

2009 New England LMSC Short Course Yards Championship and New England Masters Swim Club Workout Group Challenge March 21 & March 27-29, 2009, Harvard University, Boston MA

Hosted by Cambridge Masters Swim Club

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 040-002-SSCY

Enter this meet online: <http://www.meetresults.com/nelmscscy/>

MEET ENTRY CAP: The meet will be declared FULL when we have received complete entries from 750 swimmers. We will accept all entries that are received by the regular entry deadline of February 20. If the meet is not full by the February 20 regular deadline, we will accept late entries until the meet is full. On the day that the meet becomes full, we will accept all late entries that arrive on that day, and then declare the meet FULL. Entries will not be processed unless they are complete, including valid 2009 USMS registration. If your entry is not complete when the meet is declared FULL, it will be rejected. Late entries received after the meet is declared FULL will be rejected, and will not be entered into the meet.

POOL: Harvard University Blodgett Pool, site of numerous men's and women's Eastern and Ivy League championship meets and the 57th NCAA Swimming and Diving Championship. 50-meter by 25-yard pool. Eight-lane competition course, and six-lane warm-up/warm-down. Electronic timing and scoreboard. Deck space for 500 swimmers, coaches, officials, and spectator seating for 1200.

DIRECTIONS: From the North: Take I-93 into Boston and take MA Pike (I-90) west about five miles to Allston/Cambridge Exit (Westbound Exit 20, Eastbound Exit 18) bear right at fork after the toll booth towards Cambridge. At second light (Doubletree Suites will be on your right) turn left onto Storrow Drive Westbound for about 1 mile. Exit at Harvard Square/N. Harvard Street. At top of exit, turn left on N. Harvard Street. Approx ¼ mile on your right will be Blodgett Pool. Turn left into the Harvard Business School Lot entrance, which is the second gate on the left just past the pool. From the South/West: Take Mass Pike (I-90) to Allston/Cambridge Exit (Westbound Exit 20, Eastbound Exit 18) and follow directions above. See web site for parking information.

ELIGIBILITY: 2009 registered United States Masters Swimming (USMS) swimmers 18 years or older as of March 29, 2009. Also, 2009 registered Masters swimmers from other countries. New England LMSC swimmers must be USMS-registered no later than February 20, 2009 in order to compete.

RULES: 2009 USMS rules apply. We will use dive-over starting. If you want more time to exit the pool please notify the meet referee in advance.

ENTRIES: Maximum of four individual events, plus two relays per day. Swimmers may not swim both 1000 and 1650. You must include a seed time for each entered event. Entry times of "NT" will not be accepted. Mail your entry form, copy of your 2009 USMS card (if necessary), and check payable to **Cambridge Masters Swim Club to: NE LMSC SCY Entries, P.O. Box 380782, Cambridge MA 02238**. Entries with problems will be listed on the meet web site. Please check the meet web site frequently to make sure there were no problems with your entry. Please submit a single entry form for both weekends. No refunds will be issued for entry fees for any reason. Swimmers may not change workout group affiliation after completing their first relay or individual event.

ENTRY DEADLINE: Paper entries must be postmarked by Tuesday, February 17, 2009, or received by Friday, February 20, 2009, 6:00pm.

LATE ENTRIES: If you miss the entry deadline above and the meet is not FULL, you may submit an entry form, which must be received by 6pm, Friday, March 13, 2009. There is an additional \$20 late entry penalty. Late entries received after March 13 and incomplete late entries will not be accepted. Please send late entries, with the late entry penalty, to the address above.

HEAT SEEDING: All events are timed finals. Heats seeded by sex from slowest to fastest. Swimmers who volunteer to swim the 1000 or 1650 freestyle in the shallow end of the pool with an in-water start will receive a \$2 entry fee credit. The Meet Director or Meet Referee shall have the right to change seed times that are obviously incorrect based on previous performances. Entries without seed times will not be accepted.

SEED TIME PRIZE: The first 10 swimmers who finish with the exact time submitted on their entry will receive a \$10 gift card. (Limit: 1 per swimmer)

AWARDS: Certificate for mounting an adhesive label record of your performance in each individual event. Awards for male and female high point winner. Team awards will be given to the top three Large (26+ swimmers), Medium (12-25), Small (4-11) and Squad (1-3) NEMSC workout groups, and the top three non-NEMSC USMS clubs. Workout group size is based on swimmers entered into the meet.

ALL EVENTS REQUIRE POSITIVE CHECK-IN: All events will be deck seeded from entry form times. Events will close for check-in and will be seeded approximately one hour before they start. An events timeline with a listing of when each event will close for check-in and seeding will be posted to the official meet web site. When you arrive at the pool, be sure to visit the check-in table immediately to check-in for your events. The first event each day will close for check-in 45 minutes before the session starts. (The 500 free, women's 400 IM and women's 1650 free close at 8:15am.)

WARM-UP/WARM-DOWN: The entire pool will be available for warm-up for one hour before the start of each session. On Friday, Saturday and Sunday, there will be a 30 minute warm-up in the competition pool immediately following the conclusion of that day's first event. The 6 lane warm-up/warm-down area and the diving well will be available during all sessions, and all lanes will be available for warm-down 30 minutes after the last heat of each session.

RELAYS: Relay swimmers must be entered in at least one individual event. Relays will be deck entered at the meet and must be submitted by the deadline announced at the meet—approximately one hour before the event. Swimmers will be allowed one relay for each relay event; swimmers may not be on a single-sex and mixed-sex relay of the same event. Due to USMS rules, all swimmers on a relay must be affiliated with the same USMS team. Swimmers from different NEMSC workout groups may create 'NEM-Unattached' relays, which will not score points.

SCORING: The first sixteen places in each individual age group event will score in the following sequence: 17, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. The top sixteen relays in each age group event will score double points. The 800 free relay is unscored.

HOTELS: Please see the meet web site for information about hotels in the area.

MEET WEB SITE: The official meet web site is at: <http://www.meetresults.com/nelmscscy/> The web site will provide current meet information, psych sheets, timelines and a list of entry problems with deadlines for resolution. During the meet, the web site will feature instant results, updated events timeline, live scoreboard and webcam. Please check the web site frequently to be sure there are no problems with your entry.

MORE INFORMATION: Email to nelmscscy@meetresults.com. Please visit the meet web site for additional information and frequently asked questions about the meet. Sign up for **NEM E-News** at the meet web site to stay updated with email announcements about the meet.

<http://www.meetresults.com/nelmscscy/>