

# 2005 Colonies Zone Short Course Meters Championship and New England Masters Workout Group Challenge

## December 2-4, 2005

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 036-013-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. Competition pool is open for warm up from 5 to 5:30 p.m. on December 2 and from 8 to 9 a.m. on 12/3 and 12/4.

### 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

2005 or 2006 registered United States Masters Swimming (USMS) swimmers 18 years or older by November 27, 2005, and 2005 registered masters swimmers from other countries.

### Rules

2005 USMS rules apply.

### Entries

Enter a maximum of five individual events each day, plus all relays. Mail entry form, USMS card copy if non-NELMSC, and check payable to Great Bay Masters to: *Colonies Zone SCM Championship, PO Box 1866, Dover NH 03821*. Problem entries will be posted on the meet website, and assessed a \$5 penalty. All problem entries must be resolved by Wednesday November 30, or the entry will be rejected. Common problems are: missing waiver signature; underpayment of fee; missing USMS card copy; USMS number pending; \$5 penalty not received. *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 16 or received by Saturday November 19.

### 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 November 26, with an additional \$18 penalty.

### No Fee Refunds:

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

### 800 Free

There is a 20 minute time limit for swimmers of the 800. Swimmers will be stopped and asked to leave the pool if they exceed 20 minutes of swimming time, and no official time will be granted. The first 90 entrants in 800 free will be entered in the meet. Additional entrants may be allowed if the meet director determines the projected timeline permits. Swimmers will be asked to assist with backup timing during the 800 free.

### Seed Times

A 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: <http://www.greatbaymasters.org/>

Swimmers are expected to seed themselves truthfully. The meet director or meet referee shall have the right to change seed times that are obviously incorrect.

### 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 5:00 p.m. on December 2, and 8:30 a.m. on December 3 and 4. 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. *IN PERSON CHECK-IN REQUIRED; COACHES MAY CHECK-IN A SWIMMER ONLY IF THEY HAVE CONFIRMED THAT THE SWIMMER WILL ARRIVE IN TIME FOR THEIR RACE.*

### 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. Relay age groups at meters events are determined by the sum of the ages of the four participants. The relay age groups are: 72-99, 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. The 800 free relay is un-scored.

### Awards and Award Ceremony

Certificate for mounting an adhesive label record of your performance in each 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 USMS clubs with the highest point total. Awards not picked up at the Award Ceremony will be discarded.

### For More Information

For more information contact [05scmchamp@greatbaymasters.org](mailto:05scmchamp@greatbaymasters.org)  
To receive Email updates about the meet subscribe at: <http://www.swimnem.org/newsletters/whatsnew.html>  
Meet information posted on the following web page: <http://www.greatbaymasters.org/05scmchamp.php>