

## WELCOME COACHES, OFFICIALS, AND ATHLETES

### To the Hanscom AFB Pool

November 9, 2008 Specialty & Distance Meets hosted by North Shore Swim Club

#### IMPORTANT NUMBERS

Pool Phone Number 781-377-2455

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

- ❖ Lawn/coaches/directors chairs **will be allowed on deck.**
- ❖ 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!

**FACILITY ENTRANCE** – All swimmers, coaches and spectators will enter the pool facility through the main entrance. No one will be allowed to use the side entrances, except in the case of an emergency.

#### SESSION TIME CHANGES

Sunday Morning Specialty Meet, November 9, 2008

Warm-up starts at 8:00 AM / Meet 9:05AM

Sunday Distance Meet, November 9, 2008

Warm-up starts at 12:30 PM / Meet 1:05 PM (Times Changed)

NOTE: There will be continuous warm-up throughout the meet.

#### WARM UP ASSIGNMENTS

<b>Specialty Meet</b>	8:00-8:30 AM	Lane 1	GMSC / UN
		Lane 2	HHS
		Lane 3	BYB
		Lane 4-6	NSSC
	8:30-9:00 AM	Lane 1	SOLO
		Lane 2	WSSC
		Lane 3-6	BGSC
<b>Distance Meet</b>	12:30-1:00 PM	General Warm Up All Lanes	

**BASE ACCESS** – An alphabetical roster of all adult guests **Last Name, First Name** with Excel or Word must be turned into Dan Warner by Wednesday, November 5, 2008 @ noon. This includes, but not limited to: parents, grandparents, assistant coaches. Basically any adult that will be coming to the meet. If they are not on the roster, they will not be given access to the base. No one will be allowed to wander or sightsee on the base. Access to the base is for the pool only. **The final roster will be turned in on Wednesday evening and no additions will be made.**

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**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.** Officials must be pre registered to gain access without paying admission.

**ONLINE POSTING-** on the website northshoreswimclub.com will be posted 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 November 7, 2008 before 9:00 PM, by electronic entry only. E-mail all entry updates to [nssc1@aol.com](mailto:nssc1@aol.com) **Note: no additional entries will be accepted due to timeline and participant number restraints.**

**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 events 400 & Over must provide own timer & counter.

**OFFICIALS-** anyone interested in officiating will need to contact the meet referee Cirstin Newland by Thursday, November 6, 2008 by noon. Her email address is: [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 9:00 PM Friday November 7, 2008.

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

**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 Female heats then 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. All 400, 800 & 1500 free events will be swum 2 swimmers per lane, with events combined where necessary.

**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.

**DIRECTIONS/PARKING** – Take Exit 30B off I-95/Rte 128, Hanscom Field Exit, go 1.5 mi to the blinking light, take a right, go 1/4 mile straight, bear right to Hanscom AFB, Vandenberg Gate, and check in at the Visitor's Center.

**Getting to the Pool from the Visitor's Center:**

Exit right out of visitor center parking lot. Stop at gate for ID check. Once through gate go straight and go right at end of road onto Marrett St. Follow Marrett past 3 ball fields on your left. The Hanscom Pool is immediately following the ball fields on your left.

**SPECIAL NOTE-** Hanscom AFB 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 Hanscom base rules and regulations. Seatbelts must be worn on base. You can not talk on the cell phone and drive on base.

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