

WELCOME COACHES, OFFICIALS, AND ATHLETES
Boston Sports Institute
Charles River Aquatics Specialty Meet & Prelim/Finals Meet
March 15-17, 2024

IMPORTANT CONTACTS:

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

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

Gregory Gowern, Admin Referee, 603-661-4186 (ggowern@comcast.net)

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-end-of-season-march-invitational-mar-15-17-2024/>

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500 FREESTYLE EVENT CUTS: due to the number of swimmers for the 500 freestyle we have had to cut the event with time of 7:15.90 and slower. Any swimmers will be refunded after the meet and will not be re-entered in the event.

SESSION BREAKDOWNS: check the team warmup schedule for final warmups and start times.

Date	Session Name	Warm up	Start
Friday, March 15, 2024	9 & Over Distance	3:45 – 4:30 PM	4:30 PM
500 FREESTYLE SWIMMERS ONLY – 3:45-4:25 PM, START – 4:30PM (Warm up break down listed on WU SCHEDULE)			
400 IM & 1650 FREESTYLE SWIMMERS ONLY, WARM UP – NO EARLIER THAN 5:45 PM, START 20 MINUTES LATER			
Saturday, March 16, 2024	13 & Over Prelims	7:00-8:00 AM	8:05 AM
Saturday, March 16, 2024	11-12 Prelims 10 & Under Timed Finals	12:15-12:55 PM	1:00 PM
Saturday, March 16, 2024	11 & Over Finals	5:15-5:55 PM	6:00 PM
Sunday, March 17, 2024	13 & Over Prelims	7:00-8:00 AM	8:05 AM
Sunday, March 17, 2024	11-12 Prelims 10 & Under Timed Finals	11:15-11:55 PM	12:00 PM
Sunday, March 17, 2024	11 & Over Finals	4:30-5:30 PM	5:35 PM

TIMERS & PARENT 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, timers who's shifts have ended must leave the deck. If any team cannot help, please let us know by Thursday, March 14, 2024, and we will offer those opportunities to get parents on deck to other teams.

PRE-MEET SCRATCHES: if you have anyone that will not be attending the meet, please email Danwarner1955@gmail.com with those scratches.

SCRATCH DEADLINES: There is NO penalty for failure to compete in a prelim or timed final event however, please scratch by the proper deadlines to insure the best experience for all. The scratch deadline for Friday's events is 6:15 PM Thursday. The scratch deadline for Saturday's events is 6:15 PM Friday. The scratch deadline for Sunday's events is 6:15 PM Saturday. On some sessions we will be also utilizing scratch sheets also.

TIME UPDATES: No time updates will be accepted.

TEAM SCORING: we have decided to score the meet as combined scoring places 1-5. There are banners that will be presented to teams in the top 1-5 on Sunday.

TEAM ENTRY LIST: Please review your team entry for any issues or concerns and get to me no later than Thursday August 14, 2024. No changes will be made after this deadline.

ATTACHED ARE THE FOLLOWING: Meet Brief, Entry List by Team, Psyche Sheet, Timelines, Warm Up Schedule, Team timing Schedule,

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

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.

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

PARKING: Park only in legal marked parking spots. **Illegally parked cars will be towed.** Should the parking lot at the BSI fill, there is a large overflow lot adjacent to the BSI facility.

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

NO DECK CHAIRS ON POOL DECK: are permitted anywhere in the facility due to space availability and safety.

MEET STREAMING: <https://charlesriveraquatics.com/livestream-mar-15-17-2024/>

OFFICIALS: anyone interested in officiating may contact the meet referee prior to the meet.

HOSPITALITY: there will be no food allowed on deck. CRA will provide officials and coaches with hospitality area throughout the meet.

DISTANCE EVENTS: All events will swim fast to slow.

QUESTIONS: please direct all meet questions to Dan Warner at 978-852-3985, danwarner1955@gmail.com.