

**WELCOME COACHES, OFFICIALS, AND ATHLETES**  
**To the Zesiger Aquatic Center**  
**2009 North Shore Swim Club Long Course Specialty Meet**

**IMPORTANT NUMBERS**

Pool Phone Number (617) 324-2200  
Zesiger Customer Service (617) 253-3690

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

- ❖ No lawn/coaches/directors chairs, or helium balloons in the building.
- ❖ No glass on deck.
- ❖ Shoes must be worn beyond the aquatic center locker room and gallery.
- ❖ Roller skates are prohibited inside the Z-Center.(This includes Rollershoes)
- ❖ No food or coolers on deck. Drinks in plastic containers only.
- ❖ Athletes, Coaches, and Spectators are restricted to the aquatic center and main lobby.
- ❖ Please bring bags on deck and do not leave belonging in locker room.
- ❖ Clean up team area after each session.
- ❖ Deck changing is not allowed.

**ENTRANCE** - 2<sup>nd</sup> floor via north gallery spiral staircase.

**CREDENTIALS-**

**Athletes** will be stamped for deck access. Each Team must provide one person responsible to assist with athlete check in 30 minutes prior to each warm-up session in 1st floor lobby. Team representative will be responsible for lining athletes up in alphabetical order by last name. If the stamp comes off during the course of the weekend, the athlete must have their name checked by security at the top of the spiral staircase.

**Coaches and officials** will use their US Swimming card as credentials to gain access to the pool.

**Spectators** will be invited to enter the spectator gallery 15 minutes after the athletes have been granted access to the pool. Please do not crowd the entrance to the gallery in order to allow swimmers an easy access to the pool.

**Parent workers and Timers** will need to check in at the spiral staircase to pick up their credential for deck access. Athletes serving as timers will get their credential from the timer on deck. Please return these credentials after your shift. We may be asking teams participating in the meet to help with some timers on certain sessions.

**ONLINE POSTING-** at the website [www.northshoreswimclub.com](http://www.northshoreswimclub.com) is the warm up schedule and other pertinent information. Please direct all your swimmers and families to this site for all the meet information.

**TIMERS-** Anyone interested in helping with timing please contact the head timer on the pool deck at the timing platform 30 minutes prior to the start of each session. **\*Timers will be invited down to the pool deck 30 minutes prior to the start of each session for the timers meeting. This will help MIT and NSSC control initial deck crowding.**

**OFFICIALS-** anyone interested in officiating contact the meet referee Kirsten Newland at [cdnewl@comcast.net](mailto: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](mailto:NSSC1@aol.com) with those scratches prior 6:00 PM Friday June 19, 2009.

**CUT EVENTS-** Cuts will be made to top 24 swimmers in the 13 & Over 400 Meter IM events unless time allows for more heats based on timelines.

**SCRATCH PROCEDURES-** Each session's scratches are due 30 minutes before the start of the session. Scratch sheets can be picked up at the timing table on deck.

**RELAYS-** All relays are positive check-in by the start of the session. All relay forms with names must be turned by the time listed on the scoreboard for each session.

**SESSION WARM UP & START TIMES-**

**Saturday & Sunday Morning – Warm ups begin at 7:30 AM, Meet at 8:30 AM**

**Saturday & Sunday Afternoon - Warm ups begin at 4:00 PM, Meet at 5:00 PM**

**HEAT SHEETS-** will be posted at both ends of the course and coaches will be supplied with seeded heat sheets at the timing table.

**STAGING:** 2 heats can prepare behind the blocks, this is especially critical during 50's. A 3 foot walkway must be maintained for Zesiger members from the locker rooms, around the dive well, to the teaching pool.

**CHASE STARTS:** all odd number heats will start from the spectator end of the pool and all even number heats will start from the scoreboard end of the pool, 50 meter event heats will start from the scoreboard end of the pool.

**400 FREESTYLE (13 & Over) EVENTS-** will be swimming 2 swimmers per lane and possible cuts unless determined otherwise by the meet director based on the session's time line.

**COACHES HOSPITALITY-** there will be no food allowed on deck. NSSC will provide timers, officials and coaches with hospitality area throughout the meet. Food is prohibited on the pool deck at any time.

**FACILITY DAMAGE-** Facility damage will be charged back to the responsible team.

**ACCIDENT/ INCIDENTS-** MIT will need to fill out an accident report. Lifeguards will handle all in water emergencies as well as minor injuries. EMS will be called in the event of a serious injury. Emergency response time is approximately 5 minutes.

**EMERGENCY EVACUATION:** An alarm will sound. Lifeguards and member services staff will direct evacuation. Athletes will exit at deck level through locker room or south west corner near teaching pool. Spectators will exit gallery and proceed down closest stairwell. All athletes, coaches and spectators must exit the building. Meet will resume once facility is safe.

**DIRECTIONS/PARKING –**

- Directions can be found at <http://whereis.mit.edu/map-jpg?section=directions>
- There is now on street parking on Vassar Street.
- All day Saturday and Sunday: MIT West garage and West Annex surface on Vassar Street across the street from the Zesiger Sports and Fitness Center **WILL HAVE LIMITED AVAILABILITY due to maintenance.**
- **Please obey all state and local street laws when parking on and around MIT Campus. Any car parked in a non-designated parking spot will be towed at the owner's expense**
- **An alternate parking garage has been secured for parking. The Garage at 80 Landsdowne Street will be open for meet parking for a cost of \$10. Coupons can be obtained at the Zesiger Center.**
- **There are a few metered spots along Mass Ave. MIT Parking Office is heading up the maintenance project for more information please check out their website at <http://web.mit.edu/facilities/transportation/index.html>**

**HOSPITAL-** EMS will transport injured persons to a local hospital. The number for MIT's Emergency number is (617) 253-1212.

**SPECIAL NOTE-** MIT has been gracious in accepting New England Swimming into their complex. Please note that NSSC will expect proper behavior from everyone. Please go out of your way to clean up your area and obey all MIT rules and regulations.

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

**Aquatic Center Contacts:**

Benjamin McElhiney, Assistant Aquatic Director  
Brian Humm, Aquatic Director

(617) 201-3168  
(617) 452-4363