



CRA & USC Long Course Specialty Meet
Harvard University Blodgett Pool
65 N Harvard St Boston, MA 02163
 May 10-12, 2024



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

Meet Director	Jon Castaldo	jon@charlesriveraquatics.com	978-569-5155
Meet Referee	Betsy Russell	betsy@byrussell.com	617-633-1033
Entry Chair	Dan Warner	Danwarner1955@gmail.com	978-852-3985
Admin Official	Dan Warner	Danwarner1955@gmail.com	978-852-3985
Safety Monitor	Ryan Pitcairn	ryan@charlesriveraquatics.com	

SESSIONS:

Date	Session Name	Warm Up	Start
Friday Evening, May 10, 2024	Distance Session	4:00 PM	4:45 PM
Saturday Morning, May 11, 2024	13 & Over Session	8:00 AM	9:05 AM
Saturday Afternoon, May 11, 2024	12 & Under Session	1:45 PM	2:30 PM
Sunday Morning, May 12, 2024	13 & Over Session	8:00 AM	9:05 AM
Sunday Morning, May 12, 2024	12 & Under Session	1:45 PM	2:30 PM

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. **Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.**

IMPORTANT DEADLINES	First date of entry: April 5, 2024 Final date of entry: April 26, 2024 Payment deadline: within 4 days of entry acceptance
SITE	The Harvard University Blodgett Pool is a 8 lane, 50 meter pool with seven - foot-wide lanes and non-turbulent lane lines. The timing system includes a fully automatic Daktronics electronic timing system with touchpads at the turn and finish end of the pool with full electronic display. Attached to the main pool is a diving well area that is available for warm-up and warm-down, approximately 20 x 30 feet in size. The finish end of the pool is 7 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is for 1200. Directions may be found later in this document.
FORMAT:	The meet will be swum as timed finals. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session that must be returned 30 minutes before the beginning of each session. Heat sheets will be posted around the pool deck and coaches will be able to pick up heat sheets at the control table. No events will swim with more than one swimmer per lane.

	<p>Swimmers must provide their own timer for 400 meters or longer.</p> <p>No events will swim with more than one swimmer per lane.</p> <p>50 Meter events will start at block end and automatic timing will be used. There are pads and buttons at the far end finish.</p>
SCRATCHES	<ul style="list-style-type: none"> • Scratch sheets will be used for all sessions and must be turned in at the control table 30 minutes before the start of each session.
COURSE	LCM
ELIGIBILITY	<ul style="list-style-type: none"> • 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. • Age is determined by the age of the swimmer on the first day of the meet. • 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. 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. • 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. • Deck registrations will NOT be accepted. • Qualifying Times for any events 200 meters and longer will require entry times faster than or equal to the BB cut for the swimmers own age group. The host club reserves the right to waive the requirements to effectively staff the meet.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
ENTRY POLICY	<p>75%/25%, <i>Policy</i> (Refer to Competition Manual/ Rule and Regs amendments page 4 for full policy.)</p>
CUT PROTOCOL	<p>If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour rule using the following cut protocols in any order deemed necessary:</p> <ul style="list-style-type: none"> • Teams may be asked to cut each athlete to no more than two fewer events per day than the maximum allowed. • Entries may be cut by time or to a specific number of heats for specified events. • Distance events will be cut by time. • 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.

ENTRIES	<ul style="list-style-type: none"> ● 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. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received by: April 29, 2024. Failure to pay entry fees by this deadline could result in teams being barred from the meet. ● Mail completed signed entry cover page and waiver, and payment to the entry chairperson: Technique Swim Academy PO Box 26 Belmont MA 02478 ● 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. This fine is payable to CRA. Late payment of entry fees may result in future exclusion from meets hosted by our club. ● IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery. ● 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> ● All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins. ● All entry times must be entered in the specified meet course (yard times may be converted to LCM times). Swimmers may enter a maximum of 6 individual event per day. ● ENTRY TIME UPDATES: 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.) <ul style="list-style-type: none"> ● No deck entries will be accepted.
TIME TRIALS	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.
FEES	<ul style="list-style-type: none"> ● Timed final individual events 200 yards and under: \$5.00 ● Distance events (events 400 yards and over). \$10.00 ● Time Trials \$10.00 for IE, \$40 for relays ● Swimmer Participation Fee is \$25.00 per swimmer. ● NES Travel Fee: \$1.00 per swimmer (to be included in the check and the host team will send to NE Swimming)
ADMISSIONS	<ul style="list-style-type: none"> ● No Charge for admission
MEET MOBILE	<p>MEET MOBILE HEAT SHEETS Meet Mobile heat sheets will be offered at this meet for at NO 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>MEET MOBILE: 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>
WARM-UP	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. See “Safety” for Warm-up safety guidelines.
AWARDS	No Awards
SCORING	The meet will not be scored.
LEGAL SPLITS	Individual Events: 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 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.
SWIMWEAR	Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. 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 Tech Suit Restriction for 12-and-Under Swimmers .
RULES	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. • Operation of a DRONE, 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. • 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>. • PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the CRA/USC, 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. • VIDEO STREAMING: 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. • Deck Changing is PROHIBITED. • 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. • According to New England Swimming Best Practices, all athletes should shower before entering the pool. • 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.
SAFETY	<ul style="list-style-type: none"> • No shaving is permitted at the competition site. • No glass containers are permitted within the facility. • 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. • Lifeguards, AED device, etc. available to athletes participating in the meet. <p>WARM UP SAFETY:</p> <ul style="list-style-type: none"> • 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. • 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. • During competition, when entering the warm-up/warm-down area, a “sit and slide”/ “three-point” entry is required at all times.” • 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. 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. 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.
SAFE SPORT	<ul style="list-style-type: none"> • 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. • The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) 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. • 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. 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 www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. • 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 www.usaswimming.org/report. • All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after May 10, 2024, 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 May 10, 2024, 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.
CHANGES TO MEET	Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Patrick Johnstone . 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.
WEATHER/FACILITY PROTOCOL	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.
MEET JURY	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.
DECK ACCESS	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.
OFFICIALS	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. Officials meetings will be at least 30 minutes prior to the start of each session.
GENERAL	Coaches & Officials Hospitality will be available during the meet
DIRECTIONS	<p>From the West: Take the Massachusetts Turnpike east to Exit 18 (Allston/Cambridge). After paying toll, bear left at fork towards Allston/Brighton. Turn right at second set of lights onto N. Harvard Street. Proceed approximately one mile and enter the athletics complex at Gate 8 on the left hand side.</p> <p>From the North: Take I-93 south to I-90 west (Massachusetts Turnpike). Take I-90 west to Exit 20 (Allston/Cambridge). After paying toll, bear left at fork towards Allston/Brighton. Turn right at second set of lights onto N. Harvard Street. Proceed approximately one mile and enter the athletics complex at Gate 8 on the left-hand side.</p> <p>From the South: Take I-95 north to I-93 north. Follow I-93 north signs to I-90 west (Massachusetts Turnpike). Take I-90 west to Exit 20 (Allston/Cambridge). After paying toll, bear left at fork towards Allston/Brighton. Turn right at second set of lights onto N. Harvard Street. Proceed approximately one mile and enter the athletics complex at Gate 8 on the left-hand side.</p> <p>Alternative from the Southwest/Northwest: Take Route 128 (I-95) to Massachusetts Turn- pike I-90. Take Mass. Pike I-90 east to exit 18 (Allston/Cambridge). After paying toll, bear left at fork towards Allston/Brighton. Turn right at</p>

	<p>second set of lights onto N. Harvard Street. Proceed approximately one mile and enter the athletics complex at Gate 8 on the left-hand side.</p> <p>Parking: Please drive in Gate 8 and park in a legal spot. There could be a \$10 charge. If the Athletics lot is full, please use the Harvard Business School lot located across from Gate 8 on Gordon Road. Walk to Blodgett Pool located at the corner of N. Harvard St and Soldier's Field Road. Spectator entrance is located upstairs and the athlete entrance is located at ground level.</p>
HOTELS	<p>Within walking distance of Blodgett Pool:</p> <p>Harvard Square Hotel: 110 Mt Auburn St, Cambridge, MA 02138 Phone: (617) 864-5200</p> <p>Others:</p> <p>DoubleTree Hotel 400 Soldiers Field Rd, Boston, MA 02134 Phone: (617) 783-0090</p> <p>Courtyard by Marriott on Memorial Drive 777 Memorial Dr, Cambridge, MA 02139 Phone: (617) 492-7777</p> <p>Hyatt on Memorial Drive 575 Memorial Dr, Cambridge, MA 02139 Phone: (617) 492-1234</p>
USA Swimming Waiver	<p>USA Swimming, Inc., New England Swimming, Inc, Harvard University, CRA and USC 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.</p>
Facility Rules	<p><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.</p>

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Harvard University Blodgett Pool
65 N Harvard St
Boston, MA 02163**

Event List

Friday, May 10, 2024

**** All Events 200 Meters and Over Require AG "BB" Cut ****

Warm up: 4:00 PM, Start Time: 4:45 PM

Girls			Event				Boys		
11-12	13-14	15 & Over				15 & Over	13-14	11-12	
5:56.49	5:40.59	5:32.89	1	Mixed 11 & Over 400 Free	1	5:09.89	5:24.09	5:48.69	
6:48.29	6:25.89	6:18.79	2	Mixed 11 & Over 400 IM	2	5:47.29	6:04.69	6:39.19	
-	11:41.99	11:28.39	3	Mixed 13 & Over 800 Free	3	10:50.09	11:13.99	-	
** 800 free swimmers must supply own timer and counter **									

Saturday, May 11, 2024 (13 & Over)

Warm up: 8:00 AM, Start Time: 9:05 AM

Female		Event				Male	
13-14	15 & Over				15 & Over	13-14	
-	-	4	13 & Over 100 Back	5	-	-	
3:23.99	3:20.49	6	13 & Over 200 Breast	7	3:01.39	3:10.79	
-	-	8	13 & Over 100 Fly	9	-	-	
-	-	10	13 & Over 100 Free	11	-	-	
3:01.79	2:58.19	12	13 & Over 200 IM	13	2:43.99	2:51.39	

Saturday, May 11, 2024 (12 & Under)

Warm up: 1:45 PM, Start Time: 2:30 PM

Female		Event				Male	
10 & Under	11-12				11-12	10 & Under	
3:20.99	2:49.19	14	12 & Under 200 Free	15	2:44.89	3:12.09	
-	-	16	12 & Under 100 Back	17	-	-	
-	3:35.99	18	11-12 200 Breast	19	3:28.69	-	
-	-	20	12 & Under 50 Free	21	-	-	
-	-	22	12 & Under 50 Breast	23	-	-	
-	-	24	12 & Under 100 Fly	25	-	-	
-	3:09.89	26	11-12 200 Back	27	3:05.19	-	

Sunday, May 12, 2024 (13 & Over)

Warm up: 8:00 AM, Start Time: 9:05 AM

Female		Event			Male	
13-14	15 & Over				15 & Over	13-14
2:41.79	2:38.29	28	13 & Over 200 Free	29	2:26.09	2:32.29
-	-	30	13 & Over 100 Breast	31	-	-
2:58.69	2:54.99	32	13 & Over 200 Back	33	2:41.39	2:49.09
-	-	34	13 & Over 50 Free	35	-	-
2:59.19	2:53.99	36	13 & Over 200 Fly	37	2:39.99	2:47.99

Sunday, May 12, 2024 (12 & Under)

Warm up: 1:45 PM, Start Time: 2:30 PM

Female		Event			Male	
10 & Under	11-12				11-12	10 & Under
3:43.19	3:11.39	38	12 & Under 200 IM	39	3:08.49	3:40.79
-	-	40	12 & Under 50 Fly	41	-	-
-	-	42	12 & Under 50 Back	43	-	-
-	-	44	12 & Under 100 Free	45	-	-
-	-	46	12 & Under 100 Breast	47	-	-
-	3:10.19	48	11-12 200 Butterfly	49	3:06.19	-

ENTRY PAYMENT AND LIABILITY RELEASE FORM

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CONTACT INFO	<p>CLUB NAME:</p> <p>CONTACT NAME:</p> <p>CONTACT EMAIL CONTACT CELL PHONE:</p> <p>LIST UNATTACHED SWIMMERS:</p>
ENTRY FEES	<p>Individual Entries 200 & Under @ \$5.00 _____ = \$ _____</p> <p>Distance events (400+) @ \$10.00 _____ = \$ _____</p> <p>Swimmer Participation Fee: # athletes _____ @ \$ _25.00 = \$ _____</p> <p>NE Travel Surcharge: # athletes ____ @ \$1.00 each = \$ _____</p> <p>TOTAL DUE: \$ _____</p>
PAYMENT	<p>Make checks payable to: Technique Swim Academy</p> <p>Send to: Technique Swim Academy PO Box 26 Belmont MA 02478</p> <p>Payment deadline: Within 4 days of accepted entry</p>
USA WAIVER:	<p align="center">LIABILITY RELEASE</p> <p>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, Harvard University, CRA and USC 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.</p> <p>_____</p> <p>Signature of Authorized Team Official Date</p>