

**WELCOME COACHES, OFFICIALS, AND ATHLETES**  
**Boston Sports Institute**  
**Saturday October 28, 2023**  
**Charles River Aquatic Club Distance Meet**

**IMPORTANT CONTACTS:**

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

Rick Martin, Meet Referee 617-872-6056 (rmartins551@gmail.com)

We are looking forward to hosting you at the CRA Distance Meet on Saturday October 28, 2023. The meet is shaping up to be a good size and is broken into 2 separate sessions (500 Freestyle/400 IM & 1650 Freestyle)

**SESSION BREAKDOWN FOR CRA DISTANCE MEET AT THE BSI:**

Saturday Session 1

Warm Up: 8:30–9:10 AM, Meet Start 9:15 AM

General Warm Up All Lanes

Female	Event	Male
1	Open 500 Freestyle	2
3	Open 400 IM	4

Saturday Session 2

Warm Up: 12:00–12:20 PM, Meet Start 12:25 PM

General Warm Up All Lanes

Mixed	Event	
5	Mixed 1650 Freestyle	

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

<https://charlesriveraquatics.com/all-ages-distance-meet-oct-28-2023/>

**ONLINE WAIVER FORM:** The online waiver form must be submitted prior to being permitted in the pool. Please do it right away so your warm up is not delayed. <https://fs18.formsite.com/suMOJL/irvslsvan4/index>

Once you have submitted a CRA online waiver form for your team it will be kept on file for the entire SCY season (September 2023 – March 2024) therefore you will not need to do any additional forms for CRA meets you are attending.

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

**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 October 27, 2023. We will also use scratch sheets for each session prior to the warm ups start.

**TEAM ENTRY LIST:** please review your entry attached and get any issues back to Dan ([danwarner1955@gmail.com](mailto:danwarner1955@gmail.com)) by 9:00 PM Thursday 10/26/23.

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

**MEET STREAMING:** will not be available for this meet:

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

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

**SEEDING:** 500 free and 400 IM will be seeded fastest to slowest alternating fame/male heats. The mixed 1650 freestyle will be seeded fastest to slowest.

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

Mail both the check and financial form to:

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

**SPECTATOR AREA:** spectators are to use the balcony at no cost.

**OFFICIALS:** anyone interested in officiating may contact the meet referee prior to the meet. Walk on officials may not be able to help due to limited numbers allowed on the deck!

**HOSPITALITY:** there will be no food allowed on deck. CRA 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](mailto:danwarner1955@gmail.com).