

CRA Long Course Specialty Meet Harvard University Blodgett Pool 65 N Harvard St Boston, MA 02163 June 20-22, 2025



Held under the sanction of USA Swimming/New England: NE25-

Meet Director	Jon Castaldo	jon@charlesriveraquatics.com	978-569-5155	
Meet Referee	Patrick Hunter	phunter.usaswimming@gmail.com	612-845-3031	
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 June 20, 2025	9 & Over Distance Session	4:00 – 4:40 PM	4:45 PM
Saturday, June 21, 2025	Saturday Morning 13 & Over	8:00 – 9:00 AM	9:05 AM
Saturday, June 21, 2025	Saturday Afternoon 12 & Under	1:30 – 2:30 PM	2:35 PM
Sunday June 22, 2025	Sunday Morning 13 & Over	8:00 – 9:00 AM	9:05 AM
Sunday June 22, 2025	Saturday Afternoon 12 & Under	2:00 – 3:00 PM	3:05 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.

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.

Link: https://charlesriveraquatics.com/specialty-lc-meet-with-distance-at-harvard-june-20-22-2025/

IMPORTANT DEADLINES	75% Entries due by: May 9, 2025 25% Entries due by: May 16, 2025 Final date of entries: June 6, 2025 Payment due by: June 13, 2025
SITE	The Harvard University Blodgett Pool is an 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-final with all events swimming fast to slow. 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, which must be returned

	,
	no later than 30 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets at the timing table on deck. Swimmers must provide their own timer for the 400, 800 & 1500 freestyle and 400IM.
	• 50 Meter events will start at (block end) and will be timed with (electronic timing)
SCRATCHES	• 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	• 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 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.
	Coaches must be registered before the start of the meet.
	• 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	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	 75%/25% The meet host may allocate 75% of splashes for the meet. The host team's entries are included in this allocation.
	• Teams that are included in the 75% of guaranteed entries must submit their entry and payment to the host team no later than 7 calendar days before the first date of entries, or the host team may remove them from the 75% of guaranteed entries.
	• 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.
	• 25% of the splashes must be reserved for other interested teams. Entries open at 12:00 am on the first date of entry acceptance; entries received before the first date of entry acceptance

are considered received on the first day of entry acceptance. All entries received on the same calendar day are considered tied.

- Should the meet become oversubscribed, and entries tied in sequence require resolution, a lottery will be conducted by the New England Swimming office. The results of the lottery will be shared with all involved parties.
- Should the meet host improperly reserve 25% of available splashes, it must first adjust its own entry prior to applying cut protocols to the meet.

CUT PROTOCOL

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 policy using the following cut protocols in any order deemed necessary:

- 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.
- 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

• Charles River Aquatics has moved to an electronic payment format (similar to OME). In accordance with New England Swimming rules, payments must be sent with the entry, so no entry shall be considered complete without payment. In the rare instance that an electronic payment is not possible, please contact Dan Warner (danwarner1955@gmail.com). Please have your banking login info OR your bank name, routing number and bank account number ready (these can be found on your check) and complete payment through the link below.

https://fs18.formsite.com/suMOJL/2b0zubct2h/index

- 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 "Charles River Aquatics" 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. *Your entry is considered received only if you receive an acknowledgement.*
- 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)
- All Swimmers in Events 200m and above must meet the BB time standard.
- Swimmers may enter a maximum of 6 *individual events 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.) 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	 Timed final individual events 200 meters and under: \$5.00 Distance events (events 400 meters 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	 No Charge for admission PROGRAMS available through the team dedicated webpage or Meet Mobil at No charge
MEET MOBILE	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. 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.
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 the 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 <u>Tech Suit Restriction for 12-and-Under Swimmers</u> .
RULES	 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</u> permitted.
- 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

- 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.

WARM UP SAFETY:

- 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	 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 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
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, <u>Patrick Johnstone</u> . 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. Announce any meetings, place and time. (Officials meetings will be at least 30 minutes prior to the start of a session).
GENERAL	Coaches & Officials Hospitality will be available during the meet
DIRECTIONS	If you are heading south on I-93, follow I-93 into Boston then follow the I-93 instructions below. If you are heading south on I-95, take the I-93 South exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.
	From the South (I-95 or I-93) If you are heading north on I-93, follow I-93 (the Southeast Expressway) into Boston then follow the I-93 instructions below. If you are heading north on I-95, take the I-93 North exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.
	From the West (I-90) (Mass Turnpike) Follow I-90 east to the Cambridge/Brighton exit (exit 18). Following the signs to Cambridge, cross the River Street Bridge, and continue straight about 1 mile to Central Square. Turn right onto Massachusetts Avenue and follow Massachusetts Avenue for about a half mile. The main entrance to MIT will be on your left. If you cross the river again, you have gone too far.
	From Route I-93 From I-93, take exit 26, and follow the signs to Back Bay along Storrow Drive West, approximately 1.5 miles, to the exit for Route 2A. The exit will be on the left, just before the Harvard Bridge (more appropriately called the Massachusetts Avenue Bridge). The Charles River will be on your right. As you cross the bridge, you will be looking at MIT – the Great Dome and academic facilities are on the right, the dormitories and athletic facilities are on the left.
WAIVERS	USA Swimming, Inc., New England Swimming, Inc., CRA and MIT 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.

CRA Long Course Specialty Meet Harvard University Blodgett Pool June 20-22, 2025

Event List Friday, May 9, 2025

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

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

	Girls			Event		Boys				
9-10	11-12	13-14	15 & O	Event			15 & O	13-14	11-12	9-10
	6:56.79			1	Mixed 11-12 400 IM				6:46.59	
7:01.69	6:04.79	5:4179	5:29.89	2	Mixed 9 & Over 400 Free		5:10.19	5:23.49	5:53.89	6:52.49
	24:14.99	22:43.49	21:52.49	3	Mixed 11 & Over 1500 Free		20:33.39	21:25.69	24:00.99	
	** 400 and over swimmers must supply own timer and counter **									

Saturday, May 10 2025 (13 & Over)

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

Female		EvanA			Male		
13-14	15 & Over		Event		15 & Over	13-14	
2:42.79	2:37.09	4	13 & Over 200 Freestyle	5	2:25.39	2:32.29	
		6	13 & Over 100 Butterfly	7			
		8	13 & Over 100 Backstroke	9			
3:24.59	3:17.29	10	13 & Over 200 Breaststroke	11	3:00.59	3:08.29	
		12	13 & Over 50 Freestyle	13			
6:28.19	6:15.79	14	13 & Over 400 IM	15	5:47.99	6:02.79	

Saturday, Saturday, May 10 2025 (12 & Under)

Warm up: 1:30 PM, Start Time: 2:35 PM

Female		Event		Male		
10 & Under	11-12		Event		11-12	10 & Under
		16	12 & Under 50 Freestyle	17		
		18	12 & Under 50 Breaststroke	19		
		20	12 & Under 100 Butterfly	21		
3:25.69	2:53.09	22	12 & Under 200 Freestyle	23	2:46.39	3:14.99
		24	12 & Under 100 Backstroke	25		
3:48.89	3:15.59	26	12 & Under 200 IM	27	3:08.99	3:43.69
	3:15.99	28	11-12 200 Butterfly	29	3:10.19	

Sunday, May 11, 2025 (13 & Over)

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

Female		Event		Male		
13-14	15 & Over		Event			13-14
2:59.49	2:53.39	30	13 & Over 200 Backstroke	31	2:39.99	2:48.79
		32	13 & Over 100 Breaststroke	33		
3:01.69	2:54.39	34	13 & Over 200 Butterfly	35	2:39.49	2:46.79
3:03.09	2:57.49	36	13 & Over 200 IM	37	2:43.59	2:49.79
		38	13 & Over 100 Freestyle	39		
11:50.79	11:25.09	40	Mixed 13 & Over 800 Freestyle (Immediately following 100 Freestyle)		10:44.39	11:09.19

Sunday, May 11, 2024 (12 & Under)

Warm up: 2:00 PM, Start Time: 3:05 PM

Fen	Female		Event		Male	
10 & U	11-12		Event	11-12	10 & U	
	3:13.29	41	11-12 200 Backstroke	42	3:08.49	
		43	12 & U 100 Freestyle	44		
		45	12 & U 100 Breaststroke	46		
		47	12 & U 50 Butterfly	48		
		59	12 & U 50 Backstroke	50		
	3:39.89	51	11-12 200 Breaststroke	52	3:31.59	
	12.42.89	53	Mixed 11-12 800 Freestyle (Immediately following 200 Breaststroke)		12:22.99	

** ENTRY PAYMENT AND LIABILITY RELEASE FORM**

This form is for reference only. Please submit by the electronic form at:

https://fs18.formsite.com/suMOJL/2b0zubct2h/index

CRA Long Course Specialty Meet Harvard University Blodgett Pool 65 N Harvard St Boston, MA 02163

June 20-22, 2025

Held under the sanction of USA Swimming/New England: NE25-

CONTACT INFO	CLUB NAME:	
INTO	CONTACT NAME:	
	CONTACT EMAIL	CONTACT CELL PHONE:
	LIST UNATTACHED SWIMMERS:	
ENTRY FEES	Individual Entries all 200's & under @ \$5.00=	\$
	Distance events @ \$10.00=	\$
	Swimmer Participation Fee: # athletes @ \$00 =	\$
	NE Travel Surcharge: # athletes @ \$1.00 each =	\$
	TOTAL DUE:	\$
PAYMENT	Charles River Aquatics has moved to an electronic payment format (similar to OME). In accordance with New England Swimming rules, payments must be sent with the entry, so no entry shall be considered complete without payment. In the rare instance that an electronic payment is not possible, please contact Dan Warner (danwarner1955@gmail.com). Please have your banking login info OR your bank name, routing number and bank account number ready (these can be found on your check) and complete payment through the link below. https://fs18.formsite.com/suMOJL/2b0zubct2h/index	
WAIVER:	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, CRA and MIT 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	