

# NEW ENGLAND SHORT COURSE SENIOR CHAMPIONSHIPS

March 3-6, 2005

Greason Pool at the Farley Field House

Bowdoin College Brunswick, ME 04011

Sanction Number ME 0405-0303

**Meet Director:** John Barbary ([jbarbary@seacoastswimming.com](mailto:jbarbary@seacoastswimming.com)) (603.742.9601))

**Meet Referee:** Robert Menck , [rmenck@ne.rr.com](mailto:rmenck@ne.rr.com)

**Entry Chairperson:** Harold Whitney ([seniors@seacoastswimming.com](mailto:seniors@seacoastswimming.com)) (603.926.2354)

**Official Meet Website:** <http://www.seacoastswimming.com/seniors>

## SESSIONS:

*Thursday:* Timed Finals 1000 Freestyle: warm-up @ 5PM, start @ 6 PM

*Fri/Sat/Sun:* Trials Session: warm-up @ 8:30AM, start @ 9:30 AM

*Fri/Sat:* Finals Session: warm-up @ 5PM, start @ 6 PM

*Sun:* Finals Session: warm-up @ 4PM, start @ 5PM

**MEET FORMAT:** The meet will be conducted as Trials and Finals (championship, consolation and bonus) in all individual events except the 1000 and 1650 yard freestyle events, which will be timed finals. Positive check-in for the 1000 Y Freestyle will be by 5 PM on Thursday, and by 8:30 AM, on Sunday, for the 1650 Y Freestyle. The top heat of the 1650 Yard Freestyle will be swum in the Finals session on Sunday evening. Relays will be swum at the end of the Finals Session. At the discretion of the Meet Referee there will be a 10 minute break between the end of finals and the start of the relays. Heat sheets will be posted around the pool deck and coaches will be able to pick up heat sheets for each session in the control office prior to the start of each session. Coaches are responsible for ensuring that their swimmers are in the correct heat and lane.

## 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. **Athletes must, at all times, enter the pool only from the starting block end. This applies to the warm-up area also.**
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. No camera cell phones are permitted in the locker rooms.
6. There is no smoking and no pets permitted anywhere in the facility.

**FACILITY:** Greason Pool at the Farley Field House provides up to 10 deep water competition lanes, plus 5 additional warm-up/cool-down lanes with non-turbulent lane lines. 9 lanes will be used for the competition. The timing system is Colorado and the meet management interface is Hy-tek.

**ONLINE MEET COVERAGE:** The meet will feature online results, at:

<http://www.seacoastswimming.com/liveresults> . We also plan to provide online wireless web access within the immediate pool area. Bring your wireless enabled laptop computer.

## DIRECTIONS:

[Bowdoin College](#) is located in Brunswick, Maine -- a coastal town located 35 minutes Northeast of Portland.

From the South:

Take Interstate 95 north to exit 6A (South Portland/Rt. 295). Follow Route 295 through Portland to exit 28 (Route 1). Follow Route 1 for about two miles. As Route 1 bears off to the left at a set of lights, stay straight on Pleasant Street. Pleasant will end at an intersection with Maine Street in Downtown Brunswick. Take a right on Maine and travel approx. a quarter of a mile. After a white church, take a left on Old Bath Rd (old Route 123). The main Bowdoin campus will be on your right. At your first set of lights, take a right:

Farley Field House and Greason Swimming Pool

After right at lights, drive a quarter mile on Route 123. At fork, take a right and the entrance to Farley Field House and the *Greason Swimming Pool* will be on your right.

**ELIGIBILITY:** All swimmers must be 2005 USA Swimming registered with United States Swimming. Any swimmer registered with United States Swimming and with qualifying times is eligible to swim in this meet. New England LSC swimmers may register with Mary Riddell, 20 Cleveland Rd., Needham, MA 02492. Age eligibility is determined by age of the swimmer on March 3, 2005. All coaches on the deck must be registered with US Swimming and display their current coaches membership cards.

**ENTRY FEES:** Please make checks payable to "Seacoast Swimming Association".

Individual Events: \$5.00 electronic / \$5.50 paper entry

Relays: \$10.00 per relay

New England Swimming surcharge: \$1.00 per swimmer (separate check payable to "New England Swimming")

**ENTRY INFORMATION:** A swimmer may enter a maximum of twelve (12) individual events, eventually scratching down to no more than nine (9) events with no more than three (3) events per day. A swimmer qualifying for at least one (1) event may enter up to 5 events and a swimmer qualifying for five (5) or more events may enter up to 9 events. Entry times must be achieved between February 13, 2004 and the entry deadline of February 21, 2005. Both Short Course and Long Course Meter times will be seeded after the yard times. All qualifying entry times must be circled in red pen on the entry form. Bonus times should not be circled. All entries, hand written, or emailed, must be received by **6:00 PM, Monday February 21, 2005**. Email entries with a standard SD3 or CL2 data file of your team's entries attached are encouraged, provided a hardcopy of the entry, *with a signed entry cover sheet*, arrives on or before the entry deadline of **Monday February 21, 2005**.

Email entries to [seniors@seacoastswimming.com](mailto:seniors@seacoastswimming.com). In the text of the email write all contact information, including team name, coach name, contact person and phone numbers. Put team initials somewhere in email subject. An entry will NOT be accepted without the hard copy and payment. **Payment is due by Friday, February 25, 2005**. NO EXCEPTIONS. No fax entries will be accepted. All hard copies and checks should be sent by US Postal Service certified mail, or hand delivered. Please check the "no signature required" box on overnight deliveries. All entries must be typed or legibly printed and must include all swimmer's USA Swimming numbers and ages. If there is a discrepancy between the hard copy and the electronic entry, the hard copy will be used as the official meet entry. Send the entries to: John Barbary, 59 Rollins Road, Rollinsford, NH 03869, (603) 742-9601.

**RELAYS:** All relays will be limited to (4) per club for the 400 Free, 800 Free and 400 Medley relays. A team may enter relays according to the number of swimmers per sex entered in individual events. For each sex, the number of qualified individual swimmers entered in individual events will be divided by four up to the 4 relay maximum. A team with 16 or more qualified swimmers of one sex entered in individual events may enter 4 relays; a team with 12 to 15 qualified swimmers of one sex entered in individual events may enter 3 relays; a team with 8 to 11 qualified swimmers of one sex entered in individual events may enter 2 relays; a team with 4 to 7 qualified swimmers on one sex entered in individual events may enter 1 relay. All swimmers on these relays must be qualified swimmers who are entered in one or more individual events.

A team that has only 1, 2, or 3 qualified swimmers per sex entered in individual events may add enough non-qualified swimmers to enter 1 relay per event. If a qualified swimmer is unable to swim and there is no other qualified swimmer available, the relay must be scratched. Under no circumstance will a swimmer who is 12 years old or under be allowed to swim in a relay unless that swimmer has qualified in an individual event.

No more than two relays per team may score in an event.

**TIME TRIALS:** Time trials will be available at the discretion of the meet referee and meet director, and if time allows, after the Trials sessions on Friday, Saturday and Sunday. All time trial swimmers must provide two timers for their swims. Time trials are \$5 for individual events and \$10 for relays.

**DISTANCE EVENTS:** The 1000 Yard and 1650 Yard Freestyles will be swum fastest to slowest, alternating heats of women and men. All distance swimmers must provide at least two timers with watches, and one counter for their swims. The final heat of the 1650 Yard Freestyle will be swum in the Finals Session of Sunday evening. Positive check-in for the 1650 Y Free will be by 8:45 AM on Sunday morning.

**VERIFICATION & RULES:** Refer to the verification information provided by New England Swimming. The 2005 USA Swimming rules will govern except as otherwise stated herein and the decision of the referee will be final. Disabled swimmer forms are required by US Swimming and are available from the New England Swimming Office. All swimmers participating in the meet without a USA Swimming registered coach shall report to the referee before warm-ups prior to each session.

#### **SCRATCHES:**

*Thursday events:* The 1000 Y Free on Thursday evening will be a Positive Check-In, by 5:00 pm in the pool control office. Scratches beforehand are encouraged.

*Friday events:* Scratch at the pool on Thursday evening before 6:00 pm, or call, on Thursday evening, between 5:00 pm and 6:00 pm: 207-725-3527. Scratches beforehand are strongly encouraged.

*Saturday/Sunday events:* Scratch deadline is 6:00 pm the night before the event, in the control office. Scratches for Finals will be 30 minutes after the finalists are announced during the Trials Session. The 1650 Y Free is a positive check-in by 8:45 AM on Sunday.

NO EMAILED SCRATCHES WILL BE ACCEPTED after 12:00 pm, Wednesday, March 2nd. If you have scratches before then, please email them to [seniors@seacoastswimming.com](mailto:seniors@seacoastswimming.com) and write "SCRATCHES from "team name" in the subject line.

#### **SPECIAL NOTES:**

1. Coaches are expected to understand the scratch, verification and relay rules before the meet begins.
2. Any swimmer who fails to compete in an individual event in which he/she is entered and has not been scratched will be barred from further competition that day, including time trials and relays. The swimmer will automatically be scratched from the following day's events unless the Clerk of Course has been notified of the swimmer's intention to compete, by 6:00 PM.
3. Qualified relay swimmers may be substituted for listed swimmers up to the start of the race. Swimmers in the 2, 3 or 4 position may not be substituted after the race has begun.
4. Times from this meet may be used to qualify for new events at the Open Championship. "New Events" using results from this meet must be submitted to Dan Warner by 6:00 PM on March 10, 2005. Results from the Senior meet may not be used to update seed times for the Open.

**AWARDS:** Medals will be awarded for the first 9 places, in individual events, and medals for the first three places in relays. These awards will be presented throughout the finals session. Awards will be presented for the top 3 highpoint distance (400 IM, 500, 1000, 1650 Free) swimmers.

The top eight high point winners for both girls and boys will be awarded a plaque. The high point ceremony will take place on Sunday evening at the conclusion of the session. Coaches are responsible for making sure their swimmer is present to receive their award.

**SCORING:** Top 27 places:

Place:	1	2	3	4	5	6	7	8	9
Individual:	35	32	31	30	29	28	27	26	25
Relay:	70	64	62	60	58	56	54	52	50
Place:	10	11	12	13	14	15	16	17	18
Individual:	22	20	19	18	17	16	15	14	13
Relay:	44	40	38	36	34	32	30	28	26
Place:	19	20	21	22	23	24	25	26	27
Individual:	10	8	7	6	5	4	3	2	1
Relay:	20	16	14	12	10	8	6	4	2

**WORKER & TIMERS:** All teams will be given timing/work assignments based on their number of entries. Officials who would like to work the meet and get credit as a team work assignment should sign up with the meet referee Bob Menck [rmenck@ne.rr.com](mailto:rmenck@ne.rr.com) before the entry deadline of **February 21**. Teams treating this meet as a team travel meet need to assure that they have enough parental workers at the meet to fulfill their team obligation. The timing assignments will be posted on the web page with ample time to get workers.

**WARM-UPS:** USA Swimming warm-up policies will be in effect for the whole meet. Swimmers without a coach must report to the Meet Referee before each session. Diving will be prohibited during warm-ups except at the designated times. No diving will be allowed, at any time, in the 5 lane warm-up course. Sprint lanes will be open at the end of the warm-up session. Coaches must instruct their swimmers to obey the warm-up rules.

**COACHES NOTES:** All coaches should check in with the control office upon arrival to the pool. Coaches' packets will be available at the beginning of warm-ups at each session. Each team will receive one complete meet program. Please turn in relay cards in a timely fashion. There will be a coaches meeting on Friday 9 AM. Please do NOT ask to change entry times or events after the entry deadline. There will be no deck entries. Coaches are responsible for making sure their swimmers know when to swim. There will not be a bullpen, but heat sheets will be posted throughout the pool deck and available in the control office. The top 9 finalists will march out from a "ready area" during the Finals Sessions. The meet will be run according to the 2005 USA Swimming Rules & Regulations. The decisions of the Meet Referee as to procedures and conduct will be final. Please respect the locker room and facility.

**HOSPITALITY:** Coaches and officials will be served breakfast foods during Trials and a supper during the Finals session, with cold drinks and snacks available throughout the meet.

**PROGRAMS:** \$5.00 full meet program, \$2.00 per session

**ADMISSION:** \$1.00 per session

## HOTELS:

<i>Name</i>	<i>Miles from Campus</i>	<i>Location</i>	<i>Phone</i>
Atrium Inn & Convention Ctr.	2	Cook's Corner, Brunswick	207-729-5555
Brunswick Bed & Breakfast	1/2	Maine Street, Brunswick	207-729-4914
Captain Daniel Stone Inn	1	10 Water Street, Brunswick	207-725-9898
Comfort Inn	2	199 Pleasant Street, Brunswick	207-729-1129
Econo Lodge	2 1/2	Rt. 1 & Rt. 95, Brunswick	207-729-9991
Holiday Inn	6	Western Ave, Bath	207-443-9741
Maineline Motel	1	133 Pleasant Street, Brunswick	207-725-5894
Parkwood Inn	2	Brunswick, Me	800-349-7181
Siesta Motel	2	130 Pleasant Street, Brunswick	207-729-3364
Super 8 Motel	2	228 Bath Road (Cook's Corner), Brunswick	207-725-8883
Viking Motor Inn	2	287 Bath Road (Cook's Corner), Brunswick	207-729-6661

## Events Schedule New England Senior Championship

### Session 1 Finals Thursday Evening March 3

Women			Warm-up 5:00 PM ; Start 6:00 PM*			Men		
<b>SCM</b>	<b>LCM</b>	<b>SCY</b>	<b>#</b>	<b>Events</b>	<b>#</b>	<b>SCY</b>	<b>LCM</b>	<b>SCM</b>
9:42.09	10:02.39	10:55.49	1	<b>1000 Free</b>	2	10:28.79	9:37.99	9:18.39

### Session 2 Trials Friday Morning March 4

Women			Warm-up 8:30 AM ; Start 9:30 AM*			Men		
2:12.09	2:16.99	1:58.99	3	<b>200 Free</b>	4	1:50.59	2:06.99	2:02.79
1:18.19	1:20.29	1:10.39	5	<b>100 Breast</b>	6	1:04.99	1:15.09	1:12.19
1:08.09	1:09.89	1:01.29	7	<b>100 Fly</b>	8	56.09	1:05.09	1:02.29
5:16.39	5:31.89	4:44.99	9	<b>400 IM</b>	10	4:30.99	5:15.99	5:00.89

### Session 3 Finals Friday Evening March 4

Warm-up 5:00 PM ; Start 6:00 PM\*

<b>#</b>	<b>Events</b>	<b>#</b>
3	<b>200 Free</b>	4
5	<b>100 Breast</b>	6
7	<b>100 Fly</b>	8
9	<b>400 IM</b>	10
11	<b>400 F.R.</b>	12

### Session 4 Trials Saturday Morning March 5

Women			Warm-up 8:30 AM ; Start 9:30 AM*			Men		
SCM	LCM	SCY	#	Events	#	SCY	LCM	SCM
2:32.69	2:38.19	2:17.49	13	<b>200 Fly</b>	14	2:07.59	2:25.49	2:21.69
28.49	29.39	25.59	15	<b>50 Free</b>	16	22.99	26.89	25.59
1:09.79	1:13.19	1:02.79	17	<b>100 Back</b>	18	58.09	1:06.29	1:04.49
2:49.69	2:58.99	2:32.79	19	<b>200 Breast</b>	20	2:23.29	2:47.89	2:39.09
4:41.49	4:47.49	5:16.99	21	<b>500 Free</b>	22	4:57.89	4:33.09	4:24.59

### Session 5 Finals Saturday Evening March 5

Warm-up 5:00 PM ; Start 6:00 PM\*

#	Events	#
13	<b>200 Fly</b>	14
15	<b>50 Free</b>	16
17	<b>100 Back</b>	18
19	<b>200 Breast</b>	20
21	<b>500 Free</b>	22
23	<b>800 F.R.</b>	24

### Session 6 Trials Sunday Morning March 6

Women			Warm-up 8:30 AM ; Start 9:30 AM*			Men		
SCM	LCM	SCY	#	Events	#	SCY	LCM	SCM
18:43.09	19:17.09	18:32.99	25	<b>*1650 Free</b>	26	17:53.59	18:20.59	18:03.39
2:30.09	2:35.59	2:15.19	27	<b>200 IM</b>	28	2:04.99	2:24.79	2:18.79
1:01.49	1:03.99	55.39	29	<b>100 Free</b>	30	50.89	58.59	56.49
2:29.09	2:39.99	2:14.29	31	<b>200 Back</b>	32	2:06.99	2:25.79	2:20.99

\*The 1650 Free will be swum at the conclusion of event #32, fastest to slowest alternating heats of Men and Women. The top 9 seeds will swim in the finals session.

### Session 7 Finals Sunday Evening

Warm-up 4:00 PM ; Start 5:00 PM\*

#	Events	#
25	<b>1650 Free</b>	26
27	<b>200 IM</b>	28
29	<b>100 Free</b>	30
31	<b>200 Back</b>	32
33	<b>400 M.R.</b>	34