems electronic timing with touchpad's at the finish end of the pool with full electronic display. There are touchpad's at the both end of the pool. Attached to the main pool is a 25 yard pool that is available for warm-up and warm-down during the 13 & over session only, 3 lanes and 25 yards in size. The finish end of the pool is 7 feet deep; the turn end of the pool is 12 feet deep. Spectator seating for 400 in the pool balcony. The pool is located inside the MIT Zesiger Center, 120 Vassar Street, Cambridge, MA 02139. The competition course has been certified in accordance with 104.2.2C(4). Directions may be found later in this document.

COURSE: Long course meters (50M) with 3 lanes continuous warm up in the 6 lane 25 yard course for all sessions once the session starts.

50 METER EVENTS: 50 meter events will start from the scoreboard end of the pool.

DISTANCE EVENTS: Swimmers must provide their own timer and counters for events 400 yards/meters or longer. No events will swim with more than one swimmer per lane.

ENTRY POLICY: This meet will use the 75%/25% entry policy. Click to view the [NE Swimming Entry Policy](#). All unattached swimmers must be declared as unattached in writing before the meet begins.

CUT PROTOCOL: If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour rule using the following cut protocols in any order deemed necessary:

For meets using the 75%/ 25% entry policy:

Teams included in the 75% of the 75/25:

- a) may be asked to cut each athlete to one less event than maximum allowed per day

Teams included in the 25% of the 75/25:

- a) may be asked to cut each athlete to two less events per day than the maximum allowed.
- b) entries may be cut by time or to a specific number of heats for specified events

For all Teams:

- a) Entries may be cut by time or to a specific number of heats for specific events 200 meters or longer, identified on the event list *

If deck scratches allow a reasonable time-line, the swimmers can be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet.

RESERVE THE RIGHT TO MAKE CHANGES: Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Laura Matuszak. Any change to the meet format after the meet begins will be at the discretion of the Meet Referee, and will be presented to the coaches at a coaches meeting.

2017 LCM Meet Information

MEET COMMITTEE/JURY: The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the jury but not vote. The three members shall be from separate teams. The Meet Jury will decide all issues of eligibility and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.

WEATHER PROTOCOL: If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. **Cancellation of the meet, or a session**, is the decision of the Meet Director, Meet Referee and the Meet Jury.

ELIGIBILITY: All swimmers must be 2017 registered swimmers with United States Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492: office@neswim.com. Age is determined by the age of the swimmer on the first day of the meet. All coaches on deck must be registered with USA Swimming and proof of membership. Deck Pass is acceptable proof of membership.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

REGISTRATIONS: All swimmers and non-athletes must be registered (includes proof of age and payment) with USA Swimming before 5:00 pm on the Thursday before the first day of the start of the meet. New England teams are **required** to check their entries with the online registration check tool on the [New England Swimming web site](#) to verify registration status.

FALSE REGISTRATION: If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, member coach or a member club submitting a meet the entry.

DECK REGISTRATIONS: Will not be accepted

DISABILITY SWIMMERS: Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee and meet director of any disability prior to competition. Coaches and teams entering swimmers with disabilities that require any accommodations shall provide advance notice in writing to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.

EVENTS AND SESSIONS: [Click to view](#)

ENTRY INFORMATION:

First date of entry acceptance: May 5, 2017 any entry received before this date will be considered received on May 5, 2017

Final date of entry acceptance: June 2, 2017

Make checks payable to "North Shore Swim Club"

Mail completed signed entry cover page and waiver, and payment to the entry chairperson:

North Shore Swim Club

19 Fenley Road

Gloucester MA 01930

Teams will be notified within 48 hours of receiving entry if they are accepted into the meet.

2017 LCM Meet Information

Payment due date for all entries: June 7, 2017. Any team that fails to send payment, cover page and waiver form, by this due date can be scratched from the meet at the discretion of the Entry Chairperson.

ENTRY FEES: Electronic entries:

\$5.00 for all Timed Final individual events

\$10.00 for distance events (events 400 yards/meters or longer)

\$6.00 for trials/finals

\$10.00 for Time Trials

Non-electronic entries: \$.50 more per IE and \$2.00 more per relay.

Swimmer Participation Fee is \$10.00 per swimmer

NE Swimming Travel Fee of \$1.00 per swimmer (to be included in the check and the host team will send to NESwimming)

LATE FEES: Any team who has not paid their meet fees by the start of the meet will be assessed a \$100 fine. If no payment is received after 30 days, the fine goes up to \$200, made payable to "North Shore Swim Club". Late payments of entry fees may result in future exclusion from meets hosted by our club.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at nssc1@aol.com. Please check that your team name, address, and contact information are listed correctly in this file.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 6 events per day for timed final events, or 3 per day for trials/finals events. Time Trials count in the per day event count.

ENTRY TIMES: All entries must be specified in long-course meter pool times. Coach's times should be used instead of NT's

ENTRY TIME UPDATES: Entry times may be updated until the Monday before the first day of the meet by 9:00 PM. No new entries will be accepted after the April 21, 2017 deadline. Entry time updates should be sent via email to the entry chairperson at nssc1@aol.com and must be sent as Hy-Tek format CL2 files with updated times. New entries will be automatically excluded.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$10.00 for individual events, and \$40.00 for relays.

LEGAL SPLITS: Legal splits (including relay lead-offs) must be requested by a coach before the event using a legal split form (available from the Clerk of Course) and the requesting party must supply an additional timer on the lane for the split, if necessary, to meet the USA requirement.

ADMISSION: \$3.00 per session

PROGRAMS: \$4.00 per session.

MEET MOBILE / LIVE RESULTS: Meet Mobile/ Live Results will be functional for this meet. All users should be aware that Meet Mobile publishes unverified raw data which cannot be relied upon until the official results have been published and posted in the facility.

WARM-UPS The pool will open for warm-ups 60 minutes before the beginning of each session. The pool will close five minutes before the beginning of each session start time. Teams will be assigned warm-up lanes after all entries are received. The warm-up pool will be available with 3 lanes throughout the 13 & Over sessions beginning at the start of the meet.

OFFICIALS: If you know that you will be attending this meet, please email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome.

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SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
6. Deck Changes are prohibited.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition. Decisions by the Meet Referee will be final unless a written protest is lodged within 30 minutes of the heat swum. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the New England Swimming office for further review and/or action.

SAFE SPORT: The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to an official, the Meet Referee or the Meet Director to be resolved.

USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Anne Kaufman: nesafesport@gmail.com (857-928-3638) or through the [USA-S online reportable form](#).

PHOTOGRAPHY/PHOTOGRAPHERS ON DECK: As per New England Swimming policy, professional photographers contracted by North Shore Swim Club or press photographers who have been approved in advance by the Meet Director are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests

DECK ACCESS: Only 2017 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display proof of their valid USA Swimming registration at all times. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck, and will be subject to a fine by New England Swimming.

SCORING: The meet will not be scored.

AWARDS: There will be no awards.

FOOD: There will be no concession stand available.

EQUIPMENT VENDOR: A swimming equipment vendor K&B Sports will be selling suits, goggles, and other accessories for the duration of the meet.

MISCELLANEOUS: North Shore Swim Club assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

2017 LCM Meet Information

PARKING: Saturday and Sunday: MIT West garage on Vassar Street across the street from the Zesiger Sports and Fitness Center will be OPEN with a limited number of spaces. There will be a \$8.00 per day usage fee for those wanting to use the garage. Parking Friday in the garage will not be available till after 5:00 PM.

DIRECTIONS: From the North (I-95 or I-93)

If you are heading south on I-93, follow I-93 into Boston then follow the I-93 instructions below. If you are heading south on I-95, take the I-93 South exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.

From the South (I-95 or I-93)

If you are heading north on I-93, follow I-93 (the Southeast Expressway) into Boston then follow the I-93 instructions below. If you are heading north on I-95, take the I-93 North exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.

From the West (I-90) (Mass Turnpike)

Follow I-90 east to the Cambridge/Brighton exit (exit 18). Following the signs to Cambridge, cross the River Street Bridge, and continue straight about 1 mile to Central Square. Turn right onto Massachusetts Avenue and follow Massachusetts Avenue for about a half mile. The main entrance to MIT will be on your left. If you cross the river again, you have gone too far.

From Route I-93

From I-93, take exit 26, and follow the signs to Back Bay along Storrow Drive West, approximately 1.5 miles, to the exit for Route 2A. The exit will be on the left, just before the Harvard Bridge (more appropriately called the Massachusetts Avenue Bridge). The Charles River will be on your right. As you cross the bridge, you will be looking at MIT – the Great Dome and academic facilities are on the right, the dormitories and athletic facilities are on the left.

LODGING: The Hyatt hotel is the meet hotel for all NSSC meets: Guests can make their room reservations by calling our toll-free Reservations number, (800) 233-1234, and referring to the North Shore Swim Club room block. Reservations must be made by May 19, 2017. Any rooms remaining in your block not reserved by this date will be released for general sale.

2017 LCM Meet Information

EVENTS AND SESSIONS

North Shore Swim Club
12 and under Timed finals/ 13 and over Trials and Finals
Friday, June 16, 2017

Friday Evening Warm Up: 2:30 PM Start: 3:30 PM

Entries may be cut by time or to a specific number of heats for specific events 200 meters or longer, identified on the event list *

Female Event Number	Event(s) Timed final	Male Event Number
1	13 and over 50 meter freestyle	2
3	11-12 200 Meter Freestyle*	4
5	13 and over 400 Meter freestyle*	6
7	11-12 200 Meter IM*	8
9	13 and over 400 IM*	10

Saturday AM, June 17, 2017

Saturday Morning Warm Up: 7:30 AM Start: 8:30 AM

Female Event Number	Event	Male Event Number
11	9-10 50 meter freestyle	12
13	13 and over 100 freestyle Trials	14
15	9-10 50 meter backstroke	16
17	13 and over 200 meter backstroke Trials *	18
19	9-10 50 meter breaststroke	20
21	13 and over 100 meter breaststroke Trials	22
23	9-10 50 meter butterfly	24
25	13 and over 200 meter butterfly Trials *	26

Saturday PM, June 17, 2017

Saturday Afternoon Warm Up: 2:30 PM Start: 3:30 PM

Female Event Number	Event	Male Event Number
27	11-12 100 meter freestyle	28
	13-14 and 15 and over 100 meter freestyle final	
29	11-12 100 meter backstroke	30
	13-14 and 15 and over 200 meter backstroke final	
31	11-12 100 meter breaststroke	32
	13-14 and 15 and over 100 meter Breaststroke final	
33	11-12 100 meter butterfly	34
	13-14 and 15 and over 200 meter Butterfly final	

2017 LCM Meet Information

Sunday AM, June 18, 2017
 Sunday Morning Warm Up: 7:30 AM Start: 8:30 AM

Female Event Number	Event	Male Event Number
35	11-12 50 meter freestyle	36
37	13 and over 200 meter freestyle Trials *	38
39	11-12 50 meter backstroke	40
41	13 and over 100 Trials backstroke	42
43	11-12 50 meter breaststroke	44
45	13 and over 200 breaststroke Trials*	46
47	11-12 50 meter butterfly	48
49	13 and over 100 meter butterfly Trials	50

Sunday PM, June 18, 2017
 Sunday afternoon Warm Up: 2:30 PM Start: 3:30 PM

Female Event Number	Event	Male Event Number
51	9-10 100 meter freestyle	52
	13-14 and 15 and over 200 meter freestyle final	
53	9-10 100 meter backstroke	54
	13-14 and 15 and over 100 meter backstroke final	
55	9-10 100 meter breaststroke	56
	13-14 and 15 and over 200 meter Breaststroke final	
57	9-10 100 meter butterfly	58
	13-14 and 15 and over 100 meter Butterfly final	

Top 16 will return on Saturday and Sunday evening for finals in the 13/14 and 15-over age groups. Female and Male.

North Shore Swim Club

12/Under Timed Final, 13 & Over Prelim & Final

MIT Competition Pool at Zesiger Center

Cambridge MA 02139

June 16-18, 2017

Held under the sanction of USA Swimming/New England Swimming #NE17-0616-NSSC TT

CONTACT INFORMATION

Club			Abbr:
Deck Coach:	Phone:	Email:	
Entries Contact;	Phone:	Email:	
Address:			
Unattached Swimmers:			

ENTRY FEES (non-electronic are an additional .50 per entry)

Individual Timed Final Entries (200 Yd & Under)	@	\$5.00/\$5.50	=	\$	
Distance Entries (Events 400 and greater)	@	\$10.00/\$10.50	=	\$	
Trials/Finals Entries	@	\$6.00/\$6.50	=	\$	
Swimmer Participation Fees	@	\$10.00	=	\$	
NE Travel Surcharge: # athletes	@	\$1.00	=	\$	
TOTAL			=	\$	

Make check payable to:	North Shore Swim Club	Entry Deadline	June 2, 2017
Mail entries and check to: North Shore Swim Club 19 Fenley Road Gloucester MA 01930		For all entries, this form and payment must be received by June 7, 2017	
		Phone:	

Liability Waiver

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming, North Shore Swim Club and MIT any and all injuries suffered by him/her at said meet. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, member coach or a member club submitting a meet the entry

 Signature of Authorized Team Official

 Date

NEW ENGLAND SWIMMING CALENDAR MEET ENTRY POLICY:

75%/25%

The hosting club will reserve up to 75% of the splashes for their own team and any other teams (New England and/or out of LSC) that it invites to the meet. These 75% of splashes are guaranteed entry into the meet. Teams that are included in the 75% of guaranteed entries must submit their entry and payment to the host team no later than 7 calendar days before the first date of entries, or the host team may remove them from the 75% of guaranteed entries and will report them to the Board of Review. The host team can release this liability if it is able to fill the meet with entries from other teams. If the host team under-estimates the entries for the 75% of guaranteed entries, the host team must cut swimmers or entries from their own team first, and then follow the entries cut procedure in the meet announcement.

The remaining 25% of entries will be open for other teams to submit entries. Entry acceptance will open at

12:00 AM on the first date of entries. Entries received on or before the first day of acceptance (up until 11:59 pm local time) shall be considered received at the same time. If the meet becomes oversubscribed, a lottery will be conducted by the New England Swimming office to determine the sequence that the tied teams will be accepted into the meet. The New England Swimming office will share the results of the lottery with all teams participating in the lottery.

FIRST COME FIRST SERVE:

The entries for this meet will be first come first serve. Entries will open at 12:00 AM on the first date of entries. Entries received on or before the first day of acceptance (up until 11:59 pm local time) shall be considered received at the same time. If the meet becomes oversubscribed, a lottery will be conducted by the New England Swimming office to determine the sequence that the tied teams will be accepted into the meet. The New England Swimming office will share the results of the lottery with all teams participating in the lottery.

If a lottery is not necessary, entering teams will be notified that they have been accepted or cut from the meet within 48 hours of the first date of entries, or within 48 hours of the host team receiving your entry, whichever is later. Teams that are cut from the meet will have their entry fee returned within four days of being cut from the meet.

Accepted teams must send payment for their entry within 4 calendar days of the notification. Accepted teams that do not send payment within 4 calendar days will forfeit their entry, but will still be liable for payment of the entry fee, unless the host team is able to fill the meet with entries from other teams. No refunds will be given for entries that are accepted or for entries that are rejected due to improper entry. Any swimmer who is entered with incorrect swimmer information, or an incorrect or no ID, or is unregistered, will be scratched from the meet until corrections are made per the New England policy.

If a meet becomes full or oversubscribed, the host team must notify the New England Swimming office so that the meet may be listed as "Full" on the New England Swimming website. Additionally, the list of teams accepted and not accepted into a meet must be submitted to the New England Swimming office