

WELCOME COACHES, OFFICIALS, AND ATHLETES
To Salem State College
April 2009 Distance & Specialty Meet's hosted by North Shore Swim Club

SESSION TIME CHANGES

Saturday Morning Distance Meet, April 4, 2009

Warm-up starts at **8:00 AM** / Meet **8:45 AM (Changed)**

Saturday Specialty Meet, April 4, 2009

Warm-up starts at **12:00 PM** / Meet **12:45 PM (Changed)**

TEAM WARM UP – Open warm up for both Distance & Specialty Meet.

WARM UP / WARM DOWN: Through out both meets competition will be in lanes 1-6 and lanes 7-8 will be open for continuous warm up / warm down. Additional warm ups for the Distance meet will be a 20 minute whole pool after the completion of the 1000 free, for the Specialty meet there will be a 10 minute whole pool warm up after boys 200 breaststroke event #16.

COACHES & 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 General information and results. Please direct all your swimmers and families to this site for all the meet information.

ENTRY TIME UPDATES- will be accepted up until April 3, 2009 by 9:00 PM, by electronic entry only. E-mail all entry updates to nssc1@aol.com **Note: any additional entries will be accepted if you have any last minute swimmers that would like to get into the meet up until the scratch deadline at the pool.**

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 and Specialty Meet 500 free & 400 IM's.

OFFICIALS- anyone interested in officiating can contact the meet referee Cirstin Newland on deck at the meet or by email at cdnewl@comcast.net

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 Friday April 3, 2009.

SCRATCH PROCEDURES- Scratch sheets will be available at the beginning of warm ups and will need to be returned 15 minutes after the start of warm ups.

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. 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.

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.