


	<h2 style="margin: 0;">2024 CRA End of Season March Invitational</h2> <p style="margin: 0;">Boston Sports Institute 900 Worcester St, Wellesley, MA 02482 March 15-17, 2024</p> <p style="margin: 0;">Held under the sanction of USA Swimming/New England: NE24-</p>	
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<b>Meet Director</b>	Jon Castaldo	<a href="mailto:jon@charlesriveraquatics.com">jon@charlesriveraquatics.com</a>	978-569-5155
<b>Meet Referee</b>	Rick Martin	<a href="mailto:rmartins551@gmail.com">rmartins551@gmail.com</a>	617-872-6056
<b>Entry Chair</b>	Dan Warner	<a href="mailto:danwarner1955@gmail.com">danwarner1955@gmail.com</a>	978-852-3985
<b>Admin Official</b>	Gregory Gowern	<a href="mailto:ggowern@comcast.net">ggowern@comcast.net</a>	603-661-4186
<b>Safety Monitor</b>	Ryan Pitcairn	<a href="mailto:ryan@charlesriveraquatics.com">ryan@charlesriveraquatics.com</a>	N/A

**SESSIONS:**

Date	Session Name	Warm up	Start
Friday, March 15, 2024	<b>9 &amp; Over Distance</b>	3:45 – 4:30 PM	<b>4:30 PM</b>
Saturday, March 16, 2024	<b>13 &amp; Over Prelims</b>	7:00-8:00 AM	<b>8:05 AM</b>
Saturday, March 16, 2024	<b>11-12 Prelims 10 &amp; Under Timed Finals</b>	12:15-12:55 PM	<b>1:00 PM</b>
Saturday, March 16, 2024	<b>11 &amp; Over Finals</b>	<b>5:15-5:55 PM</b>	<b>6:00 PM</b>
Sunday, March 17, 2024	<b>13 &amp; Over Prelims</b>	7:00-8:00 AM	<b>8:05 AM</b>
Sunday, March 17, 2024	<b>11-12 Prelims 10 &amp; Under Timed Finals</b>	<b>11:15-11:55 PM</b>	<b>12:00 PM</b>
Sunday, March 17, 2024	<b>11 &amp; Over Finals</b>	<b>4:30-5:30 PM</b>	<b>5:35 PM</b>

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<p>The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. <b>Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.</b></p>	
<b>IMPORTANT DEADLINES</b>	<p>First date of entry: January 2, 2024          Finals date of entry: March 1, 2024          Payment deadline: within 4 days of entry acceptance</p>
<b>SITE</b>	<p>The Boston Sports Institute Competition Pool is a 10-lane, 25-yard pool with seven foot wide lanes and non-turbulent lane lines. The timing system includes a fully automatic Colorado Time Systems electronic timing system with touchpads at the finish end of the pool with colored electronic display. There are no touchpads at the turn end of the pool. Attached to the main pool is a diving well area that is available for warm-up and warm-down, approximately 3 (25-yard) lanes. The finish end of the pool is 12.5 feet deep; the turn end of the pool is 7 feet deep. Spectator seating for 300. The pool is located inside the Boston Sports Institute Athletic Complex, 900 Worcester Street, Wellesley MA 02482. Please enter through the main entrance at the front of the building. Directions may be found later in this document.</p>

	The competition course has been certified in accordance with 104.2.2C(4), the copy of such file is on file with USA Swimming.
<b>FORMAT:</b>	<p>The meet will be swum as preliminaries and Finals, with the exception of events 400 yards and longer which will be swum as timed Finals. For the preliminaries/Final events, the 10 &amp; Under will swim as timed Finals, 11-12 will advance 1 heat of 10 swimmers to Finals, and the 13-14 and 15 &amp; Over events will each advance 2 heats of 10 swimmers to Finals.</p> <p>For all individual preliminaries and timed Finals events, the 13-14 and 15 &amp; Over age groups will swim together, seeded by time. Events will be separated into 13-14 and 15 &amp; Over age groups for Finals.</p> <p>All preliminaries and timed Finals individual events will be seeded fastest to slowest. On Friday evening, each event will alternate heats women/men.</p> <p>The 400 Yard Individual Medley and 500, 1650 Yard Freestyle will be timed Finals events.</p> <p>During evening Finals sessions, all heats will report directly to the blocks. For 13-14 and 15 &amp; Over events, the B-Finals will swim before the A-Finals. All B-Finals will be announced in the water, while all A-Finals will be announced behind the blocks.</p> <p>Swimmers may compete in a maximum of 3 individual events per day, including time trials.</p> <p>Swimmers must provide their own timers for events 400 yards and longer. No events will swim with more than one swimmer per lane.</p>
<b>SCRATCHES</b>	<p>This meet will utilize a modified version of the USA Swimming National Championships scratch rule for Finals only. All events are “scratch-only”; no positive check-in will be utilized. There is NO penalty for failure to compete in a prelim or timed Finals event however, please scratch by the proper deadlines to insure the best experience for all. The scratch deadline for Friday Distance session is 4:00PM on Friday, for Saturday’s events is 6:15 PM Friday. The scratch deadline for Sunday’s events is 6:15 PM Saturday. Scratches may be submitted via email to <a href="mailto:danwarner1955@gmail.com">danwarner1955@gmail.com</a> or made on deck with the Administrative Referee at the meet.</p> <ul style="list-style-type: none"> <li>• Failure to compete in the Finals round of a prelim/Finals event, without properly scratching, will result in the swimmer being barred from all further competition for the remainder of the meet including time trials. If the swimmer has no further competition from which to be penalized, a \$100 fine will apply. Scratches from Finals will be conducted in accordance with articles 207.11.6D and 207.11.6E in the USA Swimming rules. Any swimmer who competes in a preliminary heat and qualifies for Finals must notify the Admin Referee of his/her intention to withdraw from Finals within 30 minutes of announcing the results; email scratches from Finals will not be accepted. A swimmer not originally announced or posted as qualifying for Finals, who is seeded in a Finals due to the scratch of another swimmer, will not be penalized for failing to swim in that Finals; however, swimmers finishing within the top forty (40) are asked to scratch from Finals if they do not intend to swim, so that the Administrative Referee will be able to properly seed the meet for Finals.</li> </ul>
<b>COURSE</b>	SCY
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• All swimmers must be currently registered as athlete members of United States Swimming before 5:00 pm on the day before the first day of the meet. New England swimmers must have a proof of age on file by the above deadline in order to compete</li> <li>• Age is determined by the age of the swimmer on the first day of the meet.</li> </ul>

	<ul style="list-style-type: none"> <li>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge.</li> <li>When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>Coaches must be registered before the start of the meet.</li> <li>If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach, or a member club submitting the entry.</li> <li>Deck registrations will NOT be accepted.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>ENTRY POLICY</b>	<p>100% Invitational</p> <ul style="list-style-type: none"> <li>The meet host may allocate 100% of splashes for the meet.</li> <li>25% of the splashes allocated must be allocated to New England Swimming teams, excluding the meet host. The meet host must make a reasonable effort at the time of allocation to solicit interest from New England Swimming teams to meet this requirement. Should insufficient New England Swimming teams express interest at the time of allocation, the meet host may proceed with allocating these reserved splashes to out-of-LSC teams.</li> <li>If a specified allocation of splashes is granted to a team and agreed upon in writing between the meet host and attending team, the attending team is financially responsible for that allocation if unused, unless the meet host is able to substitute other participants to fill the unused splashes.</li> </ul>
<b>CUT PROTOCOL</b>	<p>If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format using the following cut protocols in any order deemed necessary:</p> <ul style="list-style-type: none"> <li>Teams may be asked to cut each athlete to no more than two fewer events per day than the maximum allowed.</li> <li>Entries may be cut by time or to a specific number of heats for specified events.</li> <li>Teams may be asked to cut relay events.</li> </ul> <p>If deck scratches allow a reasonable timeline, the swimmers can be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet.</p>
<b>ENTRIES</b>	<ul style="list-style-type: none"> <li>Electronic entries should be emailed as an attachment to the entry chairperson. Please check that your team's name, address, and contact information are listed correctly in this file.</li> <li>For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received within 4 days of written acceptance into the meet.</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>Mail completed signed entry cover page and waiver, and payment to the entry payment chair:  Charles River Aquatics,  C/O Chantal Kokaram  80 Cross Street  Ashland, MA 01721</li> </ul>

	<ul style="list-style-type: none"> <li>Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled.</li> <li>This fine is payable to “Charles River Aquatics”. Late payment of entry fees may result in future exclusion from meets hosted by our club.</li> <li><b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> <li>Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. <i>Your entry is considered received only if you receive an acknowledgement.</i></li> <li>All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.</li> <li>All entry times must be entered in the specified meet course.</li> <li>Athletes may enter as many events as they qualify, but may only compete in 3 individual events/day, including time trials.</li> <li><b>ENTRY TIME UPDATES:</b> Entry times may be updated until the Monday prior to the first day of the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chair. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded)</li> <li>No deck entries will be accepted.</li> </ul>
<b>TIME TRIALS</b>	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.
<b>RELAYS</b>	<ul style="list-style-type: none"> <li>Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets.</li> <li>Unattached swimmers may not participate in any relays.</li> </ul>
<b>FEES</b>	<ul style="list-style-type: none"> <li>Timed Finals events: \$5.00</li> <li>Trials/Finals events: \$6.00</li> <li>Distance events (events 400 yards and over): \$10.00</li> <li>Time Trials: \$10.00 for individual events, \$40 for relays</li> <li>Swimmer Participation Fee: \$25.00 per swimmer</li> <li>NES Travel Fee: \$1.00 per swimmer (to be included in the check and the host team will send to NE Swimming)</li> </ul>
<b>ADMISSIONS</b>	<ul style="list-style-type: none"> <li>No charge</li> </ul>
<b>MEET MOBILE</b>	<p><b>MEET MOBILE HEAT SHEETS</b> Meet Mobile heat sheets will be offered free of charge. The Meet Mobile heat sheet includes smart phone access to all heat sheets for the whole meet, including last minute changes and re-seeds.</p> <p><b>MEET MOBILE:</b> Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.</p>
<b>WARM-UP</b>	The pool will open for warm-ups as designated on the event list. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. The 3 lane area will be available during the meet for warm-up and warm-down.
<b>AWARDS</b>	No awards
<b>SCORING</b>	No scoring
<b>LEGAL SPLITS</b>	<b>Individual Events:</b> Preferably, legal splits should be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party should supply an additional timer(s) on the lane for the split, if necessary, to ensure an accurate time. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course. Optionally, a legal split may be requested after the event using a legal split

	<p>form when using a fully automatic timing system. The Admin Official has discretion to either grant or deny the request after reviewing the available evidence. Backstroke legal splits must be requested in advance to ensure a legal finish.</p> <p><b>LEGAL SPLITS – Relays:</b> All lead-off splits for relays are automatically loaded into SWIMS and do not require additional watches for validation unless there are no touchpads present, or the second swimmer starts in the water. If there are no touchpads, or the second swimmer starts in the water, a legal split form with three watches will be required for entry into SWIMS. Timers must be positioned over the lane at the end of the racing course. It is recommended that coaches report lead-off time discrepancies to the Administrative Referee or Administrative Official.</p>
<b>SWIMWEAR</b>	<p>Per USA Swimming rules (102.8.1.F), 12 &amp; Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet.</p> <p>The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under <a href="#">Tech Suit Restriction for 12-and-Under Swimmers</a>.</p>
<b>RULES</b>	<ul style="list-style-type: none"> <li>● The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>● Operation of a <b>DRONE</b>, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>● <b>PHOTOGRAPHY:</b> As per New England Swimming policy, professional photographers contracted by the Charles River Aquatics, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests.</li> <li>● <b>VIDEO STREAMING:</b> All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE.</li> <li>● Deck Changing is <b>PROHIBITED</b>.</li> <li>● An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>● According to New England Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>● In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>● No shaving is permitted at the competition site.</li> <li>● No glass containers are permitted within the facility.</li> <li>● Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.</li> </ul>

	<p><b>WARM UP SAFETY:</b></p> <ul style="list-style-type: none"> <li>● Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time.</li> <li>● For all warm-up 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.</li> <li>● During competition, when entering the warm-up/warm-down area, a “sit and slide”/ “three-point” entry is required at all times.”</li> <li>● In extraordinary cases, due to bulkheads and other pool designs, it may be determined that it is unsafe or impossible for swimmers to perform the required sit and slide entry. In such extremely rare cases, the sit and slide rule may be modified.</li> <li>● Exceptions to the sit and slide rule shall only be made when performing the sit and slide entry poses risk of injury to swimmers and/or risk damaging or ripping of swimsuits.</li> <li>● An exception to the sit and slide rule shall only be made when the Safety Monitor, Meet Director, and Meet Referee have evaluated the risks and unanimously determined that the use of the sit and slide entry poses such great risk as to be unsafe. In these cases, the Safety Monitor, Meet Director, and Meet Referee must determine and agree upon an alternative safety plan to ensure swimmer safety.</li> </ul>
<p><b>SAFE SPORT</b></p>	<ul style="list-style-type: none"> <li>● The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</li> <li>● The Minor Athlete Abuse Prevention Policy (<a href="http://www.usaswimming.org/maapp">www.usaswimming.org/maapp</a>) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.</li> <li>● Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport.</li> <li>● Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> <li>● For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a>.</li> <li>● All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing.</li> <li>● Any athlete who turns 18 on or after December 7, 2023, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after December 7, 2023, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.</li> </ul>
<p><b>FACILITY RULES</b></p>	<p><b><u>Charles River Aquatics</u> now requires a Team Liability Release for all meets. A link will be sent to all coaches prior to the meet and must be submitted online prior to team’s arrival at the facility.</b></p>

<b>CHANGES TO MEET</b>	Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, <a href="#">Patrick Johnstone</a> . Any change to the meet format after the meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.
<b>WEATHER/FACILITY PROTOCOL</b>	If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. Cancellation of the meet, or a session, is the decision of the Meet Director, Meet Referee and the Meet Jury.
<b>MEET JURY</b>	The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the Meet Jury but not vote. When possible, the three members shall be from separate teams. The Meet Jury will decide all issues of eligibility, and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.
<b>DECK ACCESS</b>	Only current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck and will be fined by New England Swimming of \$100 to the coach, and \$200 to the coach's club.
<b>OFFICIALS</b>	Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. Walk-on officials may not be accepted to limit the number of people on the deck.
<b>GENERAL</b>	Any additional information will be sent to teams in the meet brief before the meet.
<b>DIRECTIONS</b>	<a href="#">Click here for directions and parking information</a>
<b>HOTELS</b>	Refer to meet dedicated website.
<b>EVENTS</b>	See event schedule below.
<b>WAIVERS</b>	USA Swimming, Inc., New England Swimming, Inc., and Charles River Aquatics cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.



## 2024 CRA End of Season March Invitational

Boston Sports Institute  
900 Worcester St, Wellesley, MA 02482  
March 15-17, 2024

Held under the sanction of USA Swimming/New England: NE24-



### Event Schedule

#### Friday, March 15, 2024

##### Friday Distance

**Warm up: 3:45 PM**

**Start: 4:30 PM**

Mixed Event #	Event
1	9 & Over 500 Freestyle
2	11 & Over 400 IM
3	13 & Over 1650 Freestyle

Distance events may be limited based on session timeline

#### Saturday, March 16, 2024

##### 13 & Over Prelims

**Warm up: 7:00 AM**

**Start: 8:05 AM**

Girls Event #	Event	Boys Event #
4	13 & Over 200 Medley Relay	5
6	13 & Over 200 Freestyle	7
8	13 & Over 100 Backstroke	9
10	13 & Over 200 Breaststroke	11
12	13 & Over 100 Butterfly	13
14	13 & Over 200 IM	15

##### 11-12 Prelims/9-10 Timed Finals

**Warm up: 12:15 PM**

**Start: 1:00 PM**

Girls Event #	Event	Boys Event #
16	9-12 200 Medley Relay	17
18	11-12 200 Freestyle Prelims	19
20	Mixed 9-10 200 Freestyle TF	
21	11-12 50 Backstroke Prelims	22
23	Mixed 9-10 50 Backstroke TF	
24	11-12 100 Breast Prelims	25
26	Mixed 9-10 100 Breast TF	
27	11-12 200 Butterfly Prelims	28
29	Mixed 9-10 50 Butterfly TF	
30	11-12 50 Butterfly Prelims	31
32	11-12 200 Backstroke Prelims	33
34	Mixed 9-10 200 IM TF	
35	11-12 200 IM Prelims	36



### Saturday Finals Order of Events

**Warm up: 5:15 PM**

**Start: 6:00 PM**

<b>Event #</b>	<b>Event</b>
18	Girls 11-12 200 Free Finals
19	Boys 11-12 200 Free Finals
6	Girls 13&Over 200 Free Finals
7	Boys 13&Over 200 Free Finals
21	Girls 11-12 50 Back Finals
22	Boys 11-12 50 Back Finals
8	Girls 13&Over 100 Back Finals
9	Boys 13&Over 100 Back Finals
24	Girls 11-12 100 Breast Finals
25	Boys 11-12 100 Breast Finals
10	Girls 13&Over 200 Breast Finals
11	Boys 13&Over 200 Breast Finals
27	Girls 11-12 200 Fly Finals
28	Boys 11-12 200 Fly Finals
12	Girls 13&Over 100 Fly Finals
13	Boys 13&Over 100 Fly Finals
30	Girls 11-12 50 Fly Finals
31	Boys 11-12 50 Fly Finals
14	Girls 13&Over 200 IM Finals
15	Boys 13&Over 200 IM Finals
32	Girls 11-12 200 Back Finals
33	Boys 11-12 200 Back Finals
35	Girls 11-12 200 IM Finals
36	Boys 11-12 200 IM Finals

## Sunday, March 17, 2024

### 13 & Over Prelims

**Warm up: 7:00 AM**

**Start: 8:05 AM**

Girls Event #	Event	Boys Event #
37	13 & Over 200 Freestyle Relay	38
39	13 & Over 100 Freestyle	40
41	13 & Over 200 Backstroke	42
43	13 & Over 100 Breaststroke	44
45	13 & Over 200 Butterfly	46
47	13 & Over 50 Free	48
49	13 & Over 100 IM	50

### 11-12 Prelims/9-10 Timed Finals

**Warm up: 11:15 PM**

**Start: 12:00 PM**

Girls	Event	Boys
51	9-12 200 Freestyle Relay	52
53	11-12 100 Freestyle Prelims	54
55	Mixed 9-10 100 Freestyle TF	
56	11-12 100 Backstroke Prelims	57
58	Mixed 9-10 100 Backstroke TF	
59	11-12 50 Breaststroke Prelims	60
61	Mixed 9-10 50 Breaststroke TF	
62	11-12 100 Butterfly Prelims	63
64	Mixed 9-10 100 Butterfly TF	
65	11-12 100 IM Prelims	66
67	Mixed 9-10 100 IM TF	
68	11-12 200 Breast Prelims	69
70	Mixed 9-10 50 Free TF	
71	11-12 50 Free Prelims	72

## Sunday Finals Order of Events

**Warm up: 4:30 PM**

**Start: 5:35 PM**

<b>Event #</b>	<b>Event</b>
53	Girls 11-12 100 Free Finals
54	Boys 11-12 100 Free Finals
39	Girls 13&Over 100 Free Finals
40	Boys 13&Over 100 Free Finals
56	Girls 11-12 100 Back Finals
57	Boys 11-12 100 Back Finals
41	Girls 13&Over 200 Back Finals
42	Boys 13&Over 200 Back Finals
59	Girls 11-12 50 Breast Finals
60	Boys 11-12 50 Breast Finals
43	Girls 13 & Over 100 Breast
44	Boys 13&Over 100 Breast Finals
62	Girls 11-12 100 Fly Finals
63	Boys 11-12 100 Fly Finals
45	Girls 13&Over 200 Fly Finals
46	Boys 13&Over 200 Fly Finals
65	Girls 11-12 100 IM Finals
66	Boys 11-12 100 IM Finals
47	Girls 13&Over 50 Free Finals
48	Boys 13&Over 50 Free Finals
68	Girls 11-12 200 Breast Finals
69	Boys 11-12 200 Breast Finals
49	Girls 13&Over 100 IM Finals
50	Boys 13&Over 100 IM Finals
71	Girls 11-12 50 Free Finals
72	Boys 11-12 50 Free Finals



# 2024 CRA End of Season March Invitational

Boston Sports Institute  
900 Worcester St, Wellesley, MA 02482  
March 15-17, 2024

Held under the sanction of USA Swimming/New England: NE24-



## Entry Payment and Liability Release Form

### CONTACT INFO

CLUB NAME:

CONTACT NAME:

CONTACT EMAIL

CONTACT CELL PHONE:

LIST UNATTACHED SWIMMERS:

### ENTRY FEES

Trials/Finals Event Entries @ \$6.00 \_\_\_\_\_ = \$ \_\_\_\_\_

Timed Finals Events @ \$5.00 \_\_\_\_\_ = \$ \_\_\_\_\_

Distance Events @ \$10.00 \_\_\_\_\_ = \$ \_\_\_\_\_

Swimmer Participation Fee: # athletes \_\_\_\_\_ @ \$ 25.00 = \$ \_\_\_\_\_

NE Travel Surcharge: # athletes \_\_\_\_\_ @ \$1.00 each = \$ \_\_\_\_\_

TOTAL DUE: \$ \_\_\_\_\_

### PAYMENT

Make checks payable to: Charles River Aquatics

Send to: Charles River Aquatics,  
C/O Chantal Kokaram  
80 Cross Street  
Ashland, MA 01721

Payment deadline: within 4 days of confirmed entry acceptance

### WAVER:

### LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her theirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming Inc, Charles River Aquatics and Boston Sports Institute for any and all injuries suffered by him/her at said meet, including Covid 19. In submitting this entry, the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming.

\_\_\_\_\_

Signature of Authorized Team Official

Date