

2004 New England Masters Short Course Yards Championship and Workout Group Challenge

March 20 and March 26-28, 2004, Harvard University, Cambridge MA

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 035-005-SSCY

<http://www.swimindex.com/meets/2004/nem-scy/>

POOL: Harvard University Blodgett Pool, site of numerous men's and women's Eastern and Ivy League championship meets and the 57th NCAA Swimming and Diving Championship. 50-meter by 25-yard pool. Eight-lane competition course, and six-lane warm-up/warm-down. Electronic timing and scoreboard. Deck space for 500 swimmers, coaches, officials, and spectator seating for 1200.

DIRECTIONS: From the North: Take I-93 into Boston and take MA Pike (I-90) west about five miles to Allston/Cambridge Exit (Westbound Exit 20, Eastbound Exit 18) bear right at fork after the toll booth towards Cambridge. At second light (Doubletree Suites will be on your right) turn left onto Storrow Drive Westbound for about 1 mile. Exit at Harvard Square/N. Harvard Street. At top of exit, turn left on N. Harvard Street. Approx ¼ mile on your right will be Blodgett Pool. Turn left into the Harvard Business School Lot entrance, which is the second gate on the left just past the pool. From the South/West: Take Mass Pike (I-90) to Allston/Cambridge Exit (Westbound Exit 20, Eastbound Exit 18) and follow directions above.

ELIGIBILITY: 2004 registered United States Masters Swimming (USMS) swimmers 19 years or older as of March 28, 2004. Also, 2004 registered Masters swimmers from other countries.

RULES: 2004 USMS rules apply. We will use dive-over starting. If you want more time to exit the pool please notify the meet referee in advance.

ENTRIES: Maximum of four individual events, plus two relays per day. Swimmers may not swim both 1000 and 1650. You must include a seed time for each entered event. Entry times of "NT" will not be accepted. Mail your entry form, copy of your 2004 USMS card (if necessary), and check payable to NEMSC to: **NEM SCY Entries, c/o Cambridge Masters Swim Club, P.O. Box 26, Belmont MA 02478**
Entries with problems will be listed on the meet web site. Please check the meet web site frequently to make sure there were no problems with your entry. Please submit a single entry form for both weekends. No refunds will be issued for entry fees for any reason.

ENTRY DEADLINE: Entries must be postmarked by **March 5, 2004, or received by March 8, 2004.**

LATE ENTRIES: If you miss the entry deadline above, you may submit an entry form by 6pm, Monday, March 22, 2004 for events on March 26-28. There is an additional \$16 late entry penalty. No late entries are permitted for the 1000 or 1650 freestyle. Late entries received after March 22 will not be accepted. Please send late entries, with the late entry penalty, to the address above.

HEAT SEEDING: All events are timed finals. Heats seeded by sex from slowest to fastest. Swimmers who volunteer to swim the 1000 or 1650 freestyle in the shallow end of the pool with an in-water start will receive a \$2 entry fee credit. The Meet Director or Meet Referee shall have the right to change seed times that are obviously incorrect and would result in grossly non-competitive heats. Entries without seed times will not be accepted.

AWARDS: Certificate for mounting an adhesive label record of your performance in each individual event. Medals for 1st through 3rd places by age group. Trophy for male and female high point winner. A banner will be awarded to the NEM workout group with the highest point total, additionally banners will be awarded to NEM workout groups placing 2nd through 10th. Banners will also be awarded to top three non-NEM USMS clubs with the highest point total.

ALL EVENTS REQUIRE POSITIVE CHECK-IN: All events will be deck seeded from entry form times. Events will close for check-in and will be seeded approximately one hour before they start. An events timeline with a listing of when each event will close for check-in and seeding will be posted to the official meet web site. When you arrive at the pool, be sure to visit the check-in table immediately to check-in for your events. The first event each day will close for check-in 45 minutes before the session starts. (The women's 1000 free closes at 8:15am; the women's 400 IM closes at 10:15am; the men's and women's 500 free close at 8:15am.)

WARM-UP/WARM-DOWN: The entire pool will be available for warm-up for one hour before the start of each session: Saturday, March 20, 8am-9am; Friday, March 26, 10am-11am; Saturday, March 27, 8am-9am; Sunday, March 28, 8am-9am. On March 26-28 there will be a 30 minute warm-up in the competition pool immediately following the conclusion of that day's first event. The 6 lane warm-up/warm-down area and the diving well will be available during the all sessions, and all lanes will be available for warm-down 30 minutes after last heat of each session.

RELAYS: Relay swimmers must be entered in and must compete in at least one individual event. Relays will be deck entered at the meet and must be submitted by the deadline announced at the meet—approximately one hour before the event. Swimmers will be allowed one relay for each relay event; swimmers may not be on a single-sex and mixed-sex relay of the same event. Due to USMS rules, all swimmers on a relay must be affiliated with the same USMS team. Swimmers from different NEM workout groups may create 'NEM-Unattached' relays, which will not score points.

SCORING: The meet will be scored as a competition between NEM workout groups. Please fill in the "Workout Group" section on the entry form. All swimmers from a "Workout Group" will be scored together. The first sixteen places in each individual age group event will score in the following sequence: 17, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. The top sixteen relays in each age group event will score double points. The 800 free relay is unscored.

HOTELS: Please see the meet web site for information about hotels in the area.

MEET WEB SITE: The official meet web site is at: <http://www.swimindex.com/meets/2004/nem-scy/> The web site will provide current meet information, psyche sheets, timelines and a list of problems with deadlines for resolution. During the meet, the web site will feature instant results, updated events timeline, live scoreboard and webcam.

MORE INFORMATION: Email to info@cambridgemasters.com, or call the NEM Info Line at 1-888-SWIM-NEM. Please visit the meet web site for additional information and frequently asked questions about the meet. Sign up for **NEM E-News** at the meet web site to stay updated with email announcements about the meet. <http://www.swimindex.com/meets/2004/nem-scy/>