

WELCOME COACHES, OFFICIALS, AND ATHLETES
Boston Sports Institute
Charles River Aquatic Club Distance & Specialty Meet

IMPORTANT CONTACTS:

Dan Warner, Meet Director & Entry Chair 978-852-3985 (danwarner1955@gmail.com)

Jerry Carter, Meet Referee 617-417-1424 (jerry@jerrycarter.org)

We are looking forward to hosting you for the CRA 11 & Over Distance and 10 & under Specialty Meet on Saturday September 30,2023. The meet will be broken into a 2 separate sessions (11 & Over 500 & 1000 Freestyle) and (10 & under specialty).

SESSION BREAKDOWN FOR CRA DISTANCE MEET AT THE BSI:

Saturday Breakdown Session 1
Distance Sessions

Female	Event	Male
Warm Up for 500 Freestyle 8:45-9:30 AM, Start 9:35AM - General Warm Up		
	Open 500 Freestyle	
Warm Up for 1000 Freestyle not before 10:30 AM for 20 minutes - General Warm Up		
	Open 1000 Freestyle	

Saturday Breakdown Session 2
10 & Under Specialty

Warm Up 1:15-1:40 PM, Start 1:45 PM - General Warm Up
All 10 & Under Events

MEET DEDICATED WEB PAGE: Everything regarding all aspects of the meet will be posted on the meet webpage. Please direct all swimmers and parents to the page for information needed. The webpage link is:

<https://charlesriveraquatics.com/cra-dragon-meets/>

ONLINE WAIVER FORM: Coaches, you must complete the online waiver before being permitted on the pool deck. Please do it now so you are not stopped at the door.

<https://fs18.formsite.com/suMOJL/irvslsvan4/index>

Once you have submitted an CRA online waiver form for your team it will be kept on file for the entire SCY season therefor you will not need to do any additional for upcoming CRA meets you are attending.

TIMERS & PARENT VOLUNTEER WORKERS: Each swimmer must provide their own timer and counter for distance events.

10 & Under afternoon session timers from teams:

AA = 1 Timer, ATST = 3 Timers, CRA remainder of workers.

Please have your timers check in on deck 15 minutes before the start of the meet. If there are any issues reach out to me no later than Thursday before the meet.

WARM UP SAFETY: For all sessions, all 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, feet-first, into the pool.

PRE-MEET SCRATCHES: if you have anyone that will not be attending the meet, please email Dan Warner at danwarner1955@gmail.com with those scratches prior to 9:00 PM Friday September 29, 2023. We will use scratch sheets for each session and will be due 10 minutes after each warm-up starts.

TEAM ENTRY LIST: please review your entry attached and get any issues back to Dan (danwarner1955@gmail.com) by 9:00 PM Thursday 9/26/23.

ATTACHED ARE THE FOLLOWING: Meet Brief, Team Entry List, Psyche Sheet, Session Timelines.

MEET STREAMING: will not be available for the meet:

MEET MOBILE & HEAT SHEETS: meet mobile will be active throughout the meet and free heat sheets will also be posted through meet mobile.

SEEDING: Distance events will be seeded fast to slow alternation female/male heats. All 10 & under events will be seeded slow to fast.

REGISTRATION ISSUES: Please confirm with NE Swimming any registration issues with your swimmers by Thursday September 28, 2023 at 5:00 PM.

FINANCIAL FORM & PAYMENT: Make checks payable to **Charles River Aquatics**

Mail both the check and the signed Financial form to:

**Charles River Aquatics
C/O Chantal Kokaram
80 Cross Street
Ashland, MA 01721**

SPECTATOR AREA: spectators are permitted in the balcony at no cost.

OFFICIALS: anyone interested in officiating may contact the meet referee prior to the meet.

HOSPITALITY: will provide officials and coaches with hospitality area throughout the meet.

ENTERING & EXITING POOL AREA: Everyone is to enter the natatorium via the wet corridor. Do not have swimmers arrive more than 5 minutes before their warmup time, the pool door will be open for coaches and officials 15 minutes before each session’s start of warm-ups.

QUESTIONS: please direct all meet questions to Dan Warner at (978-852-3985) or danwarner1955@gmail.com.