

WELCOME COACHES, OFFICIALS, AND ATHLETES
To Salem State College
October 11, 2008 Specialty & Distance Meet hosted by North Shore Swim Club

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

- ❖ 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!

SESSION TIME CHANGES

Saturday Morning Distance Meet, October 11, 2008
Warm-up starts at 8:00 AM / Meet 8:45 AM (No Change)

Saturday Specialty Meet, October 11, 2008
Warm-up starts at 1:15 PM / Meet 2:15 PM

TEAM WARM UP ASIGNMENTS

Distance Meet:	8:00-8:20 AM – Lanes 1:	CCBS, FINS
	Lane 2-3:	BYB
	Lane 4:	NWSC
	Lane 5:	SOLO
	Lane 6-8:	NSSC
	8:20-8:40 AM – Lane 1-4:	BGSC
	Lane 6-8:	SAC
Specialty Meet:	1:15 – 1:35 PM – Lane: 1-2:	SOLO
	Lane 3-5:	BYB
	Lane 6-8:	NSSC
	1:35-1:55 PM - Lane 1-5	SAC
	Lane 6-8	NWSC
	1:55-2:15 PM - Lane 1	PARIS
	Lane 2	BGSC
	Lane 3	NAS
	Lane 4	NCAC
	Lane 5	UN, CCBA
	Lane 6-8	WW

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 October 10, 2008 before 5:00 PM, by electronic entry only. E-mail all entry updates to 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 meet events must provide own timer & counter.

OFFICIALS- anyone interested in officiating will need to contact the meet referee Cirstin Newland by Thursday, October 9, 2008 by noon. Her email address is: 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 October 10, 2008.

SCRATCH PROCEDURES- Scratch sheets will be available at the beginning of warm ups and will need to be returned 30 minutes prior to the meet starting.

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 alternating Female/Male heats in their respective pool. 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. 500 Free, 1000 Free, 1650 Free may be swum 2 swimmers per lane based on timeline.

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.

