

**WELCOME COACHES, OFFICIALS, AND ATHLETES**  
**Boston Sports Institute**  
**January 10-12, 2025**  
**Charles River Aquatic Club Distance & Specialty Meet**

**IMPORTANT CONTACTS:**

Dan Warner, Meet Director & Entry Chair 978-852-3985 ([danwarner1955@gmail.com](mailto:danwarner1955@gmail.com))  
Abby Marino, Meet Referee 401-824-4901 ([abbyswimofficial@gmail.com](mailto:abbyswimofficial@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-specialty-meet-w-distance-jan-10-12-2025/>

**SESSIONS CHANGES:**

Date	Session Name	Warm up	Start
<b>Friday, January 12, 2024</b>	Distance Session	5:00-5:25 PM	5:30 PM
<b>Saturday, January 13, 2024</b>	13 & Over Session	8:30-9:30 AM	9:35 AM
<b>Saturday, January 13, 2024</b>	12 & Under Session	12:30 – 1:30 PM	1:35 PM
<b>Sunday, January 14, 2024</b>	13 & Over Session	8:00-9:00 AM	9:05 AM
<b>Sunday, January 14, 2024</b>	12 & Under Session	12:30 – 1:10 PM	1:15 PM

**TIMERS AND VOLUNTEER WORKERS:** We are asking each team for help, please see timing schedule. 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 8, 2025, 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](mailto:danwarner1955@gmail.com) with those scratches prior to 9:00 PM Thursday January 9, 2025. 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](mailto:danwarner1955@gmail.com)) by 9:00 PM Thursday 1/9/25.

**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 the dedicated meet page.

**REGISTRATION ISSUES:** Please confirm with NE Swimming any registration issues with your swimmers by Thursday (1/9/25) at 5:00 PM with the NE Swimming office.

**FINANCIAL PAYMENT:** payments for the meet can only be done utilizing our electronic process (you cannot bring a check to the meet!) please process your final payment immediately just in case there is any problems, all payments are due no later than Thursday January 9, 2025. Contact Dan if you have any issues with electronic process to arrange payment no later than the Thursday before the meet.

**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.