

Massachusetts Interscholastic Athletic Association  
Girls' Fall State Swimming & Diving Championships  
November 16, 2003

Welcome CHAMPIONS to Harvard University's Blodgett Pool.

Congratulations 48 Coaches and 349 Swimmers and Divers. Because of your hard work and talent, you are the best in the State. I'm happy to be a part of such an elite group of outstanding competitors this year. Please be aware, and cause your CHAMPION swimmers and their supporters also, that we are the guests of Harvard University, Varsity Women's Coach Stephanie Wriede Morawski and Varsity Men's Coach Tim Murphy, and Facilities Coordinators Neil Murphy, Mike Robertson and John Douglas. Our thanks to Harvard's Rick Osterberg ([www.swimindex.com](http://www.swimindex.com)) for his technical assistance. Our future relationship with Harvard University depends on your actions today.

NO GLASS, NO TRASH, NO VANDALISM.

All of our co-operation will result in a well-swum and rewarding meet. M.I.A.A. is requiring that no banners or signs on deck or in the balcony by swimmers or parents without permission.

Unsportsmanlike conduct, negative statements or actions will not be tolerated from any swimmer, coach or spectator.

- Captains around the perimeter edge of the pool, for the National Anthem, from the Starting Blocks towards the Gallery, around towards the Dive Boards.
- If you are to provide timers for a segment of the meet, please have them ready, and report to the Awards Desk to pick up a Clipboard.
- If you are to present awards, you be ready!
- Relay declarations to the Clerk, Kate (my now very-married daughter) on time (or sooner, you may make changes up to 5 minutes before each relay) as listed in the order of their swimming.  
(200 M.R.---NOW, 200 FS Relay---beginning of 500 FS, 400 FS Relay---at the end of Backstroke)

MEET COMMITTEE

Priscilla Davis	Swimming Referee
<u>or</u> Robert Young	Diving Referee
Donna Cerrato	Lexington
Kirsten Tuohy	Newton North
Tony Compton	Sandwich

Swim Referee	Priscilla Davis, Hamilton
Diving Referee	Robert Young, Newton
Judges	Vincent Adamoyurka, Wakefield, Karen Goodwin, Norwood, MaryAnn Murray, Lynn
Computer	Rick Osterberg
Announcer	Peter Goulet-Revere
EMT	Andy Berube-Haverhill
Site Directors	Coaches Tim Murphy & Stephanie Wriede Morawski of Harvard University

### Time Line

- 7:30 Balcony open for Spectators of Diving  
Diving Coaches. Please check your Dive Sheet (3-point rule) with Kate, Clerk until 8:15
- 7:30-9:05 Diving Warm-ups
- 9:15 Diving portion of the State Championships Begin  
\*5 Minute Break between prelims and semi-finals (no diving practice)  
\* Three practice entries for each diver prior to the finals.
- 12:00-1:00 Swimmers check-in at Lower Locker Rooms Entrance (Under Balcony) Both Pool Locker Rooms. Womens' Lockers = Teams A-K Mens' Lockers = Teams L-Z
- 12:15-12:30 Balcony closed after Diving to all, and re-opened for the Swimming Portion of the Meet
- 1:00-2:15 Swim Warm-ups. Feet first entry.  
One length Racing Start Sprints off of Starting Blocks in Lanes 2 and 7 ONLY.  
Lane 1 is Pace Lane (two circle lengths only, up & back, push-off start from the wall).  
Circle Swim in the lanes 3, 4, 5, 6, 8, and other pools. (swim to the right)
- 1:30-1:45 Coaches' Meeting. Information, Scratch, False Start Declarations in the Sports History Room, (hanging crew shell, by the lower lockers and the swimmers' check-in entrance).
- 2:00-2:15 One Length Sprints off All Blocks. Continue Circle Swim in other pools.
- 2:15 Warm-up Ends. Timers report with Watch, pick up Clipboard and Timer's sheet.
- 2:20 Introduction of Team Captains, National Anthem
- 2:30 Swimming portion of the State Championships Begin
- Ten minute Swim Break in lieu of Diving. (one length sprints off all Blocks)
- Five minute Swim Break prior to 400 F.S. Relay. (one length sprints off all Blocks)

If we can help you in any way, please let me know immediately.  
Best of Luck to you and your swimmers, Dick Lennon

### Presentation of Awards

Prior to the Last Heat of the Next Event, at the Diving Boards side of the Pool.

200 Yards Medley Relay	Marilyn Fitzgerald	Andover
200 Yards Freestyle	Cheryl Cavanaugh	Walpole
200 Yards Individual Medley	Lauren Murphy	Dracut
50 Yards Freestyle	Bruce Conley	Boston Latin
1 Meter Dive	Becky Pierce	Central Catholic
100 Yards Butterfly	Deb Deacon	Melrose
100 Yards Freestyle	Ev Crossup	Belmont
500 Yards Freestyle	Cal Ciplinski	Norwood
200 Yards Freestyle Relay	Kerry McGaffigan	Lowell
100 Yards Backstroke	Maryellen Mahaney	Marshfield
100 Yards Breastroke	Genevieve Carney	Needham
400 Yards Freestyle Relay	Allison Buckley	Westwood

Stopwatch Timers (any person from your team, with a watch)

	<u>Medley Relay to 50 F.S.</u>	<u>Fly to 200 Relay</u>	<u>Back to 400 Relay</u>
Lane 1	Apponequet Regional	Belmont	Acton-Boxborough
Lane 2	Bishop Feehan	Bishop Stang	Acton-Boxborough
Lane 3	Central Catholic	Brockton	Needham
Lane 4	Dedham	Framingham	Chelmsford
Lane 5	Lexington	Notre Dame-Hingham	Haverhill
Lane 6	Melrose	Seekonk	Duxbury
Lane 7	Milford	Wellesley	Andover
Lane 8	Newton North	Ursuline Academy	Andover