

**WELCOME COACHES, OFFICIALS, AND ATHLETES**  
**Boston Sports Institute**  
**September 28, 2024**  
**Charles River Aquatic Club Distance & Specialty Meet**

**IMPORTANT CONTACTS:**

Dan Warner, Meet Director & Entry Chair 978-852-3985 (danwarner1955@gmail.com)  
Jerry Carter, Meet Referee 617-417-1424 (jerry@jerrycarter.org)

**DEDICATED MEET 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/11-over-distance-12-under-specialty-at-bsi-sep-28-2024>**

**SESSION BREAKDOWN:**

Saturday 11 & Over Distance Session:

Warm up (General) 9:00 – 9:30 AM, Start – 9:35 AM

Saturday 12 & Under Specialty Session:

Warm Up 1:15 – 1:35 PM (See Warm Up Assignment Schedule)

Sprints (All Lanes) 1:35 – 1:40 PM

Start: 1:45 PM

**TIME TRIALS:** No time trials will be offered

**TIMERS & PARENT VOLUNTEER WORKERS:** We are asking each team for help, please see timing assignments. Timers will meet in the wet corridor to the pool 20 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, September 25, 2024, and we will offer those opportunities to get parents on deck to other teams.

**MEET FORMAT:**

\*\* Distance Session - will be seeded fastest to slowest alternating heats women/men heats and swimmers must provide their own timer and counter.

\*\* 12 & Under Specialty Session – all 12 & Under events will be seeded slow to fast.

**WARM UP SAFETY:** “sit and slide”/“three-point” entry will be required for all swimmers,” Including in the warm up/down 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 Friday September 27, 2024. We will also use scratch sheets for each session at the meet which will be due 10 minutes after each warm-up starts.

**TEAM ENTRY LIST:** please review your entry list and get any issues back to Dan ([danwarner1955@gmail.com](mailto:danwarner1955@gmail.com)) by 9:00 PM Friday 9/27/24.

**MEET STREAMING:**

**<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 through meet mobile.

**REGISTRATION ISSUES:** Please confirm with NE Swimming any registration issues with your swimmers by Thursday September 26, 2024 by 5:00 PM.

**SPECTATOR AREA:** spectator balcony is open at no cost.

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

**OFFICIALS:** anyone interested in officiating may contact the meet referee prior to the meet. Walk on officials may not be able to help due to limited numbers allowed on the deck!

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

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