

## 2019 GRANITE STATE SWIM ASSOCIATION CHAMPIONSHIPS

Milford Keyes Pool

49 Elm St, Milford NH

Saturday, August 3<sup>rd</sup> and Sunday, August 4<sup>th</sup>

|                        |                |  |                |
|------------------------|----------------|--|----------------|
| <b>MEET DIRECTORS:</b> | Meghan Ablondi | <a href="mailto:meganstpeter@hotmail.com">meganstpeter@hotmail.com</a> | (617) 645-2693 |
|                        | Jason Cillo    | <a href="mailto:jcillo567@gmail.com">jcillo567@gmail.com</a>           | (603) 769-1680 |
| <b>MEET REFEREE:</b>   | Paul Burkhardt | <a href="mailto:PEBINNH@gmail.com">PEBINNH@gmail.com</a>               |                |
| <b>MEET ENTRIES:</b>   | Becky Anderson | <a href="mailto:mkstswim@gmail.com">mkstswim@gmail.com</a>             | (603) 801-4969 |
|                        | Pat Whalen     |  | (603) 750-1812 |

**SITE:** The Milford Keyes Pool is a six lane, 25-yard pool. Timing method will be communicated once method is confirmed. The 2<sup>nd</sup> and 4<sup>th</sup> swimmer in the 100 yard relays will start in the water. Teams should set up their areas outside the fence surrounding the pool. There will be limited bleacher seating available for spectators on the pool deck, but we do ask that people rotate in and out of that seating and share the space with all the other fans who would like to watch the events. Port-a-potties will be available in the field near the skate park. Coaches and parents are reminded that while the nearby skate park and playground are open to the public for use during the meet, use of the facilities is entirely at your own risk

**ELIGIBILITY:** All swimmers must be registered with a GSSA team that is in good standing and have participated in a minimum of 2 meets during the summer season. A swimmer may swim 3 individual events and 2 relays consistent with GSSA bylaws. Age is determined by the age of the swimmer on the first day of the meet.

**ENTRY INFORMATION:** Entries must be in Hy-Tek Team Manager (or equivalent) format and emailed to the Entry Chairpersons at: [mkstswim@gmail.com](mailto:mkstswim@gmail.com) by 8:00 pm on Wednesday, July 24<sup>th</sup>. Entries will **NOT** be accepted after the deadline. Updates to times will be accepted up until Tuesday, July 30<sup>th</sup> at 8:00 pm. Please email an updated file. No new entries will be allowed with this file – during the input process, it will be set to allow time updates only. It is the responsibility of coaches/team representatives to be aware of all deadlines. **Please also forward contact information (up to 2 coaches and an entries contact person, if applicable) with your entries as the entries chairpersons will be sending out important information and updates via email.** RELAYS: Each team may enter as many qualified swimmers as desired for relay events. Only two relays per team may score.

There is one entry file for this meet. This file must be used and an export 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. NT or No Times will not be accepted. All swimmers must adhere to GSSA rules for entry into the meet

**ENTRY FEES:** \$22.00 per Swimmer. Checks made payable to GSSA. Payment Due Date for all entries: Friday, July 26<sup>th</sup>. Any team whose payment is not received by July 26<sup>th</sup> may be cut from the meet and their swimmers may not be allowed to compete.

**DECK REGISTRATION:** Will not be accepted.

**WARM-UP/WARM-DOWN AREA:** The 12-foot/deep end of the pool may be used for warm-up and warm-down. There will be a limited number of swimmers allowed in the area at any one time. Entry must be feet-first, as diving is not allowed.

**MEET FORMAT:** The meet will be swum as pre-seeded timed finals for individual events. Scratches will be due as follows:

- Saturday scratches for individual swimmers are due by 3:00 pm Friday, August 2<sup>nd</sup>
- Sunday scratches for individual swimmers are due by 3:00 pm on Saturday August 3<sup>rd</sup>.
- Relay scratches – cards will be distributed the morning of each session with entered swimmer's names. All relay scratches are due by 11:00AM the morning of each session. Relays will be seeded once all relay entries are updated and heat sheets for relays will be distributed to coaches by the entry chairpersons.

**MEET COMMITTEE:** The meet committee will be made up of the Meet Director, Meet Referee, one coach and two athletes. The five members shall be from separate teams.

**WEATHER PROTOCOL:** 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.

**WARMUPS/TIMING/JOB ASSIGNMENTS:** Warm-up, Timing schedules and Job Assignments will be distributed to each team participating in the meet once entries have been submitted. Coaches are responsible for supervising their swimmers during warm-up.

**REFRESHMENTS/VENDORS:** Milford Recreation will provide a full food concession. State t-shirts, sweatshirts/etc., will be on sale. Programs will be available for purchase. There will be no admission charge.

**RULES:** Current U.S. Swimming rules will govern all competition.

**DECK ACCESS:** Only competing athletes, coaches, officials, and official meet staff are permitted on the pool deck.

**DISABILITY SWIMMERS:** Any athlete with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to rules are necessary then the coach or athlete must notify the meet referee and meet director of any disability prior to competition. Coaches and teams entering swimmers with disabilities that require any accommodations shall provide advance notice in writing to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests. The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.

**COACHES MEETING:** There will be a coaches meeting before each session. All coaches should make arrangements for 1 coach from each team to attend. All teams are responsible for the information provided at the meetings.

**MISCELLANEOUS:** Teams accept responsibility for the behavior of their swimmers and related guests at all times. Granite State Swim Association, Milford Keyes Swim Team and Town of Milford assume no responsibility for lost or stolen property. For the health, safety and consideration of our competing athletes, smoking is not permitted. Dogs are required to be on a leash in the park and are not permitted inside the fenced pool area. For safety reasons and due to the size of this meet, portable grills (propane and charcoal) are NOT allowed to be used on-site during the event.

**SESSIONS:**

| Session 1            | Session 2           |
|----------------------|---------------------|
| Saturday, August 3rd | Sunday, August 4th  |
| Warm Up: 7:00 am     | Warm Up: 7:00 am    |
| Start Time: 9:00 am  | Start Time: 9:00 am |

**DIVISIONS/SCORING:** Divisions will be determined by the GSSA League. All teams should have already emailed GSSA President Jim Rezzarday (jimrezzarday@juno.com) an athlete count and insurance certificates for all non USA teams by July 1st.

**SCORING:** The meet will 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).

**PARKING:** Keyes Memorial Park provides two large parking areas on-site. Access the main parking area from the East or 45 Elm Street entrance. Enter the West parking area from the 127 Elm Street entrance.

**Directions Keyes Memorial Park MAIN Entrance:** The address for GPS or Map Quest type services is Keyes Memorial Park 45 Elm St. Milford NH. Two granite posts looking somewhat like a driveway mark the entrance to the park.

*From the North (Rte. 13S or Souhegan St in Amherst):* From 13S or Souhegan St. cross the bridge onto South St, where it intersects with the Milford Oval. Take the first right onto 101A west towards Keene. Pass Bales School and then a small war memorial on the right and turn right into Keyes Memorial Park.

*From the East (Rte. 101A, Rte. 101):* 101A heading west turns into Nashua St. Where Nashua St. intersects with South St. is the Milford Oval. Travel around the oval to Elm St. heading towards Keene on 101A west. Pass Bales School and then a small war memorial on the right and turn right into Keyes Memorial Park.

*From the West (Rte. 101):* 101 heading east turns into Elm St. After passing Hitchiner Manufacturing, continue on Elm St. through two traffic lights. Keyes Memorial Park is on the left just past Elm Chiropractic.

*From the South (Rte. 13N):* Rte. 13 heading north becomes South St, in Milford. Where South St. intersects with Nashua St is the Milford Oval. Travel around the oval to Elm St. heading towards Keene on 101A west. Pass Bales School and then a small war memorial on the right and turn right into Keyes Memorial Park.

**Directions Keyes Memorial Park WEST entrance:** The address for GPS or Map Quest type services is 127 Elm St. Milford NH. The entrance to 127 Elm Street is between Milano's Restaurant and Dunkin Donuts – watch for the signs and orange traffic cones.

*From the North (Rte. 13S or Souhegan St in Amherst):* From 13S or Souhegan St. cross the bridge onto South St, where it intersects with the Milford Oval. Take the first right onto 101A west towards Keene. Pass Bales School, continue west on Elm Street through the light at West Street, pass Milano's Restaurant and Gauthier Law Offices, and turn right into 127 Elm Street.

*From the East (Rte. 101A, Rte. 101):* 101A heading west turns into Nashua St. Where Nashua St. intersects with South St. is the Milford Oval. Travel around the Oval to Elm St. heading towards Keene on 101A west. Pass Bales School, continue west on Elm Street through the light at West Street, pass Milano's Restaurant and Gauthier Law Offices, and turn right into 127 Elm Street.

*From the West (Rte. 101):* 101 heading east turns into Elm St. After passing Hitchiner Manufacturing, continue on Elm St. through one traffic light at Granite Town Plaza. 127 Elm Street is on the left one driveway past Dunkin Donuts.

*From the South (Rte. 13N):* Rte. 13 heading north becomes South St, in Milford. Where South St. intersects with Nashua St is the Milford Oval. Travel around the oval to Elm St. heading towards Keene on 101A west. Pass Bales School, continue west on Elm Street through the light at West Street, pass Milano's Restaurant and Gauthier Law Offices, and turn right into 127 Elm Street.

### GSSA State Championship 2019 Schedule of Events

| Saturday, August 3, 2019  |       |        |                  | Sunday, August 4, 2019 |       |        |                |
|---|-------|--------|------------------|------------------------|-------|--------|----------------|
| 1   | Girls | 8 & U  | 100 IM           | 41                     | Girls | 11-12  | 200 Free       |
| 2   | Boys  | 8 & U  | 100 IM           | 42                     | Boys  | 11-12  | 200 Free       |
| 3   | Girls | 9-10   | 100 IM           | 43                     | Girls | 13-14  | 200 Free       |
| 4   | Boys  | 9-10   | 100 IM           | 44                     | Boys  | 13-14  | 200 Free       |
| 5   | Girls | 11-12  | 200 IM           | 45                     | Girls | 15-19* | 200 Free       |
| 6   | Boys  | 11-12  | 200 IM           | 46                     | Boys  | 15-19* | 200 Free       |
| 7   | Girls | 13-14  | 200 IM           | 47                     | Girls | 8 & U  | 25 Back        |
| 8   | Boys  | 13-14  | 200 IM           | 48                     | Boys  | 8 & U  | 25 Back        |
| 9   | Girls | 15-19* | 200 IM           | 49                     | Girls | 9-10   | 50 Back        |
| 10  | Boys  | 15-19* | 200 IM           | 50                     | Boys  | 9-10   | 50 Back        |
| 11  | Girls | 8 & U  | 25 Free          | 51                     | Girls | 11-12  | 50 Back        |
| 12  | Boys  | 8 & U  | 25 Free          | 52                     | Boys  | 11-12  | 50 Back        |
| 13  | Girls | 9-10   | 50 Free          | 53                     | Girls | 13-14  | 100 Back       |
| 14  | Boys  | 9-10   | 50 Free          | 54                     | Boys  | 13-14  | 100 Back       |
| 15  | Girls | 11-12  | 50 Free          | 55                     | Girls | 15-19* | 100 Back       |
| 16  | Boys  | 11-12  | 50 Free          | 56                     | Boys  | 15-19* | 100 Back       |
| 17  | Girls | 13-14  | 100 Free         | 57                     | Girls | 8 & U  | 50 Free        |
| 18  | Boys  | 13-14  | 100 Free         | 58                     | Boys  | 8 & U  | 50 Free        |
| 19  | Girls | 15-19* | 100 Free         | 59                     | Girls | 9-10   | 100 Free       |
| 20  | Boys  | 15-19* | 100 Free         | 60                     | Boys  | 9-10   | 100 Free       |
| 21  | Girls | 8 & U  | 25 Breast        | 61                     | Girls | 11-12  | 100 Free       |
| 22  | Boys  | 8 & U  | 25 Breast        | 62                     | Boys  | 11-12  | 100 Free       |
| 23  | Girls | 9-10   | 50 Breast        | 63                     | Girls | 13-14  | 50 Free        |
| 24  | Boys  | 9-10   | 50 Breast        | 64                     | Boys  | 13-14  | 50 Free        |
| 25  | Girls | 11-12  | 50 Breast        | 65                     | Girls | 15-19* | 50 Free        |
| 26  | Boys  | 11-12  | 50 Breast        | 66                     | Boys  | 15-19* | 50 Free        |
| 27  | Girls | 13-14  | 100 Breast       | 67                     | Girls | 8 & U  | 25 Fly         |
| 28  | Boys  | 13-14  | 100 Breast       | 68                     | Boys  | 8 & U  | 25 Fly         |
| 29  | Girls | 15-19* | 100 Breast       | 69                     | Girls | 9-10   | 50 Fly         |
| 30  | Boys  | 15-19* | 100 Breast       | 70                     | Boys  | 9-10   | 50 Fly         |
| 31  | Girls | 8 & U  | 100 Medley Relay | 71                     | Girls | 11-12  | 50 Fly         |
| 32  | Boys  | 8 & U  | 100 Medley Relay | 72                     | Boys  | 11-12  | 50 Fly         |
| 33  | Girls | 9-10   | 100 Medley Relay | 73                     | Girls | 13-14  | 100 Fly        |
| 34  | Boys  | 9-10   | 100 Medley Relay | 74                     | Boys  | 13-14  | 100 Fly        |
| 35  | Girls | 11-12  | 200 Medley Relay | 75                     | Girls | 15-19* | 100 Fly        |
| 36  | Boys  | 11-12  | 200 Medley Relay | 76                     | Boys  | 15-19* | 100 Fly        |
| 37  | Girls | 13-14  | 200 Medley Relay | 77                     | Girls | 8 & U  | 100 Free Relay |
| 38  | Boys  | 13-14  | 200 Medley Relay | 78                     | Boys  | 8 & U  | 100 Free Relay |
| 39  | Girls | 15-19* | 200 Medley Relay | 79                     | Girls | 9-10   | 100 Free Relay |
| 40  | Boys  | 15-19* | 200 Medley Relay | 80                     | Boys  | 9-10   | 100 Free Relay |
| * Ages 15-16 and 17-19 individual events will be seeded and swum as 15-19, but will be scored as multi-aged events. |       |        |                  | 81                     | Girls | 11-12  | 200 Free Relay |
|   |       |        |                  | 82                     | Boys  | 11-12  | 200 Free Relay |
|   |       |        |                  | 83                     | Girls | 13-14  | 200 Free Relay |
|   |       |        |                  | 84                     | Boys  | 13-14  | 200 Free Relay |
|   |       |        |                  | 85                     | Girls | 15-19* | 200 Free Relay |
|   |       |        |                  | 86                     | Boys  | 15-19* | 200 Free Relay |

**Keyes Swim Team**  
**2019 GSSA Championship Meet**  
**Keyes Memorial Pool, Milford NH**  
 August 3-4, 2019

Team Name: \_\_\_\_\_ Abbreviation \_\_\_\_\_

| Team Contact Information    |       |       |
|-----------------------------|-------|-------|
|                             |       |       |
| Coach's Name                | Phone | Email |
|                             |       |       |
| Coach's Name                | Phone | Email |
|                             |       |       |
| Entries Contact Information | Phone | Email |

**ENTRY FEES**

# Swimmers \_\_\_\_\_ @ \$22.00 per swimmer = \_\_\_\_\_

Checks should be made payable to GSSA, and mailed to Greg Derderian, GSSA Treasurer:  
 Greg Derderian  
 32 Tinker Road  
 Nashua, NH 03064

**Entries Deadline (including coach/entries contact information):**

Emailed to [mkstswim@gmail.com](mailto:mkstswim@gmail.com)  
 Wednesday, July 24, 2019, 8:00 pm  
**Payment Deadline:** Friday, July 26, 2019

Any swimmer whose entry is accepted will, for himself, his heirs, executors, and administrators, waive and release any and all rights for damages he may have against Granite State Swim Association, Milford Keyes Swim Team, or the Town of Milford and any volunteer or any employee of the above, for any and all injuries or losses suffered by him at said meet.

Signature of Authorized Team Official: \_\_\_\_\_ Date: \_\_\_\_\_