2026 CRA November Distance and Specialty Meet

Boston Sports Institute
900 Worcester St,
Wellesley, MA 02482
November 13-15, 2026
Held under the sanction of USA Swimming/New England: NE27-

Meet Director	Dan Warner	danwarner1955@gmail.com	978-852-3985
Meet Referee	Derek Helmer	dhelmer1970@gmail.com	978-833-0763
Entry Chair	Dan Warner	danwarner1955@gmail.com	978-852-3985
Admin Official	Lindsay D'Angelo	N/A	N/A
Safety Monitor	Sandro Eramo	N/A	N/A

SESSIONS:

Date	Session Name	Warm up	Start
Friday, November 13, 2026	Open Distance	**4:45 – 5:25 PM**	**5:30 PM**
Saturday, November 14, 2026	13 & Over	**8:15 – 8:55 AM**	**9:00 AM**
Saturday, November 14, 2026	12 & Under	**3:00 – 4:00 PM**	**4:05 PM**
Sunday, November 15, 2026	13 & Over	**7:45 – 8:25 AM**	**8:30 AM**
Sunday, November 15, 2026	12 & Under	**3:00 – 4:00 PM**	**4:05 PM**

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/nov-13-15-2026-specialty-meet/

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: October 3, 2025 Final date of entry: October 31, 2025 Payment deadline: November 4, 2025
SITE	The Boston Sports Institute Competition Pool is a 10-lane, 25-yard pool with seven foot wide lanes and non-turbulent lane lines. The timing system includes a fully automatic Colorado Time Systems electronic timing system with touchpads at the finish end of the pool with colored electronic display. There are no touchpads at the turn end of the pool. Attached to the main pool is a diving well area that is available for warm-up and warm-down, approximately 3 (25-yard) lanes. The finish end of the pool is 12.5 feet deep; the turn end of the pool is 7 feet deep. Spectator seating for 300. The pool is located inside the Boston Sports Institute Athletic Complex, 900 Worcester Street, Wellesley MA 02482. Please enter through the main entrance at the front of the building. Directions may be found later in this document.

	The competition course has been certified in accordance with 104.2.2C(4), the copy of such file is on file with USA Swimming.
FORMAT:	• The meet will be swum as timed finals. • Distance Events: will be seeded fastest to slowest alternating heats women/men heats and swimmers must provide their own timer and counter. • No events will swim with more than one swimmer per lane. • 25-yard events will start at block end of the pool and will be electronic timed with plungers
SCRATCHES	• Scratch sheets will be used for all sessions and must be turned in at the control table by the designated time listed in the meet brief.
COURSE	SCY
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 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. • 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.
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	100% Invitational • The meet host may allocate 100% of splashes for the meet. • 25% of the splashes allocated must be allocated to New England Swimming teams, excluding the meet host. The meet host must make a reasonable effort at the time of allocation to solicit interest from New England Swimming teams to meet this requirement. Should insufficient New England Swimming teams express interest at the time of allocation, the meet host may proceed with allocating these reserved splashes to out-of-LSC teams. • 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.
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. • Teams may be asked to cut relay 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	• 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. Entries, payment and electronic waiver form must be received by: November 4, 2025 Failure to pay entry fees by this deadline could result in teams being barred from the meet. 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/2yeuq8i787/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 the Charles River Aquatics Late payment of entry fees may result in future exclusion from meets hosted by our club. • 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. (Coach's times may be used instead of NT's) • Athletes may enter as many events as they choose but may only compete in a maximum of 6 individual events per day for timed final event, Time trials count in the per day event count. • **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. • 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 the Charles River Aquatics Late payment of entry fees may result in future exclusion from meets hosted by our club. • 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. (Coach's times may be used instead of NT's)

	• Athletes may enter as many events as they choose but may only compete in a maximum of 6 individual events per day for timed final event, Time trials count in the per day event count. • **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. Any time trials that will be conducted can only be paid by using Venmo.
FEES	• Timed final individual events 200 yards and under: $5.00 • Distance 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	• No charge
PROGRAMS	• No charge through Meet Mobile or the meet dedicated web page
MEET MOBILE	**MEET MOBILE HEAT SHEETS:** Meet Mobile heat sheets will be offered 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 may be assigned warm-up lanes after all entries are received. The 3-lane area will be available during the meet for continuous warm-up and warm-down.
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	• The **current USA Swimming Rules and Regulations** including the **Minor Athlete Abuse Protection Policy (MAAPP 2.0)** 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 USAS 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 NES policy, professional photographers contracted by M.F. Swimming, LLC, 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 SafeSport policies defined by USAS, NES, 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 NES Best Practices, all athletes should shower before entering the pool. • In accordance with NES Policy, only those coaches who have current, valid USAS 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 SafeSport program is USAS'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** 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 **USAS 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 via 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 Code of Conduct found within the USAS Rules and Regulations as well as 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 November 14, 2025 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 18 on or after November 14, 2025 who competes in this USAS sanctioned event without completing this 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 Information before the meet only with the approval of the Co-Technical Chairs, **Patrick Johnstone** and **Greg Gowern**. 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.
GENERAL	Any additional Information will be sent to teams in the meet brief before the meet.
DIRECTIONS	Click here for directions and parking information.
HOTELS	Refer to meet dedicated website for additional options. **Meet Host Hotel**: Aloft Framingham 130 Worcester Road, Framingham, MA, US www.marriott.com/en-us/hotels/bosaf-aloft-framingham/overview/ Contact: Carrie Johnson, Director of Sales (520) 262-3375 direct carrie@invigoratehospitality.com
WAIVERS	USA Swimming, Inc., New England Swimming, Inc., and Charles River Aquatics 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.

2026 CRA November Distance and Specialty Meet

Boston Sports Institute
900 Worcester St,
Wellesley, MA 02482
November 13-15, 2026
Held under the sanction of USA Swimming/New England: NE27-

Event Schedule

Friday Distance Session:

Female Event #	Event	Male Event #
1	Mixed Open 500 Freestyle *	
2	Mixed Open 400 IM *	

*** May be cut by time**

Saturday 13 & Over Session: Warm up:

Female Event #	Event	Male Event #
3	13 & Over 200 IM *	4
5	13 & Over 50 Breaststroke	6
7	13 & Over 100 Freestyle	8
9	13 & Over 200 Butterfly *	10
11	13 & Over 100 Breaststroke	12
13	13 & Over 50 Butterfly	14
15	13 & Over 200 Backstroke *	16

*** May be cut by time**

Saturday 12 & Under Session:

Event #	Event
17	Mixed 9-12 200 Free * (Cut Event)
18	Mixed 12 & Under 50 Back
19	Mixed 11-12 200 Breaststroke *
20	Mixed 8 & Under 25 Breaststroke
21	Mixed 9-12 100 Butterfly *
22	Mixed 8 & Under 25 Butterfly
23	Mixed 12 & Under 100 IM
24	Mixed 12 & Under 50 Breaststroke
25	11-12 200 Backstroke *
26	Mixed 12 & Under 50 Freestyle

*** May be cut by time**

Sunday 13&Over Session: Warm up:

Female #	Event	Male #
27	13 & Over 200 Freestyle	28
29	13 & Over 50 Backstroke	30
31	13 & Over 100 Butterfly	32
33	13 & Over 200 Breaststroke	34
35	13 & Over 100 Backstroke	36
37	13 & Over 100 IM	38
39	13 & Over 50 Freestyle	40

*** May be cut by time**

Sunday 12 & Under Session:

Event #	Event
41	Mixed 9-12 200 IM *
42	Mixed 8 & Under 25 Freestyle
43	Mixed 12 & Under 50 Butterfly
44	Mixed 9-12 100 Backstroke *
45	Mixed 11-12 200 Butterfly *
46	Mixed 8 & Under 25 Backstroke
47	Mixed 9-12 100 Breaststroke *
48	Mixed 12 & Under 100 Freestyle

2026 CRA November Distance and Specialty Meet

Boston Sports Institute
900 Worcester St,
Wellesley, MA 02482
November 13-15, 2026
Held under the sanction of USA Swimming/New England: NE27-

ENTRY PAYMENT AND LIABILITY RELEASE FORM

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

https://fs18.formsite.com/suMOJL/2yeuq8i787/index

CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL CONTACT CELL PHONE: LIST UNATTACHED SWIMMERS:
ENTRY FEES	Individual Entries all distances @ $5.00 _____= $ _____ Distance events @ $10.00 _____= $_____ Swimmer Participation Fee: # athletes____ @ $ 25.00 = $ _____ NE Travel Surcharge: # athletes ___ @ $1.00 = $ _____ TOTAL DUE: $_____
ELECTRONIC FORM AND PAYMENT	**LINK TO ELECTRONIC FORM:** **https://fs18.formsite.com/suMOJL/2yeuq8i787/index**
WAIVER:	**LIABILITY RELEASE** 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, Charles River Aquatics and Boston Sports Institute 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