

GSSA 2012 Coaches Brief

- Please send all scratches to Rhonda Farrington mst@farrington-berg.com by Thursday evening at 6pm. All teams will be asked to turn in scratch sheets by the times designated on the warm-up schedule.
- We ask that coaches be very aware of relay scratches as well, and submit these as early as possible.
- Relay names are due 45 minutes prior to the relay event. Changes must be placed with the Meet Manager at the table.
- Park in designated areas as directed by the attendants. DO NOT park on the street as you may be ticketed and/or towed.
- As RACO Pool has the ability to use 10 lanes, we reserve the right, after scratches, to reseed and, if needed to accommodate the timeline, to close the warm-up lanes and run events using all 10 lanes.
- Please be aware that we have limited parking spaces, plan your arrival on Saturday afternoon so that we have enough time to clear the parking areas from the morning session.
- Due to space constraints, and to be fair to all teams, we will not be allowing tents to be set up on the pool deck. We will provide space in the fields for tents.
- ONLY Swimmers, Coaches, Officials and parents who are working the meet are allowed to be on deck. Individuals who violate this may risk their swimmer being disqualified.
- Every team is responsible for the behavior of their parents, workers and swimmers. Any damage to the facility or disruptive behavior will not be tolerated and is grounds for expulsion from the park and disqualification from the meet.
- Please do your best to police your area and clean up throughout the day. We will provide trash bags for all teams to help assist you with this.

Warm-up Schedules

Session 1 – Saturday AM 10& Under – meet starts @ 8:05am

Scratch sheets and medley relay cards due by 7:20am; Free relay cards due by 10:30am

Warm-up #1 7:00am -7:20am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
STRM	STRM PST	BST	BST	BST	BST LCST	MYT	MYT

Warm-up #2 7:20am -7:40am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
EST	EST	EST CONY	RAYS	RAYS	RAYS ORO	SVST	SVST

Warm-up #3 7:40am -8:00am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
JVST	JVST	JVST PWSC	SSA	MST SYP	HHS	CAN	LRW

Session 2 – Saturday PM 11& Over – no warm-ups before 1:30pm - meet starts @ 2:45pm

Scratches sheets due by 2:15pm

Warm-up #1 1:45pm – 2:10pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
HHS	CAN LRW	SVST	SSA	SSA	EST	ORO SYP	JVST	JVST	PWSC PST

Warm-up #2 2:10pm – 2:35pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BST	BST	BST	BST CONY	MST	MST LCST	STRM	RAYS	RAYS MYT	MYT

Session 3 – Sunday AM 11& Over – meet starts @ 9:00am

Scratches sheets and medley relay cards due by 8:20am; Free relay cards due by 12:15pm

Warm-up #1 7:55am -8:25am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
JVST	JVST	RAYS	RAYS PST	EST	EST SYP	MYT	MYT LRW	ORO	HHS LCST

Warm-up #2 8:25am -8:55am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BST	BST	BST	BST PWSC	MST	MST CONY	SSA	SSA CAN	STRM	SVST

Teams Assigned to 2012 GSSA Championships in Manchester

Division I

Bedford Swim Team	BST
Exeter Swim Team	EST
Jasper Valley Swim Team	JVST
Manchester Y Tigersharks	MYT
Manchester Swim Team	MST
Rockingham Area Youth Swim	RAYS
Saco Valley Swim Club	SVST
Seacoast Swimming	SSA
YMCA of Greater Nashua	STRM

Division III

Concord YMCA	CONY
Cannonball Swim Team	CAN
Hampshire Hills Seawolves	HHS
Lakes Region Wavemakers	LRW
Latitude Crush Swimming	LCST
Oyster River Otters	ORO
Peterborough Waves	PWSC
Portsmouth Swim Team	PST
Seacoast Y Pirates	SYP

Team Work Assignments

<i>Task</i>	<i>Session 1</i>	<i>Session 2</i>	<i>Session 3</i>
Meet Director	RAYS/MST	RAYS/MST	RAYS/MST
Facilities	MST	MST	MST
Meet Referee	ORO/MST	ORO/MST	ORO/MST
Computer System	RAYS/MST	RAYS/MST	RAYS/MST
Entries	MST	MST	MST
Heat Sheets	MST	MST	MST
Heat Ribbons	STRM	STRM	STRM
Awards	LRW	LRW	LRW
Announcing	MST	MST	MST
Head Timer	RAYS/MST	RAYS/MST	RAYS/MST
Runners	ORO/SVST	ORO/SVST	ORO/SVST
Office	RAYS/MST	RAYS/MST	RAYS/MST
Warm-up Pool	EST	EST	EST
Deck Marshalls	HHS	HHS	HHS
Parking	MST	MST	MST
Clean-up	All Teams	All Teams	All Teams
Timing System	MST	MST	MST

Team Timing Assignments By Session

<i>Session I</i>	<i>Session II</i>	<i>Session III</i>
BST - 4	BST - 6	BST - 6
EST - 3	JVST - 3	JVST - 4
JVST - 3	RAY - 2	RAYS - 2
RAYS - 2	SSA - 2	SSA - 3
SVST - 2	EST - 1	EST - 2
MYT - 2	STRM - 2	MYT - 2
LRW - 2	ORO - 1	PWSC - 1
CAN - 1	CONY - 1	
HHS - 1	SVST - 2	
SSA - 1		