

GSSA Championships

Raco Pool

Manchester, NH

August 5th and 6th

Approval Number NE-11-96(A)

Site:

The Raco Theodore Swimming Pool is a 10-lane, 50 Meter x 25 yard pool with seven-foot-wide lanes with at least one lane for warm-ups. The start end of the pool is 7 feet deep; the turn end of the pool is 4 feet deep. Fully-automatic electronic timing with touch pads may be used for all events longer than 50 meters. Some or all of the 50 meter events may be timed with stop watches only. The pool is located at Raco Theodore Park on Head Street in Manchester NH. *The competition course has [not] been certified in accordance with 104.2.2C(4).*

There are no starting blocks for the Short Course Yards Events, nor at the 4 foot end of the pool

Meet Director/Entry Chair:

Entry Chair/Co-Director - Paul Bennett	978-697-6713	pbennett@wpi.edu
Co-Director - Steven Van Der Beken	603-533-3554	svanderbek@aol.com

Meet Referee:

Mary Ann Lustgraff/Sarah Aldrich

Eligibility:

All swimmers must be 2010/2011 registered swimmers with New England Swimming. Swimmers may register with Carol Healey, 47 May Street, Needham, MA 02492. All swimmers must be registered before the entry is submitted. Teams that enter unregistered swimmers will be subject to a fine of \$100 per unregistered swimmer. Teams are **required** to check their entries with the online registration check tool on the New England Swimming web site. Age is determined by the age of the swimmer the first day of the meet and must be shown on the entry form. All coaches on deck must be registered with USA Swimming and display their coach membership cards.

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. 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.

Adapted Swimming: Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee and meet director of any disability prior to competition.

Entry Information:

All entries from each team must be sent via email to pbennett@wpi.edu in Hy-tek format. Entries must be received by July 27th at 5:00pm. Late entries may not be accepted. There are two entry files for this meet - Events 1-24 and 57-100 are LCM and are contained in

one file. Events 25-56 are for the 10 and Under swimmers, formatted for Short Course Yards and contained in the other file. Both files must be used and an export from each file must be sent as part of the entry process. Entry times must be in the correct format for the course being used. NT or No Times will not be accepted. Each team will receive two PDF files with a copies of their complete entries, teams will then have 24 hours from receipt to make changes, add athletes or update times. Once confirmation of updated entries are received or notification of no changes needed is made team are requested to send a copy of their entry with payment to: Manchester Swim Team. Any team whose payment is not received by August 1st may be cut from the meet and their swimmers may not be allowed to compete.

Entry Fees:

\$18.00 per swimmer

\$ 5.00 per swimmer (optional – addition to USA SWIMS Database)

Swimmers who want their times listed into the "SWIMS" Database with USA and New England Swimming, need to add an additional \$5.00 to the fee. Teams submitting must submit a list of all athletes who wish to take advantage of this opportunity with their meet entry.

Checks need to be made payable to:

**MST
c/o Steve Van Der Beken
92 Pennsylvania Ave
Manchester, NH 03104.**

Meet Format:

The meet will be swum as a pre-seeded timed finals, swimmers will be required to positively check in with the Clerk of Course 45 minutes prior to the start of each session. Failure to check in with the Clerk of Course will result in a scratch from the meet. Relay cards are due 45 minutes before the relay event is to be competed. Events may be re-seeded if a large number of scratches are expected.

Reserve the Right to Make Changes: Changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Mariella Allard. If changes need to be made once the meet begins, the Meet Committee will make the decision, after consulting with the Technical Chair, and will present it to the coaches at a coaches meeting for a vote.

Meet Committee: The meet committee should be made up of the Meet Director, Meet Referee, two coaches, and one athlete. The five members should be from separate teams.

Warm Ups:

Warm up assignments will be made based on size of entry. Teams will receive the warm up schedule on August 3rd. Meet work assignments will also be enclosed with this. Unless needed for competition, there will be a warm up/cool down lane available for the duration of the meet.

Refreshments:

A Concessions area will be available for those interested. Coaches and Officials Hospitality will be provided using a voucher system. Please list the number of coaches you will have with your team's entry.

Rules:

2011 USA Swimming Technical Rules will apply.

Weather:

The Raco Pool is an outdoor facility and as such there may be occasional delays due to Thunderstorms. We ask that families plan accordingly for extreme weather conditions as the meet will run regardless of rain, cold or heat. Absolutely no refunds.

Team Conduct:

Teams are responsible for the behavior of their swimmers at all times. Any damage to the premises or equipment is the responsibility of those inflicting the damage. GSSA, MST, New England Swimming, RAYS and the City of Manchester assume no responsibility for lost or stolen property. Per USA Swimming rules only athletes, coaches, officials and certified meet management staff are permitted access to the pool deck. Glass is not permitted in the facility. Smoking is not permitted in the facility. Only service animals are permitted in the park.

Directions:

The Raco Theodore Swimming Pool is located at 54 Head Street, Manchester, NH 03102. From the north, take 293 South to exit 4. Go straight through the lights. You should be on Harvell Street. Take a right onto Main Street. Go to your 3rd set of lights. Take a left onto Varney Street. Take your first right onto Head Street, the swimming pool will be on the left. From the south, take 93 North to exit 4. Take a right onto Second Street. Go to the 2nd set of lights and take a left onto West Hancock Street. At the end of street take a right onto Main Street. At lights take a left onto Varney Street. Take your first right onto Head Street, the park will be on the left.

Parking:

Parking is available in a field near the pool area and in other designated areas. To access the field take a right on Dunham Street off Head Street. The lot is at the bottom of the hill. Illegally parked cars may be ticketed and or towed at the owners expense.

Lodging:

The following hotels and motels are in the area:

Country Inn & Suites, 250 South River Drive, Bedford, NH 03110, 603-666-4800 (3.5 miles from pool)

Best Western, 13500 South Willow Street, Manchester, NH 03103, 603-627-2525 (7.4 miles from pool)

Sessions:

Final warm up and start times will be provided once all entries are received. Times provided are estimates for planning purposes only.

Session I	Friday August 5 th	3:00 pm warm up	3:45 pm Start
Session II	Saturday August 6 th	8:00 am warm up	8:45 am Start
Session III	Saturday August 6 th	1:00 pm warm up	2:00 pm Start

Session I – 50 Meter Course

Session II – 25 Yard Course

Session III – 50 Meter Course

Scoring and Awards:

Scoring is to 16 places – (20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 - Relays are double points)

Team awards are presented to top three (3) teams.

Individual awards are presented to 8th place.

Events:

Session I		
Girls		Boys
1	11-12 50 Meter Freestyle	2
3	13-14 50 Meter Freestyle	4
5/7	15-19 50 Meter Freestyle	6/8
9	11-12 200 Meter Individual Medley	10
11	13-14 200 Meter Individual Medley	12
13/15	15-19 200 Meter Individual Medley*	14/16
17	11-12 200 Meter Freestyle	18
19	13-14 200 Meter Freestyle	20
21/23	15-19 200 Meter Freestyle*	22/24

Session II		
Girls		Boys
25	8 & Under 100 Yard Medley Relay	26
27	9-10 – 200 Yard Medley Relay	28
29	8 & Under 25 Yard Butterfly	30
31	9-10 – 50 Yard Butterfly	32
33	8 & Under 50 Yard Freestyle	34
35	9-10 – 100 Yard Freestyle	36
37	8 & Under 25 Yard Breaststroke	38
39	9-10 – 50 Yard Breaststroke	40
41	8 & Under 25 Yard Backstroke	42
43	9-10 – 50 Yard Backstroke	44
45	8 & Under 25 Yard Freestyle	46
47	9-10 – 50 Yard Freestyle	48
49	8 & Under 100 Yard Individual Medley	50
51	9-10 – 100 Yard Individual Medley	52
53	8 & Under 100 Freestyle Relay	54
55	9-10 – 200 Yard Freestyle Relay	56

Session III		
Girls		Boys
57	11-12 200 Meter Medley Relay	58
59	13-14 200 Meter Medley Relay	60
61	15-19 200 Meter Medley Relay	62
63	11-12 100 Meter Freestyle	64
65	13-14 100 Meter Freestyle	66
67/69	15-19 100 Meter Freestyle*	68/70
71	11-12 50 Meter Breaststroke	72
73	13-14 100 Meter Breaststroke	74
75/77	15-19 100 Meter Breaststroke*	76/78
79	11-12 50 Meter Butterfly	80
81	13-14 100 Meter Butterfly	82
83/85	15-19 100 Meter Butterfly*	84/86
87	11-12 50 Meter Backstroke	88
89	13-14 100 Meter Backstroke	90
91/93	15-19 100 Meter Backstroke*	92/94
95	11-12 200 Meter Freestyle Relay	96
97	13-14 200 Meter Freestyle Relay	98
99	15-19 200 Meter Freestyle Relay	100

***These events will be competed together, but scored and processed for awards purposes by respective age group (15-16 and 17-19).**

GSSA Championships
Raco Pool, Manchester NH
August 5&6

Contact Information

Team Name _____ Club Abbeviation _____
Primary Deck Coach _____
Phone _____ Email _____
Entry Coordinator _____
Phone _____ Email _____
Address _____
City _____ State _____ Zip _____

Entry Fees

Number of Female Swimmers _____ x \$18.00 = _____
Number of Male Swimmers _____ x \$18.00 = _____
Total Swimmers _____
Total Due _____

Mail Entries and Check to:

MST
c/o Steve Van Der Beken
92 Pennsylvania Ave
Manchester, NH 03104

Email Deadline: August 1st – for emailed entries, this form, payment and a designated list of SWIM Roster must be received within 4 business days
Email – pbennett@wpi.edu

USA SWIMS Fees

Number of Swimmers _____ x \$5.00 = _____

- Please designate each swimmer to be added to the SWIMS Database
- These fees must be included with entry using a separate check from Meet Entry Fee payment

Absolutely no Refunds for any reason.

Liability Release

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrators waive and release any and all rights and claims from damages he/she may have against United States Swimming, New England Swimming, Granite State Swim Association, Manchester Swim Team, Rockingham Area Swim Team, the City of Manchester New Hampshire, Stephen Van Der Beken and Paul Bennett for any and all injuries suffered by him/her at said meet.

Signature of Authorized Team Official
Date