

2003 New England Masters Short Course Meters Championship and Workout Group Challenge!

December 6TH and 13TH-14TH, 2003

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 034-014-SSCM

12/6, 1500 Meter Freestyle at Portsmouth: Pool, Warm-Ups, Directions, Hotels -

The Portsmouth City Pool, Portsmouth, NH, is a 6-lane pool, five lanes used for racing, one left open for continuous warm up and warm down; electronic timing and scoreboard. Competition pool is open for warm up from 2 to 2:45 p.m. on 12/6/03. *Meet will conclude at 10:00 p.m. even if all heats have not been swum.* **DIRECTIONS:** From I-95 North or South: Exit 5, Portsmouth traffic circle, to Route 1 Bypass South. Left at 3rd traffic light. Short distance up hill to stop sign, take very sharp right. 60 yards to blinking yellow light, left onto Andrew Jarvis Drive. The pool is on the right and has a white plastic roof.

HOTELS:

Holiday Inn of Portsmouth: 603-431-8000

12/13 to 12/14, Events 400 Meters and Shorter at Wheaton: Pool, Warm-Ups, Directions, Hotels -

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. Competition pool is open for warm up from 8 to 9 a.m. each day. **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 strongly recommended. **HOTELS:** Courtyard Marriott, Foxboro, MA, 508-543-5222
Holiday Inn, Taunton, MA, 508-823-0430
Raynham Courtyard Marriott, Raynham, MA 508-822-8383

Eligibility

2003 or 2004 registered United States Masters Swimming (USMS) swimmers 19 years or older as of December 31, 2003, and 2003 registered masters swimmers from other countries.

Rules

2003 USMS rules apply.

Entries

Enter a maximum of five individual events each day, plus all relays. Entries must be postmarked by November 24 or received by November 29. Mail entry form, copy of your USMS card if non-NELMSC, and check payable to NEMSC to: Ed Gendreau, 432 Lilac Lane, Dover NH 03820

Seed Times

A meters seed time must be submitted for each event entered. An on-line time converter is available at: <http://www.greatbaymasters.org/>
Swimmers are expected to seed themselves with their fastest time, or converted time, from the past 18 months. The meet director reserves the right to change seed times per the above requirement.

Heat Seeding

All events are timed finals. Heats seeded by gender from slowest to fastest except for the 1500 free which will be seeded from fast to slow, alternating heats of men and women. Genders may be combined in the slowest two heats of the 1500.

All Events Require Positive Check-In

All events will be deck seeded from entry form times. Swimmers must confirm their entries by 2:30 p.m. on December 6th for the 1500. Swimmers must confirm their

entries by 8:30 a.m. on December 13 and 14. Swimmers who do not check in by those times 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. *IN PERSON CHECK-IN REQUIRED; COACHES MAY CHECK A SWIMMER IN ONLY IF THEY HAVE CONFIRMED THAT THE SWIMMER WILL ARRIVE IN TIME FOR THEIR RACE. "NO SWIMS" WILL BE TRACKED.*

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 before your race.

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

NEM "Workout Groups" will be scored in one division, and USMS clubs will be scored in a separate division. 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 award banners. Banners will also be awarded to top three non-NEM USMS clubs with the highest point total. Awards will be presented after the 400 medley relay. Awards will not be distributed after the meet.

No Fee Refunds:

There will be no entry fee refunds under any conditions, including meet cancellation, entry rejection, splashes lost due to expired pool time, or for any other reason.

For More Information

For more information contact Ed Gendreau at 603 742 7850 or ed@greatbaymasters.org 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/03scmchamp.html>