

GSSA 2013 Coaches Brief

- Please send all scratches to Sharon Berger at Sharon mstmeetdirector@gmail.com by 3:00 pm on Friday August 2nd. All teams will be asked to turn in scratch sheets by the times designated on the warm-up schedule. Failure to turn your scratches in on time will result in the entire team being scratched. To run the meet in the most effective manner we scratch and re-seed on site.
- We ask that coaches be very aware of relay scratches as well, and submit these as early as possible.
- Relay names are due 120 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 @ 8:00am

Scratch sheets and medley relay cards due by 7:20am; Free relay cards due by 10:00am

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BST	BST	BST	BST	BST	LCST	STORM	STORM	MST	MST
BST	BST	BST	BST	BST	LCST	STORM	STORM	MST	MST

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
RAYS	RAYS	EST	EST	EST	EST	PST	HHS	HHS	PWSC
RAYS	BLUE	EST	EST	EST	EST	PST	HHS	HHS	PWSC

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SVST	SVST	SVST	SSA	ORO	CAN	CAN	CAN	LRW	LRW
SVST	SVST	SVST	SSA	ORO	CAN	CAN	CAN	LRW	CONY

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

Scratches sheets due by 2:00pm

Medley Relay Cards Due with Scratches

Warm-up #1 1:30pm – 2:00pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BST	BST	BST	EST	EST	SVST	ORO	PST	RAYS	RAYS
BST	BST	BST	EST	LCST	SVST	ORO	CONY	RAYS	RAYS

Warm-up #2 2:00pm – 2:30pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAN	HHS	LRW	PWSC	STORM	STORM	SSA	SSA	MST	MST
CAN	HHS	LRW	BLUE	STORM	STORM	SSA	SSA	MST	MST

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

Free Relay cards due by 10:00am

Warm-up #1 8:00am -8:30am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAN	HHS	LRW	PWSC	STORM	STORM	SSA	SSA	MST	MST
CAN	HHS	LRW	BLUE	STORM	STORM	SSA	SSA	MST	MST

Warm-up #2 8:30am -9:00am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BST	BST	BST	EST	EST	SVST	ORO	PST	RAYS	RAYS
BST	BST	BST	EST	LCST	SVST	ORO	CONY	RAYS	RAYS

Teams Assigned to 2013 GSSA Championships in Manchester

Division I

Bedford Swim Team	BST
Exeter Swim Team	EST
Manchester Swim Team	MST
Rockingham Area Youth Swim	RAYS
Seacoast Swimming	SSA
YMCA of Greater Nashua	STRM

Division III

Blue Dolphins Swim Team	BLUE
Cannonball Swim Team	CAN
Concord YMCA Swim Team	CONY
Hampshire Hills Seawolves	HHS
Lakes Region Wavemakers	LRW
Latitude Crush Swimming	LCST
Oyster River Otters	ORO
Saco Valley Swim Club	SVST
Peterborough Waves	PWSC
Portsmouth Swim Team	PST

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	SSA/SVST	SSA/SVST	SSA/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
-RAYS Provide 2 Backup Timers

Session I	Session II	Session III
BST - 5	BST - 5	BST - 5
EST - 4	LRW - 1	LRW - 1
HHS - 1	SSA - 2	SSA - 2
LRW - 1	EST - 2	EST - 2
SVST - 2	STRM - 2	STRM - 2
ORO - 1	ORO - 1	ORO - 1
LRW - 2	CONY - 1	CONY - 1
CAN - 1	SVST - 2	SVST - 2
HHS - 1	HHS - 2	HHS - 2
STRM - 2	ORO - 2	ORO - 2