

**GSSA Championships**  
**Raco Theodore Pool**  
**Manchester, NH**  
**August 3rd and 4<sup>th</sup>, 2013**  
**Approval Number NE-13-130 TT-A**

**Meet Format:** The meet will be swum as 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.

**Meet Director/Entry Chair:**

Entry Chair	Rhonda Farrington	603-264-4152	<a href="mailto:mstmeetdirector@gmail.com">mstmeetdirector@gmail.com</a>
Meet Referee	Mary Ann Lustgraff	603-767-8309	
Co-Meet Director	Steve VanDerBeken	603-533-3554	<a href="mailto:svanderbek@aol.com">svanderbek@aol.com</a>
Co-Meet Director	Paul Bennett	978-697-6713	<a href="mailto:pbennett@wpi.edu">pbennett@wpi.edu</a>

**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\*** No events will be swum 2 per lane

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

**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.

**Weather Protocol:** The Raco Theodore Pool is an outdoor facility and as such there may be occasional delays due to Thunderstorms. If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. **Cancellation of the meet, or session**, is a decision of the Meet Director, Meet Referee and the Meet Committee. Absolutely no refunds.

**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 2013 registered swimmers with New England Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492. All USA registered 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.

**Registrations:** Age is determined by the age of the swimmer the first day of the meet and must be shown on the entry form. 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!**

**USA/Non-USA Registered Swimmers:** USA registered swimmers must hold a current 2013 registration. All USA registered swimmers must have their results put in the SWIMS database and pay an entry fee of \$26.00 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 \$21.00 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.

**Disability Swimmers:** 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.

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

<b>SESSION I</b>	<b>SATURDAY, AUGUST 3</b>	<b>7:00 AM WARMUP</b>	<b>8:00 AM START</b>
<b>SESSION II</b>	<b>SATURDAY, AUGUST 3</b>	<b>1:30 PM WARMUP</b>	<b>2:30 PM START</b>
<b>SESSION III</b>	<b>SUNDAY, AUGUST 4</b>	<b>8:00 AM WARMUP</b>	<b>9:00 AM START</b>

**Entry Information:**

Final Date of Acceptance: July 23<sup>rd</sup>, 2013 @ 5:00pm

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

Payment Due Date for all entries: July 29<sup>th</sup>

*Any team whose payment is not received by July 29<sup>th</sup> may be cut from the meet and their swimmers may not be allowed to compete. 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.*

**Entry Fees:**

\$21.00 per Non-USA Registered swimmer

\$26.00 per USA Registered swimmer

**Warm Ups:** Warm up assignments will be made based on size of entry. Teams will receive the warm up schedule on August 1<sup>st</sup>. 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.

**Officials:** If you know that you will be attending this meet, please email the meet referee and let him/her know your level of certification, team, and sessions you will be available This is for pre-meet planning

purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome. Announce any meetings, place and time. (Officials meetings must be at least one hour prior to the start of a session.)

**Safety:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warmup and warmdown areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks at any time.
6. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**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. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the New England Swimming office for further review and/or action.

**Safe Sport:** The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to an official, the Referee or the Meet Director to be resolved.

**Scoring:** The meet will not be scored. 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).

**Awards:** Ribbons will be awarded to the top eight finishers in each individual event, and top three finishers in each relay event.

**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.

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

**Equipment Vendor:** A swimming equipment vendor will be selling suits, goggles, and other accessories for the duration of the meet.

**Miscellaneous:** Manchester Swim Team assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

**Parking:** Parking is available in a field near the pool area and in other designated areas. Illegally parked cars may be ticketed and or towed at the owner's expense.

**Directions:** The Racó 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.

**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)

#### **GSSA 2013 TEAMS ASSIGNED TO MANCHESTER**

Bedford Swim Team	BST	Manchester Swim Team	MST
Blue Dolphins	BLUE	Oyster River Otters	ORO
Cannonball	CAN	Peterborough Wave	PWSC
Concord YMCA Sailfish	CONY	Portsmouth Swim Team	PST
Exeter Swim Team	EST	Rockingham Area Swimming	RAYS
Gold Crush	GCST	Saco Valley Swim Team	SVST
Hampshire Hills Seawolves	HHS	Seacoast Swimming Association	SSA
Lakes Region Wavemakers	LRW	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	11-12 200 M MEDLEY RELAY	34
35	13-14 200 M MEDLEY RELAY	36
37	15-18 200 M MEDLEY RELAY	38
39	11-12 50 M FREESTYLE	40
41	13-14 50 M FREESTYLE	42
43/45	15-16/17-18 50 M FREESTYLE	44/46
47	11-12 200 M I.M.	48
49	13-14 200 M I.M.	50
51/53	15-16/17-18 200 M I.M.	52/54
55	11-12 200 M FREESTYLE	56
57	13-14 200 M FREESTYLE	58
59/61	15-16/17-18 200 M FREESTYLE	60/62

## SESSION III

GIRLS		BOYS
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 Theodore Pool, Manchester NH**  
**August 3<sup>rd</sup> & 4<sup>th</sup>, 2012**

**Contact Information**

Team Name \_\_\_\_\_ Club Abbreviation \_\_\_\_\_  
Primary Deck Coach \_\_\_\_\_ (\*Provide a list of all coaches attending with your entries)  
Primary/Cell Phone \_\_\_\_\_ Email \_\_\_\_\_  
Entry Coordinator \_\_\_\_\_  
Primary/Cell Phone \_\_\_\_\_ Email \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Entry Fees:**

**Non-USA Registered**

Number of Female Swimmers \_\_\_\_\_ x \$21.00 = \_\_\_\_\_  
Number of Male Swimmers \_\_\_\_\_ x \$21.00 = \_\_\_\_\_  
Total # of Swimmers \_\_\_\_\_

**USA Registered**

Number of Female Swimmers \_\_\_\_\_ x \$26.00 = \_\_\_\_\_  
Number of Male Swimmers \_\_\_\_\_ x \$26.00 = \_\_\_\_\_  
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 23<sup>rd</sup> – for emailed entries, this form and payment must be received within 4 business days

Email – [mstmeetdirector@gmail.com](mailto:mstmeetdirector@gmail.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