

**WELCOME COACHES, OFFICIALS, AND ATHLETES**  
**Boston Sports Institute**  
**November 17-19, 2023**  
**Charles River Aquatic Club Distance & Specialty Meet**

**IMPORTANT CONTACTS:**

Dan Warner, Meet Director & Entry Chair 978-852-3985 (danwarner1955@gmail.com)  
Betsy Russell, Meet Referee 617-699-1033 ([betsy@byrussell.com](mailto:betsy@byrussell.com))

We are looking forward to hosting you at the CRA Specialty Meet on November 17-19, 2023. The meet is very full and it is important everyone is on the same page.

**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 website Link: [SPECIALTY MEET W/ DISTANCE MEET NOV 17-19, 2023 - Charles River Aquatics](#)

**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 forms for upcoming CRA meets you are attending.

**SESSIONS CHANGES:**

Date	Session Name	Warm up	Start
<b>Friday, November 17, 2023</b>	Distance Session	4:00-4:40 PM	4:45 AM
<b>Saturday, November 18, 2023</b>	12 & Under Session	7:00-7:40 AM (Changed)	7:45 AM (Changed)
<b>Saturday, November 18, 2023</b>	13 & Over Session	12:00 – 1:00 PM (Changed)	1:05 PM (Changed)
<b>Sunday, November 19, 2023</b>	12 & Under Session	7:30-8:10 AM (Changed)	8:15 AM (Changed)
<b>Sunday, November 19, 2023</b>	13 & Over Session	12:00 – 1:00 PM (Changed)	1:05 PM (Changed)

**TIMERS AND VOLUNTEER WORKERS:** Due to the session sizes, we will need help with timing volunteers. We are asking each team for help, please see timing assignments. Timers will meet in the wet corridor to the pool 30 minutes before the start of the session for their briefing and will then be escorted to the timing area on deck. Teams are more than welcome to rotate parents throughout the sessions for their lane responsibility, however when timer shifts have ended they must leave the deck. If any team cannot help, please let us know by Wednesday, November 15, 2023, and we will offer those opportunities to get parents on deck to other teams.

**DISTANCE EVENTS:** For the 13 & Over 400 IM on Friday will swim fast-slow alternating female/ male heats, Mixed 9-12 500 freestyle & Mixed 1000 freestyle on Friday will swim fast to slow. All Distance events each swimmer must providing their own timer and counter.

**WARM UP SAFETY:** For all sessions, 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 Thursday November 16, 2023. We will also use scratch sheets for each session at the meet as well, which will be due by the finish of the first warm up each session.

**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 11/16/23.

**ATTACHED ARE THE FOLLOWING:** Meet Brief, Warm Up Assignments, Team Work Assignments, Team Entry List, Psych Sheet and Session Timelines.

**MEET STREAMING:** All information is available by clicking on link provided:

<https://cra.vhx.tv/products>

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

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

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

Mail both check and signed financial form to:

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

**TIME UPDATES:** will be accepted till the Monday before the meet.

**SPECTATOR AREA:** Spectators are now permitted in the balcony at no cost. Part of the balcony may be restricted for swimmers if needed.

**OFFICIALS:** Please contact the Meet Referee, if interested/available to officiate.

**HOSPITALITY:** There will be food provided for officials and coaches throughout the meet.

**EVENT FORMAT:** All events will be timed final.

**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.