

## **2023 Charles River Aquatics December Invitational Important Information for Teams/Coaches**

### **Important Contacts**

- Dan Warner, Meet Director – 978-852-3985 – [danwarner1955@gmail.com](mailto:danwarner1955@gmail.com)
- Derek Helmer, Meet Referee – 978-833-0763 – [dhelmer1970@gmail.com](mailto:dhelmer1970@gmail.com)
- Jess Workman, Administrative Referee – 802-238-2326 – [jessworkman.swim@gmail.com](mailto:jessworkman.swim@gmail.com)

### **Conduct of Meet- Prelims and Timed Finals, Including Relays**

- 10 Lanes
- Flyover starts, comfortably paced
  - Swimmers to remain in pool at end of race
- All relays are timed finals and will be swum during prelims
- Events 400 yards and longer are timed finals
- All events seeded fastest to slowest
- Thursday- Each event will alternate heats women/men
- 13 & Over 400 IM (Friday) and 500 Freestyle (Saturday)- Fastest overall heat of each gender (age groups combined) will swim during the evening finals session, remaining heats will swim at conclusion of preliminaries session alternating heats women/men
- Swimmers must provide at least one timer for events 400 yards and longer

### **Conduct of Meet- Finals**

- 10 Lanes
- 10 & Under and 11-12 Events- A Final only
- 13-14 and Senior Events- A and B Finals
- Swimmers for all finals will report directly to the blocks
- A Final will be announced behind the blocks, B finals will be announced in the water
- Athletes will exit the pool after each heat
- Alternates may only swim in non-scoring finals, must be in start area ready to swim- we will not call for alternates

### **Scratches- Prelims and Timed Finals Events- INCLUDING Distance and Relays- There is NO Positive Check-In**

- May be made in-person with Administrative Referee or emailed to [danwarner1955@gmail.com](mailto:danwarner1955@gmail.com)
  - If you know of pre-meet scratches in advance, please send to Dan Warner at [danwarner1955@gmail.com](mailto:danwarner1955@gmail.com) as soon as possible
- Thursday Events- Scratch by 3:00 PM Thursday
- Friday Events- Scratch by 5:45 PM Thursday
- Saturday Events- Scratch by 6:30 PM Friday
- Sunday Events- Scratch by 6:30 PM Saturday
- Please be cognizant of entry limits- 3 individual events/day- must SCRATCH prior to deadline

### **No-Shows- Prelims, Individual Timed Final Events**

- Will be barred from all further competition that day, including relays and time trials
- Must declare intent to swim to Administrative Referee by scratch deadline to be seeded in subsequent days
- May declare a false start prior to start of race for relief, but please properly scratch by the deadlines so that seeding is accurate and heats are full
  - Declared false starts count as an event towards meet and daily limits
- Prior to session start, see Administrative Referee for declared false start; after session start, see Administrative Referee or Deck Referee

### **Facility Team Release Form**

- Link to submittable release form (must be completed prior to start of meet)  
<https://fs18.formsite.com/suMOJL/irvslsvan4/index>

### **Scratching From Finals- Prelim/Finals Events**

- Preliminary results will be read and swimmers will have 30 minutes to scratch or declare intention to scratch—see Administrative Referee
- Intent to scratch—Must confirm or void intent within 30 minutes after swimmer's last individual preliminary event of the day—if swimmer does not return, he/she will be seeded
- Penalty for failure to compete in finals—Barred from all further competition including relays and time trials; \$100 fine if no further competition from which to be penalized. Declared false starts and deliberate delay of meet are not permitted in finals and will be regarded as failure to compete. Relief only granted for medical/similar circumstance—see Meet Referee for relief.

### **Tie Resolution**

- 10 & Under and 11-12 Events- 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup>
- 13-14 and Senior Events- 10<sup>th</sup>, 11<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup>
- MUST be resolved during prelims- there will be NO swim-offs before finals

### **Disqualifications**

- Please see Deck Referee with questions
- Relay take-offs will require dual human confirmation; take-off pads are not in use at this meet

### **Timelines**

- Are estimates only—events may start earlier or later than published times

### **Relay Cards**

- Are due to Administrative Referee 1 hour prior to estimated relay start
- May make changes up until start of heat

### **Awards**

- Individual high point awards will be presented on Sunday evening

### **Legal Splits**

- Request form is available with Administrative Referee- please request BEFORE swim
- Return form after swim, please provide at least on stopwatch as backup (write stopwatch on form)
- Relay lead-off legs will be automatically loaded unless relay is disqualified

### **Time Trials**

- Time trials are only available to swimmers participating in the meet; time trial-only swimmers are not permitted.
- Time trials cost \$10 for individual events and \$40 for relays.
- Time Trials will be conducted during the 10 & under sessions each day- please refer to schedule.
- Swimmers are reminded that they are only allowed to swim in a maximum of 3 individual events per day including time trials.
- All time trial events must have swimmers provide own timers with their own watches

### **Warm-Ups**

- Schedule sent to teams
- No equipment permitted during warm-ups
- Sit and slide entry only- no jumping or diving except in designated areas/times

### **Continuous Warm-Up/Warm-Down Area**

- Absolutely no jumping or diving into this area, sit and slide entry only
- No equipment allowed in warm-up area

### **Heat Sheets and Meet Mobile**

- Meet Mobile will be active throughout the meet with free heat sheets. Heat sheets will also be posted on meet website. We will not be selling heat sheets at the meet.

### **Watching the Meet**

- The spectator area will be available. There is no charge for admission.
- Some swimmers/teams will also be utilizing the spectator area for team seating.
- Streaming will also be available - <https://cra.vhx.tv/products>

### **Volunteer Assignments**

- Assigned volunteers will meet in the wet corridor to the pool 30 minutes before the start of each session for their briefing and then will be escorted to the timing area on deck.
- Teams are welcome to rotate parents throughout the session for their lane responsibilities; however, timers whose shift has ended must leave the deck.
- Any teams unable or unwilling to fulfill their volunteer assignments must notify Dan Warner by December 6.

### **Officials**

- We are in need of volunteer officials. Please contact Derek Helmer at [dhelmer1790@gmail.com](mailto:dhelmer1790@gmail.com) if you are able to help.
- The number of officials on deck may be limited due to facility capacity constraints.

### **Contact Info**

- Please check your text messages! This will be the primary means that the Administrative Referee will communicate with coaches regarding swimmers scratching into finals and other issues.
- If you need to update contact info, please contact Administrative Referee.

### **Questions**

- Any questions concerning the meet must come through the channel of the team's coach. Parents should not contact meet administration or the facility with questions.

***If there is anything we can do to assist your swimmers—please ask—they are our primary concern!***