

WELCOME COACHES, OFFICIALS, AND ATHLETES
Boston Sports Institute
January 12-14, 2024
Charles River Aquatic Club Distance & Specialty 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)

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: <https://charlesriveraquatics.com/cra-new-year-distance-and-specialty-meet-jan-12-14-2024/>

ONLINE LIABILITY 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 hosted meets you are attending.

SESSIONS CHANGES:

Date	Session Name	Warm up	Start
Friday, January 12, 2024	Distance Session	4:30-5:20 PM (Changed)	5:25 PM (Changed)
Saturday, January 13, 2024	13 & Over Session	9:30-10:30 AM (Changed)	10:35 AM (Changed)
Saturday, January 13, 2024	12 & Under Session	1:15 – 1:55 PM (Changed)	2:00 PM (Changed)
Sunday, January 14, 2024	13 & Over Session	9:30-10:30 AM (Changed)	10:35 AM (Changed)
Sunday, January 14, 2024	12 & Under Session	1:15 – 1:55 PM (Changed)	2:00 PM (Changed)

TIMERS AND VOLUNTEER WORKERS: 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, January 10, 2024, and we will offer those opportunities to get parents on deck to other teams.

DISTANCE EVENTS: Friday distance session, all events will swim fast-slow alternating female/ male heats. All distance events swimmers must also provide 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 January 11, 2024. 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) by 9:00 PM Thursday 1/11/24.

ATTACHED ARE THE FOLLOWING: Meet Brief, Warm Up Assignments, Team Work schedule, 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 (1/11/24) 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 until 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.