

GSSA Championships

Raco Pool

Manchester, NH

August 4th and 5th, 2012

Approval Number NE-12-89 A-TT

Site:

The Raco Theodore Swimming Pool is a 10-lane, 50 Meter x 25 yard pool with seven-foot-wide lanes with at least one lane for warm-ups. The start end of the pool is 7 feet deep; the turn end of the pool is 4 feet deep. Fully-automatic electronic timing with touch pads may be used for all events longer than 50 meters. Some or all of the 50 meter events may be timed with stop watches only. The pool is located at Raco Theodore Park on Head Street in Manchester NH. *The competition course has [not] been certified in accordance with 104.2.2C(4).* *There are no starting blocks for the Short Course Yards Events, nor at the 4 foot end of the pool*

Meet Director/Entry Chair:

Entry Chair –	Rhonda Farrington	603-264-4152	mst@farrington-berg.com
Co-Meet Director –	Steve VanDerBeken	603-533-3554	svanderbek@aol.com
Co-Meet Director –	Paul Bennett	978-697-6713	pbennett@wpi.edu

Meet Referee:

Mary Ann Lustgraff

Course: Long course meters (50.29 meters. A conversion factor of .994 will be used to calculate the results.)

Eligibility:

This meet is for all Division I & III GSSA swimmers who have competed in the correct number of meets per the GSSA bylaws. USA swimmers must be 2012 registered swimmers with New England Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492. All swimmers must be registered before the entry is submitted. USA registered teams that enter unregistered swimmers will be subject to a fine of \$100 per unregistered swimmer. Age is determined by the age of the swimmer the first day of the meet and must be shown on the entry form. All coaches on deck must be registered with USA Swimming and display their coach membership cards. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Any non-USA Swimming teams must submit a certificate of insurance in order to have their swimmers compete. **Certificates must be submitted by the entry deadline – NO EXCEPTIONS!**

Adapted Swimming: Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee and meet director of any disability prior to competition.

USA/Non-USA Registered Swimmers:

USA registered swimmers must hold a current 2012 registration. All USA registered swimmers must have their results put in the SWIMS database and pay an entry fee of \$25.00 per swimmer.

All non-USA registered swimmers must be insured by their organization and a certificate of insurance must be sent along with their entries by the due date. The entry fee for non-USA registered swimmers is \$20.00 per swimmer. If not certificate of insurance is sent, none of that's team's entries will be allowed – NO EXCEPTIONS! **Please note:** All checks and certificates of insurance must arrive by the entry due date.

Any USA swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When

unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Entry Information:

All entries from each team must be sent via email to mst@farrington-berg.com in Hy-tek format. Entries must be received by July 24th at 5:00pm. Late entries may not be accepted. There are two entry files for this meet – Events 1-32 and 33-100. Both files must be used and an export from each file must be sent as part of the entry process. *The maximum number of entries per swimmer is 3 individual events and 2 relay events.* Entry times must be in the correct format for the course being used. NT or No Times will not be accepted. Each team will receive two PDF files with copies of their complete entries, teams will then have 24 hours from receipt to make changes, add athletes or update times. Once confirmation of updated entries is received or notification of no changes is sent out, then no further changes will be made. Teams are requested to send a copy of their entries with payment to the address below. Any team whose payment is not received by July 30th may be cut from the meet and their swimmers may not be allowed to compete.

Entry Fees:

\$20.00 per Non-USA Registered swimmer
\$25.00 per USA Registered swimmer

Make checks payable to **Manchester Swim Team** and mail your payment to:

Manchester Swim Team
c/o Steve Van Der Beken
92 Pennsylvania Ave
Manchester, NH 03104.

Meet Format:

The meet will be swum as a pre-seeded timed finals, coaches will be required to submit a scratch sheet to the Clerk of Course 45 minutes prior to the start of each session. Failure to submit a scratch sheet to the Clerk of Course will result in scratching all swimmers in that session. Relay cards are due 1 hour before the relay event is to be completed. Events may be re-seeded if a large number of scratches are expected.

Reserve the Right to Make Changes: Changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Mariella Allard. If changes need to be made once the meet begins, the Meet Committee will make the decision, after consulting with the Technical Chair, and will present it to the coaches at a coaches meeting for a vote.

Meet Committee: The meet committee should be made up of the Meet Director, Meet Referee, two coaches, and one athlete. The five members should be from separate teams.

Warm Ups:

Warm up assignments will be made based on size of entry. Teams will receive the warm up schedule on August 2nd. Meet work assignments will also be enclosed with this. Unless needed for competition, there will be a warm up/cool down lane available for the duration of the meet.

Refreshments:

A Concessions area will be available for those interested. Coaches and Officials Hospitality will be provided using a voucher system. Please list the number of coaches you will have with your team's entry.

Rules:

2012 USA Swimming Technical Rules will apply.

Weather:

The Raco Pool is an outdoor facility and as such there may be occasional delays due to Thunderstorms. We ask that families plan accordingly for extreme weather conditions as the meet will run regardless of rain, cold or heat. Absolutely no refunds.

Team Conduct:

Teams are responsible for the behavior of their swimmers at all times Any damage to the premises or equipment is the responsibility of those inflicting the damage. GSSA, MST, New England Swimming, RAYS and the City of Manchester assume no responsibility for lost or stolen property. Per USA Swimming rules only athletes, coaches, officials and certified meet management staff are permitted access to the pool deck. Glass is not permitted in the facility. Smoking is not permitted in the facility. Only service animals are permitted in the park.

Directions:

The Raco Theodore Swimming Pool is located at 54 Head Street, Manchester, NH 03102. From the north, take 293 South to exit 4. Go straight through the lights. You should be on Harvell Street. Take a right onto Main Street. Go to your 3rd set of lights. Take a left onto Varney Street. Take your first right onto Head Street, the swimming pool will be on the left. From the south, take 93 North to exit 4. Take a right onto Second Street. Go to the 2nd set of lights and take a left onto West Hancock Street. At the end of street take a right onto Main Street. At lights take a left onto Varney Street. Take your first right onto Head Street, the park will be on the left.

Parking:

Parking is available in a field near the pool area and in other designated areas. To access the field take a right on Dunham Street off Head Street. The lot is at the bottom of the hill. Illegally parked cars may be ticketed and or towed at the owner's expense.

Lodging:

The following hotels and motels are in the area:

Country Inn & Suites, 250 South River Drive, Bedford, NH 03110, 603-666-4800 (3.5 miles from pool)
Best Western, 13500 South Willow Street, Manchester, NH 03103, 603-627-2525 (7.4 miles from pool)

Sessions:

Final warm up and start times will be provided once all entries are received. Times provided are estimates for planning purposes only.

SESSION I	SATURDAY, AUGUST 4	7:00 AM WARMUP	8:00 AM START
SESSION II	SATURDAY, AUGUST 4	1:30 PM WARMUP	2:3 0 PM START
SESSION III	SUNDAY, AUGUST 5	8:00 AM WARMUP	9:00 AM START

Scoring and Awards:

Scoring is to 16 places – (20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 - Relays are double points)

Team awards are presented to top three (3) teams.

Individual awards are presented to 8th place.

GSSA 2012 TEAMS ASSIGNED TO MANCHESTER

Bedford Swim Team	BST	Manchester Y Tiger Sharks	MYT
Concord YMCA Sailfish	CONY	Oyster River Otters	ORO
Exeter Swim Team	EST	Peterborough Wave	PWSC
Gold Crush	GCST	Portsmouth Swim Team	PST
Hampshire Hills Seawolves	HHS	Rockingham Area Swimming	RAYS
Jasper Valley Swim Team	JVST	Saco Valley Swim Team	SVST
Lakes Region Wavemakers	LRW	Seacoast Swimming Association	SSA
Manchester Swim Team	MST	YMCA of Greater Nashua	STORM

Teams will be assigned to Division III or I based on the number of swimmers entered in the meet. Teams will be divided so that each division will have as equal a number of swimmers as possible.

EVENTS SCHEDULE

SESSION I

GIRLS		BOYS
1	8 & UNDER 100 YARD MEDLEY RELAY	2
3	9-10 200 YARD MEDLEY RELAY	4
5	8 & UNDER 25 YARD BUTTERFLY	6
7	9-10 50 YARD BUTTERFLY	8
9	8 & UNDER 50 YARD FREESTYLE	10
11	9-10 100 YARD FREESTYLE	12
13	8 & UNDER 25 YARD BREASTSTROKE	14
15	9-10 50 YARD BREASTSTROKE	16
17	8 & UNDER 25 YARD BACKSTROKE	18
19	9-10 50 YARD BACKSTROKE	20
21	8 & UNDER 25 YARD FREESTYLE	22
23	9-10 50 YARD FREESTYLE	24
25	8 & UNDER 100 YARD I.M.	26
27	9-10 100 YARD I.M.	28
29	8 & UNDER 100 YARD FREE RELAY	30
31	9-10 200 YARD FREE RELAY	32

SESSION II

GIRLS		BOYS
33	11-12 50 M FREESTYLE	34
35	13-14 50 M FREESTYLE	36
37/39	15-16/17-18 50 M FREESTYLE	38/40
41	11-12 200 M I.M.	42
43	13-14 200 M I.M.	44
45/47	15-16/17-18 200 M I.M.	46/48
49	11-12 200 M FREESTYLE	50
51	13-14 200 M FREESTYLE	52
53/55	15-16/17-18 200 M FREESTYLE	54/56

SESSION III

GIRLS		BOYS
57	11-12 200 M MEDLEY RELAY	58
59	13-14 200 M MEDLEY RELAY	60
61	15-18 200 M MEDLEY RELAY	62
63	11-12 100 M FREESTYLE	64
65	13-14 100 M FREESTYLE	66
67/69	15-16/17-18 100 M FREESTYLE	68/70
71	11-12 50 M BREASTSTROKE	72
73	13-14 100 M BREASTSTROKE	74
75/77	15-16/17-18 100 M BREASTSTROKE	76/78
79	11-12 50 M BUTTERFLY	80
81	13-14 100 M BUTTERFLY	82
83/85	15-16/17-18 100 M BUTTERFLY	84/86
87	11-12 50 M BACKSTROKE	88
89	13-14 100 M BACKSTROKE	90
91/93	15-16/17-18 100 M BACKSTROKE	92/94
95	11-12 200 M FREE RELAY	96
97	13-14 200 M FREE RELAY	98
99	15-18 200 M FREE RELAY	100

***These events will be competed together, but scored and processed for awards purposes by respective age group (15-16 and 17-18).**

GSSA Championships

Raco Pool, Manchester NH

August 4th & 5th, 2012

Contact Information

Team Name _____ Club Abbreviation _____

Primary Deck Coach _____

Primary/Cell Phone _____ Email _____

Entry Coordinator _____

Primary/Cell Phone _____ Email _____

Address _____

City _____ State _____ Zip _____

Entry Fees:

Non-USA Registered

Number of Female Swimmers _____ x \$20.00 = _____

Number of Male Swimmers _____ x \$20.00 = _____

Total # of Swimmers _____

USA Registered

Number of Female Swimmers _____ x \$25.00 = _____

Number of Male Swimmers _____ x \$25.00 = _____

Total # of Swimmers _____

Total Due: \$ _____

Mail Entries and Check to:

MST

c/o Steve Van Der Beken

92 Pennsylvania Ave

Manchester, NH 03104

Email Deadline: July 24th – for emailed entries, this form and payment must be received within 4 business days

Email – mst@farrington-berg.com

Absolutely no Refunds for any reason.

Liability Release

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrators waive and release any and all rights and claims from damages he/she may have against United States Swimming, New England Swimming, Granite State Swim Association, Manchester Swim Team, Rockingham Area Swim Team, the City of Manchester New Hampshire, Stephen Van Der Beken, Rhonda Farrington and Paul Bennett for any and all injuries suffered by him/her at said meet.

Signature of Authorized Team Official

Date