

	<p style="text-align: center;">Charles River Aquatics Long Course Specialty Meet MIT June 23-25, 2023</p> <p style="text-align: center;">Held under the sanction of USA Swimming/New England: NE23-0623CRA</p>	<p style="text-align: center;">Hosted by CHARLES RIVER AQUATICS</p>  <p style="text-align: center;">Technique • Confidence • Excellence SSRP</p>
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Meet Director	Jon Castaldo	jon@charlesriveraquatics.com	978-569-5155
Meet Referee	Patrick Hunter	Phunter.usaswimming@gmail.com	612-845-3031
Entry Chair	Dan Warner	Danwarner1955@gmail.com	978-852-3985
Admin Official	Dan Warner	Danwarner1955@gmail.com	978-852-3985
Safety Monitor	Ryan Pitcairn	ryan@charlesriveraquatics.com	N/A

SESSIONS:

Date	Session Name	Warm up	Start
Friday, June 23, 2023	9 & Over Distance Session	4:00 PM	5:05 PM
Saturday, June 24, 2023	Saturday Morning 13 & Over	7:30 AM	8:35 AM
Saturday, June 24, 2023	Saturday Afternoon 12 & Under	1:00 PM	1:55 PM
Sunday June 25, 2023	Sunday Morning 13 & Over	7:30 AM	8:35 AM
Sunday June 25, 2023	Saturday Afternoon 12 & Under	1:00 PM	1:55 PM

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. **Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.**

IMPORTANT DEADLINES	First date of entry: May 12, 2023 Final date of entry: June 9, 2023 Payment deadline: June 13, 2023
SITE	The MIT pool is an 8-lane, 50-meter pool with seven-foot-wide lanes and non-turbulent lane lines. Fully automatic Colorado Time Systems electronic timing with touchpads at the finish end of the pool with full electronic display. There are touchpads at the both end of the pool. Attached to the main pool is a 25-yard pool that is available for warm-up and warm-down during the 13 & over session only, 2 lanes and 25 yards in size. The finish end of the pool is 7 feet deep; the turn end of the pool is 12 feet deep. Spectator seating for 400. The pool is located inside the MIT Zesiger Center, 120 Vassar Street, Cambridge, MA 02139. The competition course has been certified in accordance with 104.2.2C(4). Directions may be found later in this document.
COURSE	LCM
FORMAT:	The meet will be swum as timed-final with all events swimming fast to slow. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session, which must be returned no later than 30 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets at the timing table on deck. <u>Swimmers must provide their own timer for the 400, 800 & 1500 freestyle and 400IM.</u>

	<ul style="list-style-type: none"> ● 50 Meter events will start at (turn end) and will be timed with (electronic timing) <p>CHASE STARTS: all odd number heats will start from the spectator end of the pool and all even number heats will start from the scoreboard end of the pool. All 50 events will run one way from the scoreboard to the spectator end. Distance events 800 & 1500 Freestyle will not do chase starts and all heats will start from the spectator end.</p>
ELIGIBILITY	<ul style="list-style-type: none"> ● All swimmers must be currently registered as athlete members of United States Swimming before 5:00 pm on the day before the first day of the meet. New England swimmers must have a proof of age on file by the above deadline in order to compete. ● Age is determined by the age of the swimmer on the first day of the meet. ● 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 without the use of the backstroke ledge. 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. ● If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach, or a member club submitting the entry. ● Deck registrations will NOT be accepted.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> ● Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. ● The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
ENTRY POLICY	<p>75%/25%</p> <p>(Refer to Competition Manual/ Rule and Regs amendments page 4 for full policy.)</p>
ENTRIES	<ul style="list-style-type: none"> ● Electronic entries should be emailed as an attachment to the entry chairperson. Please check that your team's name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received within 4 day of confirmed entry acceptance. Failure to pay entry fees by this deadline could result in teams being barred from the meet. ● Mail completed signed entry cover page and waiver, and payment to the entry chairperson: Charles River Aquatics 900 Worcester Street Wellesley MA 02482 ● Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled. This fine is payable to "Charles River Aquatics" Late payment of entry fees may result in future exclusion from meets hosted by our club. ● IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.

	<ul style="list-style-type: none"> • Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. <i>Your entry is considered received only if you receive an acknowledgement.</i> • All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins. • All entry times must be entered in the specified meet course. (Coach's times may be used instead of NT's) • Swimmers may enter a maximum of 6 <i>individual event per day</i>. • ENTRY TIME UPDATES: Entry times may be updated until the Monday prior to the first day of the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chair. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.) • No deck entries will be accepted.
CUT PROTOCOL	<p>If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour rule using the following cut protocols in any order deemed necessary:</p> <ul style="list-style-type: none"> • Events 200 meters and longer will swim designated number of athletes listed on event list • 100 meter events will be cut by time • The Meet Director reserves the right to limit events, heats, swimmers or adjust the format to conform to the 4-hour rule. <p>Clubs will be notified of cuts no later than Monday before the meet. If deck scratches allow a reasonable timeline, swimmers may be reinstated into those previously entered events.</p>
TIME TRIALS	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.
FEES	<ul style="list-style-type: none"> • Timed final individual events 200 yards and under: \$5.00 • Distance Events (400 and over): \$10.00 • Time Trials \$10.00 for IE, \$40 for relays • Swimmer Participation Fee is \$25.00 per swimmer. • NES Travel Fee: \$1.00 per swimmer (to be included in the check and the host team will send to NE Swimming)
ADMISSIONS	No charge for spectators
MEET MOBILE	<p>MEET MOBILE HEAT SHEETS Meet Mobile heat sheets will be offered at this meet at No Charge. The Meet Mobile heat sheet includes smart phone access to all heat sheets for the whole meet, including last minute changes and re-seeds.</p> <ul style="list-style-type: none"> • MEET MOBILE: Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.
WARM-UP	<p>The pool will open for warm-ups 60 minutes before the beginning of each session. The pool will close five minutes before the beginning of each session start time. Teams will be assigned warm-up lanes after all entries are received. The warm-up pool will be available with 2 lanes throughout the 13 & Over session only beginning at the start of the meet.</p> <p>See “Safety” for Warm-up safety guidelines.</p>
AWARDS	No awards

SCORING	The meet will not be scored.
LEGAL SPLITS	Individual Events: Preferably, legal splits should be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party should supply an additional timer(s) on the lane for the split, if necessary, to ensure an accurate time. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course. Optionally, a legal split may be requested after the event using a legal split form when using a fully automatic timing system. The Admin Official has discretion to either grant or deny the request after reviewing the available evidence. Backstroke legal splits must be requested in advance to ensure a legal finish.
SWIMWEAR	Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under Tech Suit Restriction for 12-and-Under Swimmers .
RULES	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. • Operation of a DRONE, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the Charles River Aquatics, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests. • VIDEO STREAMING: All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE. • Deck Changing is PROHIBITED. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • According to New England Swimming Best Practices, all athletes should shower before entering the pool. <p>In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</p>
SAFETY	<ul style="list-style-type: none"> • No shaving is permitted at the competition site. • No glass containers are permitted within the facility. • 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. • WARM UP SAFETY: Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time • For all sessions with 12 & Under events, swimmers must utilize a “sit and slide”/“three-point” entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding,

	<p>feet-first, into the pool. If the session includes both 12 & Under events and 13 & Over/Senior events, two warm-up sessions must be utilized, or the “sit and slide”/“three-point” entry will be required for all swimmers.”</p> <ul style="list-style-type: none"> • During competition, when entering the warm-up/warm-down area, a “sit and slide”/“three-point” entry is required at all times • In extraordinary cases, due to bulkheads and other pool designs, it may be determined that it is unsafe or impossible for swimmers to perform the required sit and slide entry. In such extremely rare cases, the sit and slide rule may be modified. Exceptions to the sit and slide rule shall only be made when performing the sit and slide entry poses risk of injury to swimmers and/or risk damaging or ripping of swimsuits. An exception to the sit and slide rule shall only be made when the Safety Monitor, Meet Director, and Meet Referee have evaluated the risks and unanimously determined that the use of the sit and slide entry poses such great risk as to be unsafe. In these cases, the Safety Monitor, Meet Director, and Meet Referee must determine and agree upon an alternative safety plan to ensure swimmer safety.
SAFE SPORT	<p>The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. All infractions must be reported to the Meet Referee or Meet Director.</p> <p>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.</p> <p>USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Susan Pascale-Frechette: safesportne@gmail.com (401-965-0813), or through the USA-S online reportable form.</p>
CHANGES TO MEET	<p>Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Patrick Johnstone. Any change to the meet format after the meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.</p>
MEET JURY	<p>The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the Meet Jury but not vote. When possible, the three members shall be from separate teams. The Meet Jury will decide all issues of eligibility, and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.</p>
WEATHER/FACILITY PROTOCOL	<p>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 a session, is the decision of the Meet Director, Meet Referee and the Meet Jury.</p>
DECK ACCESS	<p>Only current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck and will be fined by New England Swimming of \$100 to the coach, and \$200 to the coach's club.</p>
OFFICIALS	<p>Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. Walk-on officials may not be accepted to limit the number of people on the deck. Officials meetings will be at least 30 minutes prior to the start of a session.</p>
DIRECTIONS	<p>If you are heading south on I-93, follow I-93 into Boston then follow the I-93 instructions below. If you are heading south on I-95, take the I-93 South exit then follow the</p>

	<p>instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.</p> <p>From the South (I-95 or I-93) If you are heading north on I-93, follow I-93 (the Southeast Expressway) into Boston then follow the I-93 instructions below. If you are heading north on I-95, take the I-93 North exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.</p> <p>From the West (I-90) (Mass Turnpike) Follow I-90 east to the Cambridge/Brighton exit (exit 18). Following the signs to Cambridge, cross the River Street Bridge, and continue straight about 1 mile to Central Square. Turn right onto Massachusetts Avenue and follow Massachusetts Avenue for about a half mile. The main entrance to MIT will be on your left. If you cross the river again, you have gone too far.</p> <p>From Route I-93 From I-93, take exit 26, and follow the signs to Back Bay along Storrow Drive West, approximately 1.5 miles, to the exit for Route 2A. The exit will be on the left, just before the Harvard Bridge (more appropriately called the Massachusetts Avenue Bridge). The Charles River will be on your right. As you cross the bridge, you will be looking at MIT – the Great Dome and academic facilities are on the right, the dormitories and athletic facilities are on the left.</p>
HOTELS	TBA
WAIVERS	<p>USA Swimming, Inc., New England Swimming, Inc., Charles River Aquatics and MIT cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p>

**Charles River Aquatics
Long Course Specialty Meet
June 23-25, 2023
Event List**

**Friday Evening
Warm Up: 4:00 PM Start: 5:05 PM**

GIRLS EVENTS

1	* 11-12 400 Meter IM	2
3	* 13 & Over 400 Meter Freestyle	4
5	* 9-12 400 Freestyle	6
7	* Open 1500 Meter Freestyle	8

BOYS EVENTS

**Saturday Morning
Warm Up: 7:30 AM Start: 8:35 AM**

GIRLS EVENTS

9	13-14 200 Meter Freestyle	10
11	15 & Over 200 Meter Freestyle	12
13	13-14 100 Meter Butterfly	14
15	15 & Over 100 Meter Butterfly	16
17	13-14 100 Meter Backstroke	18
19	15 & Over 100 Meter Backstroke	20
21	* 13-14 200 Meter Breaststroke	22
23	* 15 & Over 200 Meter Breaststroke	24
25	13-14 50 Meter Freestyle	26
27	15 & Over 50 Meter Freestyle	28
29	* 13-14 400 Meter IM	30
31	* 15 & Over 400 IM	32

BOYS EVENTS

**Saturday Afternoon
Warm Up: 1:00 PM Start: 1:55 PM**

GIRLS EVENTS

33	11-12 50 Meter Freestyle	34
35	10 & Under 50 Meter Freestyle	36
37	11-12 50 Meter Breaststroke	38
39	10 & Under 50 Meter Breaststroke	40
41	11-12 100 Meter Butterfly	42
43	10 & Under 100 Meter Butterfly	44
45	* 11-12 200 Meter Freestyle	46
47	* 10 & Under 200 Meter Freestyle	48
49	11-12 100 Meter Backstroke	50
51	10 & Under 100 Meter Backstroke	52
53	* 11-12 200 Meter IM	54
55	* 11-12 200 Butterfly	56

BOYS EVENTS

* Cuts may be made to top 32 swimmers in each event, unless time allows

Sunday Morning
Warm Up: 7:30 AM Start: 8:35 AM

GIRLS EVENTS

BOYS EVENTS

57	13-14 200 Meter Backstroke	58
59	* 15 & Over 200 Meter Backstroke	60
61	* 13-14 100 Meter Breaststroke	62
63	15 & Over 100 Meter Breaststroke	64
65	13-14 200 Meter Butterfly	66
67	15 & Over 200 Meter Butterfly	68
69	* 13-14 200 Meter IM	70
71	* 15 & Over 200 Meter IM	72
73	13-14 100 Meter Freestyle	74
75	15 & Over 100 Meter Freestyle	76

Sunday afternoon
Warm Up: 1:00 PM Start: 1:55 PM

GIRLS EVENTS

BOYS EVENTS

77	*11-12 200 Meter Backstroke	78
79	10 & Under 100 Meter Freestyle	80
81	11-12 100 Meter Freestyle	82
83	*10 & Under 100 Meter Breaststroke	84
85	11-12 100 Meter Breaststroke	86
87	10 & Under 50 Meter Butterfly	88
89	11-12 50 Meter Butterfly	90
91	10 & Under 50 Meter Backstroke	92
93	11-12 50 Meter Backstroke	94
95	* 10 & Under 200 Meter IM	96
97	11-12 200 Meter Breaststroke	98
99	* Open 800 Meter Freestyle (Immediately Following 200 Breaststroke)	100

* Cuts may be made to top 32 swimmers in each event, unless time allows

ENTRY PAYMENT AND LIABILITY RELEASE FORM

Charles River Aquatics Specialty Meet
MIT Zesiger Center
120 Vassar Street, Cambridge MA 02139

June 23-25, 2023

Held under the sanction of USA Swimming/New England: NE23-0623CRA

CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL CONTACT CELL PHONE: LIST UNATTACHED SWIMMERS:
ENTRY FEES	Individual Entries all distances @ \$5.00 _____ = \$ _____ Distance Entries (400 and up) @ \$10.00 _____ = \$ _____ Swimmer Participation Fee: # athletes ____ @ \$ 25.00 = \$ _____ NE Travel Surcharge: # athletes ____ @ \$1.00 each = \$ _____ TOTAL DUE: \$ _____
PAYMENT	Make checks payable to: Charles River Aquatics Send to: Charles River Aquatics 900 Worcester Street Wellesley MA 02482 Payment deadline: within 4 days of confirmed entry acceptance
WAIVER:	<p style="text-align: center;">LIABILITY RELEASE</p> <p>Any swimmer whose entry is accepted will, for him/herself, his/her theirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming Inc, Charles River Aquatics and MIT for any and all injuries suffered by him/her at said meet, including Covid 19. In submitting this entry, the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming.</p> <p>_____ Signature of Authorized Team Official</p> <p>_____ Date</p>