

WELCOME COACHES, OFFICIALS, AND ATHLETES
To the Zesiger Aquatic Center
2009 North Shore Swim Club Prelim & Final Meet

POOL RULES- Please help us maintain a high caliber event by following facility rules.

- ❖ No lawn/coaches/directors chairs, or helium balloons in the building.
- ❖ No glass on deck.
- ❖ Shoes must be worn beyond the aquatic center locker room and gallery.
- ❖ Roller skates are prohibited inside the Z-Center.(This includes Rollershoes)
- ❖ No food or coolers on deck. Drinks in plastic containers only.
- ❖ Athletes, Coaches, and Spectators are restricted to the aquatic center and main lobby.
- ❖ Please bring bags on deck and do not leave belonging in locker room.
- ❖ Clean up team area after each session.
- ❖ Deck changing is not allowed.

ENTRANCE - 2nd floor via north gallery spiral staircase.

CREDENTIALS-

Athletes that are participating in the session will be invited on deck. Check in and Stamping will not be done for the athletes. All swimmers who are not swimming in the session are asked to view the meet from the spectator gallery.

Coaches and officials will use their US Swimming card as credentials to gain access to the pool.

Spectators will be invited to enter the spectator gallery 15 minutes after the athletes have been granted access to the pool. Please do not crowd the entrance to the gallery in order to allow swimmers an easy access to the pool.

Parent workers and Timers will need to check in at the spiral staircase to pick up their credential for deck access. Athletes serving as timers will get their credential from the timer on deck. Please return these credentials after your shift. **We also will be asking teams participating in the meet to help with 2 timers for the Friday Morning session and each of the evening Finals sessions.**

ONLINE POSTING- at the website www.northshoreswimclub.com is the warm up schedule and other pertinent information. Please direct all your swimmers and families to this site for all the meet information.

TIMERS- Anyone interested in helping with timing please contact the head timer on the pool deck at the timing platform 30 minutes prior to the start of each session. ***Timers will be invited down to the pool deck 30 minutes prior to the start of each session for the timers meeting. This will help MIT and NSSC control initial deck crowding.**

OFFICIALS- anyone interested in officiating contact the meet referee Kirsten Newland at cdnewl@comcast.net. All officials must be schedule with the referee to work any session of the meet.

PRE MEET SCRATCHES- if you have anyone that will not be attending the meet, please e-mail Dan Warner at NSSC1@aol.com with those scratches prior 9:00 PM Wednesday, December 9, 2009.

CUT EVENTS- Cuts if needed will be made to Saturday and Sunday designated events unless time allows. We will try to swim as many heats as possible based on the session timeline after all sessions scratches and/or positive check ins are completed.

SCRATCH & CHECK IN PROCEDURES-

**Thursday: All Events Including Relays by 4:45 PM
Relay Cards & Names by 6:45 PM**

**Friday: 14 & Under Relays & Relay Names by 10:30 AM
13-14 400 IM by 10:30 AM
Senior Relays & Relay Names by 8:15 AM
Senior 400 IM by 10:15 AM**

**Saturday: 14 & Under Relays & Relay Names by 10:30 AM
13-14 500 Free by 11:00 AM
Senior Relays & Relay Names by 8:15 AM
Senior 500 Free by 10:15 AM**

**Sunday: 14 & Under Relays & Relay Names by 10:30 AM
13-14 1000 Free by 11:00 AM
Senior Relays & Relay Names by 8:15 AM
Senior 1000 Free by 10:30 AM**

Reminder:

**** All scratches due by 6:00 PM the night before at the clerk of course table ****

**Friday Scratches Due by 6:00 PM Thursday
Saturday Scratches Due by 6:00 PM Friday
Sunday Scratches Due by 6:00 PM Saturday**

******* Top heat of Senior Women's & Men's 1000 free on Sunday will swim at Finals Sunday Evening**

HEAT SHEETS- will be posted at both ends of the course and coaches will be supplied with seeded heat sheets at the timing table.

STAGING: 2 heats can prepare behind the blocks, this is especially critical during 50's. A 3 foot walkway must be maintained for Zesiger members from the locker rooms, around the dive well, to the teaching pool.

DISTANCE EVENTS – 1000 and 1650 frees will swim fastest to slowest with the top heat of the Senior 1000 frees at the start of Sunday evening finals. 13-14 1000 frees will all swim in prelims.

COACHES HOSPITALITY- there will be no food allowed on deck. NSSC will provide timers, officials and coaches with hospitality area throughout the meet. Food is prohibited on the pool deck at any time.

FACILITY DAMAGE- Facility damage will be charged back to the responsible team.

ACCIDENT/ INCIDENTS- MIT will need to fill out an accident report. Lifeguards will handle all in water emergencies as well as minor injuries. EMS will be called in the event of a serious injury. Emergency response time is approximately 5 minutes.

EMERGENCY EVACUATION: An alarm will sound. Lifeguards and customer service staff will direct evacuation. Athletes will exit at deck level through locker room or south west corner near teaching pool. Spectators will exit gallery and proceed down closest stairwell. All athletes, coaches and spectators must exit the building. Meet will resume once facility is safe.

DIRECTIONS/PARKING –

- **Please remember that MIT is located in the city and finding parking is always difficult.**
- Directions can be found at <http://whereis.mit.edu/map-jpg?section=directions>
- There is now on metered street parking on Vassar Street.
- Friday before 3:00pm: MIT West garage and West Annex surface on Vassar Street across the street from the Zesiger Sports and Fitness Center will be **CLOSED**.
- Friday after 3:00pm, Saturday and Sunday: MIT West garage on Vassar Street across the street from the Zesiger Sports and Fitness Center will be **OPEN with a limited number of spaces. There will be a \$5.00 per day usage fee for those wanting to use the garage.**
- MIT is also trying to secure an alternate parking garage within walking distance of the aquatic center. Information and Directions will be posted on www.northshoreswimclub.com when available.
- Please obey all state and local street laws when parking on and around MIT Campus. Any car parked in a non-designated parking spot will be towed at the owner's expense

HOSPITAL- EMS will transport injured persons to a local hospital. The number for MIT's Emergency number is (617) 253-1212.

SPECIAL NOTE- MIT has been gracious in accepting New England Swimming into their complex. Please note that NSSC will expect proper behavior from everyone. Please go out of your way to clean up your area and obey all MIT rules and regulations.

QUESTIONS- please direct all meet questions to Dan Warner at 978-852-3985 or nssc1@aol.com.