

2009 Speedo Champions Series: Eastern Zone Northern Sectional

March 12-15, 2009

Blodgett Pool, Harvard University, Boston MA

Hosted by Bay and Ocean State Squids

Sanctioned by New England Swimming: NE-09-28 and NE-09-28-TT

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47 May Street, Needham, MA 02492
Meet web site: <http://www.meetresults.com/sectionals/>
Meet news recording: 617-880-NEWS (617-880-6397)

SITE: Harvard University Blodgett Pool features an 8-lane, 25-yard competition course with seven-foot-wide lanes, non-turbulent Kiefer Advantage II lane lines, and fully automatic Daktronics electronic timing with electronic relay judging platforms and alphanumeric display. Starting blocks are custom Track Start Competitor model blocks by Paragon Aquatics, with a 24" x 32" starting surface. The racing course has a depth of 7 feet. There is a 6-lane, 25-yard warmup course at the far end of the pool. There will be four additional 30-yard warmup lanes in the diving well area available. There is spectator seating for 1200. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

GENERAL MEETING: Thursday, March 12, 2009 at 2:00pm. The General Meeting will take place in the spectator area of Blodgett Pool.

MEET NEWS RECORDING: During the week-end of the meet, please call 617-880-NEWS (617-880-6397) for a recording containing any last-minute information about the meet. This includes any notifications about inclement weather procedures, and decisions made at the Thursday General Meeting, etc. All last-minute information will also be posted on the meet web site.

OFFICIALS: This meet has been approved as a National Certification Qualifying Meet for all levels and positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate noting the request for evaluation. Application forms are available on the Officials Information page on the meet web site. Officials meetings will be held one hour prior to the start of each session (preliminaries and finals). Attendance at the meeting is required to work the session. Officials meetings will take place in the Hall of History, adjacent to the street level entrance to Blodgett Pool.

MEET FORMAT: The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. The A-Final of each individual event, including the fastest heats of the 1000 yard freestyle and 1650 yard freestyle, will march-out from the Ready Area immediately before swimming. All relay events will report directly to the blocks. All relay events, as well as the 1000 freestyle and 1650 freestyle will be swum as timed final events.

- **Relay Events:** Relays are timed-final events. The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. Relays that do not check-in by the appropriate deadline will be scratched. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. Only the fastest two relays per team will score points. Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event. 200 yard Medley Relay entry times must be provable 400 Medley Relay times.

- Sunday Relays (200 free relay, 400 medley relay): The “Sunday Relay Rule” will be in effect. Any relay that wishes to swim with preliminaries during the morning session may do so. All Sunday relays will be asked to indicate a preference for swimming with preliminaries or with finals, when that relay is positively checked-in at the Clerk of Course. The preliminaries/finals preference must be declared by the check-in deadline (Saturday at 6:00pm). The fastest 16 relays that wish to swim during the evening finals will swim during the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries.
- Thursday Distance Events (W 1650/M 1000): The women’s 1650 yard Freestyle will be swum slowest-to-fastest, followed by the men’s 1000 yard Freestyle swum slowest-to-fastest. These events are timed finals.
- Sunday Distance Events (W 1000/M 1650): The fastest heat of the women’s 1000 yard Freestyle followed by the fastest heat of the men’s 1650 yard Freestyle will be swum at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 4:30pm. The heats will be swum alternating women and men such that the second-fastest men’s heat swims last, the second-fastest women’s heat swims next-to-last, etc. The heat order and schedule will be published after the scratch deadline. These events are timed finals.
- A/B flight format: Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an "A/B flight" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A flight" session, will be announced at the general meeting.

ELIGIBILITY: All contestants must be 2009 USA Swimming registered athletes. Swimmers who are not registered with USA Swimming at the time of entry will be scratched, and entry fees will not be refunded. Disabled swimmer forms are available from the New England Swimming Office, 20 Cleveland Road, Needham MA 02492 (781-449-0270, office@neswim.com). This meet is open to swimmers from all LSCs.

ENTRY INFORMATION:

- Entry forms will be available on the meet web site starting January 1, 2009.
- Qualification Period: January 1, 2008 through March 8, 2009.
- Seeding Order: SCY, LCM, SCM. Bonus events are seeded last.
- Entry Fees: \$10.00 for individual events, \$25.00 for relay events (add \$0.50 for non-electronic entries).
- Entry Fee Payable To: Massachusetts Bay Marlins
- Regular Entry Deadline: Tuesday, March 3, 2009 at 11:59pm EST.
- Electronic Email Entries: Email a Hy-Tek entries file (preferred) or a SDIF file to sectionals-entries@meetresults.com. Your email must be received before the regular entry deadline. You must also complete the entry summary and send with your payment and a hard-copy of your entry printout. Your entry summary, hard-copy printout and payment must arrive no later than Saturday, March 7, 2009.
- Electronic Diskette/CD Entries: Send a 3.5” diskette or CD-ROM containing a Hy-Tek entries file (preferred) or a SDIF file to the entries address. You must also include a hard-copy printout of your entries, as well as a completed entry summary and entry fee payment. Your diskette/CD and entry materials must be received before the regular entry deadline.
- Non-Electronic Entries: Please complete one paper entry form per swimmer and per relay, as well as an entry summary. Send entry forms, entry summary, and entry fee to the entry address. Your entry materials must be received before the regular entry deadline.

- Fax Entries: Fax entries will only be accepted for swims occurring between Monday, March 2, 2009 and Sunday, March 8, 2009 which achieve a qualifying standard for the first time. Fax entries must be made on the Fax Entry Form. Fax entries may not be used to improve the seed time of a previously submitted entry. The fax entry deadline is Monday, March 9, 2009 at 1:00pm EST. The number for fax entries only is 617-933-7605.
- Verification: All entries will be verified against the USA Swimming SWIMS database. If your entry time is not in the SWIMS database, you must provide proof of time with your entry. College, high school and YMCA swims must be from either a swim officially observed by USA Swimming or an Approved Meet. Any time that is not proven is subject to a \$100.00 fine.
- Distance Events: Any swimmer who qualifies for the 1000 yard or 1650 yard freestyle events may enter at their fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle.
- Entry Limits: Swimmers may enter any number of events. Swimmers may only compete in a maximum of three (3) individual events per day (including time trials) and a maximum of seven (7) individual events in the meet (not including time trials).
- Relay-Only Swimmers: Relay-only swimmers are permitted. Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event. All relay-only swimmers must be listed on the meet entry.
- Bonus Events: Swimmers who qualify in one individual event may enter one bonus event. Swimmers who qualify in two individual events may enter two bonus events. Swimmers who qualify in three individual events may enter one bonus event. Swimmers who qualify in four or more individual events may not enter any bonus events. Bonus entries are seeded last.

RELAY ENTRY TIMES: Please note that entry times for the 200 medley relay must be provable times for the 400 medley relay. All other relay events should be entered normally.

REGISTRATION: The Registration Desk is located in the lobby area of Blodgett Pool at the street-level entrance. Coaches can pick up their Coach Packet at the Registration Desk, which will include credentials for athletes, coaches, managers, and chaperones. Team staff must present their USA Swimming card in order to receive deck passes. All swimmers must be under the direct supervision of a registered USA Swimming coach during warm-up, competition, and warm-down. Swimmers who are unattached or will not have their own coach present at the meet must either specify the name of coach who has agreed to supervise them on their entry form, or indicate that they wish to have a supervising coach assigned to them by the Meet Director. Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up.

REGISTRATION SCHEDULE:

- Wednesday, March 11: 5:00pm – 7:00pm
- Thursday, March 12: 9:00am – 9:00pm
- Friday, March 13: 6:00am – 10:00am
- Other times: Contact the Meet Director.

FACILITY SCHEDULE:

- Wednesday, March 11: 5:00pm – 9:00pm
- Thursday, March 12: 9:00am – 9:00pm (or 30 minutes after last event, whichever is later)
- Friday – Sunday, March 12-15: 6:00am – 9:00pm (or 30 minutes after last event, whichever is later)

MEET RESULTS AND PUBLICITY: The official meet web site is <http://www.meetresults.com/sectionals/>. The meet web site will feature instant results, real-time online scoreboard, pool webcam, full results and full pre-meet reports and entry confirmation lists.

SCRATCHES: The scratch box will be located at the Registration Table prior to the General Meeting, at the General Meeting during the meeting, and at the Clerk of Course after the General Meeting. After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events. Relays that do not check-in by the appropriate deadline will be scratched. Scratch deadlines are as follows:

- Thursday, 15 minutes after the conclusion of the General Meeting: Thursday distance events.
- Thursday, 4:30pm: All Friday events (including positive check-in for 800 free relay).
- Friday, 6:00pm: All Saturday events (including positive check-in for 200 medley relay and 400 free relay).
- Saturday, 6:00pm: All Sunday events (including positive check-in for 200 free relay and 400 medley relay).

SCRATCHES FOR FINALS: This meet will follow the National Championship Scratch Rules as specified in rule 207.12.6. Specific procedures will be explained at the General Meeting on Thursday afternoon. Any team that has a no-show swimmer in the finals on Sunday evening will be fined \$50.00 per no-show. This fine must be paid before the team is permitted to participate in any future Speedo Champions Series Meet held in the Eastern Zone.

WARMUP PROCEDURE: A full schedule of warmup information will be published before the start of the meet. The competition course will close 10 minutes before the start of each session.

RULES: Current USA Swimming rules will govern all competition. Decisions by the Meet Referee will be final unless a written protest is lodged within 30 minutes of the heat swum.

TIME TRIALS: Time Trials will start 15 minutes after the conclusion of timed finals on Thursday, and 30 minutes after the conclusion of the preliminaries session on Friday and Saturday. There will be no time trials offered on Sunday. Time trials are open to all swimmers entered into the meet, including relay-only swimmers. Each swimmer is limited to a maximum of two time trials during the meet. Also, please be aware that time trials count towards the daily maximum of three events. Registration for time trials will close at 5:00pm on Thursday, and at 11:00am on Friday and Saturday. Time trials will be run as long as there is time available. Time trials will end no later than 4:15pm on Friday and Saturday. The order of events for time trials is listed below. Note that the 1000 freestyle and 1650 freestyle are only offered on Thursday, and there are no time trials on Sunday. Time trial fees: \$10.00 for individual events; \$25.00 for relays. Sign-up for time trials at the Time Trials Clerk of Course.

- Thursday time trials: 1000 free, 1650 free.
- Friday time trials: 200 free, 100 breast, 100 fly, 400 IM, 800 free relay, 200 medley relay, 200 fly, 50 free, 200 breast, 100 back, 500 free, 400 free relay, 200 back, 100 free, 200 IM, 400 medley relay.
- Saturday time trials: 200 medley relay, 200 fly, 50 free, 200 breast, 100 back, 500 free, 400 free relay, 200 back, 100 free, 200 IM, 400 medley relay, 200 free, 100 breast, 100 fly, 400 IM, 800 free relay.

DECK ACCESS: Only swimmers, coaches, officials and meet staff with proper credentials will be permitted on the pool deck. Teams will be allocated deck passes for coaches, managers and chaperones based on the following formula based on the number of athletes entered into individual events (relay-only swimmers are not counted):

- 1-7 swimmers in individual events: 1 deck pass
- 8-14 swimmers in individual events: 2 deck passes
- 15-25 swimmers in individual events: 4 deck passes
- 26 or more swimmers in individual events: 5 deck passes

Deck passes will only be issued to individuals listed on the official entry summary form, and must be registered with USA Swimming. All coaches, managers and chaperones must display their USA Swimming card at all times when on the pool deck, as well as their meet credentials. Unattached swimmers who are affiliated with a team will be counted in the numbers for that team. Unattached swimmers without any team will be issued one deck pass. Replacements for lost credentials will cost \$10.00. Eastern Zone coaches are expected to be in compliance with the new USA Swimming Background Screening Program. Eastern Zone coaches should be prepared to show a current USA Swimming registration card confirming that the background screen requirement has been completed or have printed confirmation showing that they have initiated the process within the prior 30 days. For more information, see: www.usaswimming.org/coaches/

SCORING: Scoring will be to 16 places. Only the fastest two relays from each team will be scored.

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay:	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

AWARDS: Awards will be presented during the evening finals. A full sequencing of events and awards will be published with the heat sheet for each finals session. Awards for the Thursday distance events will be presented during the Friday evening finals.

- Individual events: Top 8 finishers
- Relay events: Top 3 relay teams
- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 female and top 3 male

SPECTATOR ADMISSION and HEAT SHEETS: The spectator seating area will open one hour before the start of each session. The spectator entrance is on the upper level of Blodgett Pool. Prices are as follows:

- Single Session Adult: \$4.00 prelims / \$6.00 finals
- Single Session Child (under 12): \$1.00 prelims / \$3.00 finals
- Single Session Student (with ID): \$1.00 prelims / \$3.00 finals
- Heat Sheets: \$2.00 per session

FACILITY RULES AND SAFETY:

- 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
- No shaving is permitted at the competition site.
- No glass containers are permitted within the facility.
- Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up.
- No camera cell phones are permitted in the locker rooms.
- Team banners must not exceed 5' x 8' and will be hung by facility staff. No handmade signs are allowed in the facility.

LOCKER ROOMS: Day lockers will be available for use at Blodgett Pool for athletes, coaches and officials. The locker room area will be strictly for use by properly credentialed individuals. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Neither Harvard University, the Massachusetts Bay Marlins nor the Bay and Ocean State Squids are responsible for lost or stolen property.

MEDICAL ASSISTANCE: Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff. The closest hospital and emergency room is Mt. Auburn Hospital, 300 Mt. Auburn Street, Cambridge MA 02138. It is located one mile from Blodgett Pool.

CONCESSIONS: There will be a concession stand open for the duration of the meet. The concession area is on the upper level of the pool, by the spectator entrance.

EQUIPMENT VENDOR: Metro Swim Shop will be on-site for the duration of the meet. The vendor location is on the upper level of the pool, by the spectator entrance.

HOSPITALITY: A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the Hall of History, adjacent to the pool entrance on the street level.

PARKING: Parking information will be published prior to the meet.

DIRECTIONS: The street address for Blodgett Pool is 65 North Harvard Street, Boston MA 02163.

From the West: Take the Massachusetts Turnpike east to Exit 18 (Allston/Cambridge). After paying toll, bear left at fork towards Allston. Turn right at second set of lights onto North Harvard Street. Proceed approximately one mile. The entrance to the Harvard Business School parking lot will be on your right, on Albert H. Gordon Road, opposite the football stadium.

From the North: Take I-93 south to Storrow Drive exit. Take Storrow Drive west for approximately five miles. Exit at Harvard Square/North Harvard Street. At the top of the exit, turn left onto North Harvard Street. Approximately 1/4 mile on your left will be the entrance to the Harvard Business School parking lot, on Albert H. Gordon Road, opposite the football stadium.

From the South: Take I-95 north to I-93 north. Follow I-93 to Exit 20 (Massachusetts Turnpike). Take Mass. Pike west to Exit 20 (Allston/Cambridge). After paying toll, bear left at fork towards Allston. Turn right at second set of lights onto North Harvard Street. Proceed approximately one mile. The entrance to the Harvard Business School parking lot will be on your right, on Albert H. Gordon Road, opposite the football stadium.

Via M.B.T.A. (subway/bus): The Red Line subway stops at Harvard Square. Blodgett Pool is a 10-minute walk from the square, down John F. Kennedy St. and over the Charles River. Several bus routes make stops at Harvard Square as well. The 66 and 86 routes include stops on North Harvard Street in front of Harvard Stadium and Blodgett Pool.

HOTELS: The following hotels have blocks of rooms reserved for this meet. Please ask for a room from the “USA Speedo Sectionals” block.

Hyatt Regency Cambridge
575 Memorial Drive, Cambridge MA 02139
617-492-1234 1.8 miles to pool
\$129

Doubletree Guest Suites Boston
400 Soldier's Field Road, Boston MA 02134
617-783-0090 1.0 mile to pool
\$139

Royal Sonesta
40 Edwin Land Boulevard, Cambridge MA 02142
617-806-4200 5.0 miles to pool
\$109

Boston Marriott Cambridge
2 Cambridge Center, Cambridge MA 02142
617-494-6600 3.2 miles to pool
\$125

Days Inn Boston
1234 Soldier's Field Road, Boston MA 02135
617-254-1234 0.9 miles to pool
\$109

Residence Inn by Marriott Boston Cambridge
6 Cambridge Center, Cambridge MA 02142
617-349-0700 3.2 miles to pool
\$179

Hilton Garden Inn Hotel in Waltham
420 Totten Pond Road, Waltham MA 02451
781-890-0100 11.8 miles to pool
\$119

2009 Speedo Champions Series: Eastern Zone Northern Sectional

March 12-15, 2009

Blodgett Pool, Harvard University, Boston MA

Order of Events

Thursday, March 12, 2009

Women				Timed finals: 4:00pm start			Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
18:16.79	17:43.29	17:54.39	1	1650 yard Freestyle *	2	10:01.99	8:52.99	9:08.79	
				1000 yard Freestyle *					

Friday, March 13, 2009

Women				Prelims: 9:00am start Finals: 5:30pm start			Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
2:11.49	2:08.19	1:55.99	3	200 yard Freestyle	4	1:46.49	1:58.09	2:01.49	
1:18.29	1:15.89	1:08.29	5	100 yard Breaststroke	6	1:02.19	1:09.19	1:10.39	
1:06.99	1:05.79	59.19	7	100 yard Butterfly	8	53.89	59.89	1:00.89	
5:18.79	5:07.29	4:36.79	9	400 yard IM	10	4:15.09	4:43.19	4:49.89	
9:06.69	8:58.89	8:05.39	11	800 yard Free Relay *	12	7:22.39	8:06.69	8:14.79	

Saturday, March 14, 2009

Women				Prelims: 9:00am start Finals: 5:30pm start			Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
4:44.09	4:40.29	4:12.29	13	200 yard Medley Relay *	14	3:46.99	4:15.59	4:19.69	
2:29.49	2:25.99	2:11.49	15	200 yard Butterfly	16	2:00.89	2:14.19	2:16.29	
28.59	27.79	24.99	17	50 yard Freestyle	18	22.49	24.99	25.59	
2:49.39	2:44.79	2:28.39	19	200 yard Breaststroke	20	2:15.39	2:30.29	2:32.99	
1:08.99	1:06.99	1:00.29	21	100 yard Backstroke	22	55.09	1:01.19	1:02.89	
4:37.19	4:29.89	5:06.99	23	500 yard Freestyle	24	4:48.39	4:10.89	4:18.59	
4:14.99	4:10.89	3:45.79	25	400 yard Free Relay *	26	3:21.89	3:44.09	3:48.69	

Sunday, March 15, 2009

Women				Prelims: 9:00am start Finals: 5:30pm start			Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
1:57.79	1:56.19	1:44.59	27	200 yard Free Relay *	28	1:32.69	1:42.19	1:45.49	
9:34.99	9:19.99	10:39.19	29	1000 yard Freestyle *					
				1650 yard Freestyle *	30	16:43.99	16:35.19	17:21.99	
2:28.99	2:24.79	2:10.39	31	200 yard Backstroke	32	1:59.39	2:12.59	2:15.39	
1:01.89	59.99	53.99	33	100 yard Freestyle	34	48.79	54.19	55.69	
2:29.69	2:25.09	2:10.89	35	200 yard IM	36	1:59.79	2:12.99	2:16.59	
4:44.09	4:40.29	4:12.29	37	400 yard Medley Relay *	38	3:46.99	4:15.59	4:19.69	

All entry times, including relays, must be USA Swimming provable times.

Relay Events: Relays are timed-final events. The fastest two heats will swim with finals during the evening session. The Sunday Relay Rule will be in effect for Sunday relays. Remaining heats will swim with preliminaries during the morning session. All relays must be positively checked-in by the appropriate scratch deadline. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. 200 yard Medley Relay entry times must be provable 400 Medley Relay times.

Thursday Distance Events: The women's 1650 yard Freestyle will be swum slowest-to-fastest, followed by the men's 1000 yard Freestyle swum slowest-to-fastest. These events are timed finals.

Sunday Distance Events: The fastest heat of the women's 1000 yard Freestyle and the fastest heat of the men's 1650 yard Freestyle will be swum at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 4:30pm. The heats will be swum alternating women and men such that the second-fastest men's heat swims last, the second-fastest women's heat swims next-to-last, etc. The heat order will be published after the scratch deadline. These events are timed finals.