



# 2009 New England LMSC Short Course Meters Championship and New England Masters Workout Group Challenge

December 11-13, 2009 at Boston University Fitness and Recreation Center

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 040-023-SSCM

**SAVE A STAMP, SAVE TIME: ENTER ON-LINE!** <http://www.meetresults.com/entries/>

**Pool:** The competition pool at the Boston University FitRec Center features ten racing lanes with additional area for continuous warm up and warm down, electronic timing and scoreboard. Water depth is 7 to 13.5 feet.

**Directions:** Complete directions at the following link - <http://www.bu.edu/visit/directions/index.html>

Facility address: 915 Commonwealth Ave., Boston MA 02215  
General directions – I93 to Storrow Drive; Kenmore Square exit to Beacon Street; bear right at far end of Kenmore Sq. to Commonwealth Ave.; Center on the right, approximately 1 mile

**Mass Transit:** MBTA Green (B-Line) service to "St. Paul" stop.

**Parking:** Friday \$5 flat, 808 Commonwealth Avenue (Lot F), Saturday \$1/hour, \$8 maximum, Agganis Arena (Lot A) & Sunday \$5 flat rate, 808 Commonwealth Avenue (Lot F). Agganis Arena parking is behind the FitRec Center.

**Hotels:** Complete list of hotels at the following link - <http://www.bu.edu/visit/boston/hotels/index.html>

Hotel Commonwealth, Boston, 617-933-5000  
Best Western Terrace Inn, Boston, 1-800-Western

**Eligibility:** 2009 or 2010 registered United States Masters Swimming (USMS) swimmers 18 years or older by December 11, 2009, and 2009 registered masters swimmers from other countries. NELMSC swimmers must be USMS registered by November 30, 2009.

**Rules:** 2009 USMS rules apply.

**Entries:** Enter a maximum of five individual events each day, plus all relays. Mail entry form, USMS card copy if from a non-NELMSC club, and check payable to Great Bay Masters to: *GBM, PO Box 1723, Dover NH 03821*. Problem entries will be posted on the meet website, and assessed a \$5 penalty. All problem entries must be resolved and fees received by Tuesday December 8, or the entry will be rejected. *Please check the meet website to make sure your entry has been processed and that you are not on the "problems" list.*

**Entry Deadline:** Entries must be postmarked by Wednesday November 18, 2009.

**Late Entries:** If you miss the entry deadline above, you may submit an entry form that must be received no later than 6 p.m. Saturday December 5, 2009, with an additional \$20 late fee.

**No Fee Refunds:** No entry fee refunds will be issued for any reason. Overpayment of fees will not be refunded.

**Seed Times:** A short course meters seed time must be submitted for each event entered. Entry times of "NT" will not be accepted. An on-line time converter is available at: [www.greatbaymasters.org](http://www.greatbaymasters.org)  
Swimmers must seed themselves truthfully. The meet director or meet referee shall have the right to change seed times that are obviously incorrect.

**800 Free:** There is a 20 minute time limit for swimmers of the 800. Swimmers will need to participate in the backup timing for this event.

**Heat Seeding:** All events are timed finals. Heats seeded by gender from slowest to fastest except for the 800 free which will be seeded from fast to slow, alternating heats of women and men. Genders may be combined in the slowest two heats of the 800.

**All Events Require Positive Check-In:** All events will be deck seeded from entry form times. Swimmers must confirm their entries by 4:30 p.m. on December 11, and 9:30 a.m. on December 12 and 13. Swimmers who do not check in by those deadlines will be scratched from all their events for that day. If you arrive late, check-in immediately and you will be re-entered in events that have not yet been seeded and posted. Events will be seeded and posted

approximately ½ to ¾ hour before the event starts. Swimmers must check-in personally.

**MEET ENTRY CAP:** This event must have cleared the water by 9:00 p.m. on 12/11 and 7 p.m. on 12/12 and 12/13. If the timeline reaches these limits, no further entries will be processed for the day, or days, where the projected meet timeline is a problem per Meet Director's judgment. See meet web page for full policy on Meet Entry Cap.

**Dive Over Starting - All Events Except Backstroke:** Swimmers completing a heat will finish at the wall, and stay in the water until the next heat is called to the blocks. Swimmers will stay in the water until the next heat "Dives Over" the top of them. *Immediately* after the next heat has started, the swimmers from the previous heat will exit the pool. If you need to use the ladder to exit the pool, notify the starter before your race.

**Relays:** Relay swimmers must be entered in at least one individual event. Relays will be deck entered at the meet, and entry deadlines will be announced at the meet. There is no fee for relays. All four members of a relay must be members of the same USMS club. USMS unattached swimmers may not participate in relays. Swimmers may participate in either the single or mixed gender, but not both, of each relay event.

**Scoring:** The first 16 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 16 relays in each age group event score double points. The 800 free relay is un-scored. NEM "Workout Groups" scored in one division, and non-NEM USMS clubs scored in a separate division.

**Awards and Award Ceremony:** Certificate for mounting an adhesive label record of your performance in each event. Trophy for the male and female high point winners. Awards for the top three Large (26+ entrants), Medium (12-25), Small (4-11) and Squad (1-3) NEMSC Workout Groups, and for the top-10 non-NEM USMS clubs. Awards not picked up at the Award Ceremony will be discarded.

## **SAFETY, BEHAVIOR, RULES & SPECIAL INSTRUCTIONS**

1. Diving is prohibited during warm-ups with the exception of one-way sprint lanes when announced. DIVING IS STRICTLY PROHIBITED IN THE WIDTH-WISE LANES BEHIND THE BULKHEAD.
  2. All swimmers must enter the competition pool at starting end.
  3. No shaving is permitted at the competition site.
  4. Glass containers are prohibited in the facility
  5. No open containers, such as coffee cups, are allowed on the pool deck.
  6. No camera cell phones are permitted in the locker rooms.
  7. No flash photography at the start of any race.
  8. Absolutely no swimming under the bulkhead or walking across the bulkhead at any time.
- Failure to abide by these rules and any other rules that may be announced or posted by meet officials during the meet may result in ejection from the facility. Meet officials have the authority to dismiss swimmers and spectators from the grounds. Boston University and Great Bay Masters Swimming are not responsible for lost or stolen items.

**For More Information:** Email [09scmchamp@greatbaymasters.org](mailto:09scmchamp@greatbaymasters.org)  
Meet information and updates posted on the following web page: <http://www.greatbaymasters.org/09scmchamp.php> The meet web page will be updated frequently with latest entries lists, psych sheets, problem entries, time line, and any other relevant meet updates and news; PLEASE CHECK THE MEET PAGE FREQUENTLY