

2002 New England Masters Short Course Meters Championship and Workout Group Challenge!

December 14 and 15, 2002

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 033-018-SSCM

Pool

The Balfour Natatorium, Wheaton College, Norton MA, is an eight-lane pool with additional area for continuous warm up and warm down, electronic timing and scoreboard.

Directions

95S or N to 495S. Exit #11, Rt. 140 South to Norton. ~2.7 miles to a "T" intersection. Turn left. Then 2nd right onto Howard Road. Follow to end, take left, Haas Athletic Center on right 400 yards ahead. Limited parking on right, carpooling recommended.

Hotels

Courtyard Marriott, Foxboro, MA, 508-543-5222
Holiday Inn, Taunton, MA, 508-823-0430
Raynham Courtyard Marriott, Raynham, MA 508-822-8383
Call for rates.

Eligibility

2002 or 2003 registered United States Masters Swimming (USMS) swimmers 19 years or older as of December 31, 2002, and 2002 registered masters swimmers from other countries.

Rules

2002 USMS rules apply.

Entries

Enter a maximum of five individual events each day, plus all relays. Entries must be postmarked by November 23 or received by November 29. Mail entry form, copy of your USMS card, and check payable to NEMSC to:
Harold Whitney, 9 Oak Drive, Hampton Falls, NH 03844

Seed Times

You must include a seed time for each event entered. Seed times submitted must be for meter distances. An on-line time converter is available at: <http://www.greatbaymasters.org/>
Or convert per the following example: If yard time is 2:54.38

- 1) Convert yards time to the total number of seconds:
 $(2 \times 60) + 54.38 = 174.38$ seconds
- 2) Multiply by 1.1: $174.38 \times 1.1 = 191.81$ seconds
- 3) Convert total number of seconds back to minutes and seconds: 191.81 seconds = 3:11.81

Heat Seeding

Heats seeded by gender from slowest to fastest. All events are timed finals.

Warm-Up/Warm-Down

Competition pool is open for warm up from 8 a.m. to 9 a.m. on Saturday and Sunday. Lanes will be labeled for warm up pace. Additional area will be open for pre and post race swimming at all times during the meet.

All Events Require Positive Check-In

All events will be deck seeded from entry form times. Swimmers must confirm their entries by 8:30 a.m. each day.

Swimmers who do not check in by 8:30 a.m. 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 posted. *IN PERSON CHECK-IN ONLY, NO CHECK-IN BY PROXY.*

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. Some swimmers may need to use the ladder to exit the pool. If you need to use the ladder, notify the starter in advance.

Relays

Relay swimmers must be individually entered in the meet. Relays will be deck entered at the meet, and entry deadlines will be announced at the meet. Relay age groups at meters events are determined by the sum of the ages of the four participants. The relay age groups are: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. All four members of a relay must be members of the same USMS club. 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 meet will be scored as a competition between workout groups. All NEM swimmers from an NEM "Workout Group" will be scored together. 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 will score double points. *NO POINTS WILL BE AWARDED FOR THE 800 FREE RELAY.*

Awards and Award Ceremony

Certificate for mounting an adhesive label record of your performance in each individual event. The man and woman with the highest point total from individual events swum will receive a High Point Trophy. The ten highest scoring New England Masters Workout Groups will receive awards. Awards will be presented after the 400 medley relay: please be present to receive your Workout Group or individual awards. Awards will not be distributed after the meet.

For More Information

For more information contact Ed Gendreau at 603 742 7850 or egendreau@earthlink.net. To add name to meet Email distribution list send message to: seltzer@metasoft.com
Meet information posted on the following web page: <http://www.greatbaymasters.org/02scmchamp.html>