

# 2009 New England Swimming Senior Championships

Fitness and Recreation Center, Boston University, Boston MA

Hosted by Greenwood Memorial Swim Club

December 17-20, 2009

Sanctioned by New England Swimming: NE-09-120 and NE-09-120 -TT

Online Entry System (link to USA Swimming):[www.usaswimming.org/ome](http://www.usaswimming.org/ome).

**Meet Director:** Phil Harty [Phil.Harty@sodexo.com](mailto:Phil.Harty@sodexo.com) 978-632-8070)

**Meet Referee:** Frank Ching [GeeTen@aol.com](mailto:GeeTen@aol.com) 508-655-4169)

**Administrative Referee:** Scott Doty: [csdoty@verizon.net](mailto:csdoty@verizon.net)

**Entry Chairperson:** Carol Healey ([nemeetentries@comcast.net](mailto:nemeetentries@comcast.net) 781-444-2014)  
47 May Street, Needham, MA 02492

**Clerk of Course** Mariella Allard (508-633-8821) [mariallard@comcast.net](mailto:mariallard@comcast.net)

**Meet web site:** <https://www.teamunify.com/Home.jsp?team=negmsc>

**MEET FORMAT:** This senior level meet is open to all qualified swimmers within and outside the New England LSC. The meet will be swum in Short Course Yards with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening or final sessions, unless otherwise noted. All relay events, as well as the 1000 freestyle and 1650 freestyle will be swum as timed final events. Ten lane heats will be swum in timed-finals and prelim sessions. For the trials/finals events, the top 30 swimmers will advance to swim in three 10-lane final heats. The standard USA Swimming approved procedures for scratching finals events will be applied (e.g., once trial results are announced, swimmers will have 30 minutes to declare their intention to scratch).

Positive check-in will be required for the 1000 freestyle and 1650 freestyle with swimmers reporting to the Clerk of Course no later than 45 minutes before the start of the session in which these events will be swum. For all other events, the preliminary sessions will be seeded after the scratch deadline – 6:30pm the evening before the day that the event(s) are to be held. Each day, coaches and swimmers must check-in before they will be allowed onto the deck. Heat and lane assignments will be posted and handed out to officials and coaches prior to the start of competition. Swimmers are to report directly to their assigned lanes before their event and heat is called. Additional format considerations are as follows:

- Relays are to be swum as timed-final events in the evening sessions with a limit of two relays per team. All relay teams must positively check-in by the announced scratch deadline the day of the event, but may be changed up to the time of the swim. Relays that do not check-in by the scratch deadline will be scratched.
- The 1000 freestyle will be swum fastest-to-slowest, alternating heats of women and men. These events are timed finals. Swimmers must provide two timers and one counter for their swim. The meet director reserves the right to seed these events with two swimmers per lane if the event is over-subscribed. Swimmers must positively check-in at the Clerk of Course by 5:15pm on Thursday.

- The fastest heat of the women's 1650 freestyle and men's 1650 freestyle will swim with the evening finals. All other heats will be swum fastest-to-slowest, alternating heats of women and men, at the end of the morning preliminaries session on Sunday. These events are timed finals. Swimmers in all but the fastest heat must provide two timers and one counter for their swim. The meet director reserves the right to seed these events with two swimmers per lane if the event is over-subscribed. Swimmers must positively check-in at the Clerk of Course by noon on Sunday.
- A/B flight format: Dependent on the number of entries, and at the discretion of the Meet Referee, the 400 IM and/or 500 freestyle preliminaries may be conducted in an "A/B flight" format. The preliminary heats will be swum fastest-to-slowest, alternating heats of women and men.

**FACILITY:** Boston University's Fitness and Recreation Center includes a 10-lane by 16-lane competition pool with the ability to change from meters to yards using a movable bulkhead. The depth slopes from 7 feet to 13.5 feet. The course will be set in short course (25) yards, thus allowing 10 lanes with non-turbulent lane lines for competition and an additional five to six lanes for continuous warm up in the diving end of the pool. The facility is equipped with a Daktronics Timing System, touch pads, and a ten lane electronic scoreboard. Spectator seating is available for approximately 400 spectators. Directions to the Aquatics Center and parking instructions may be found later in this notice. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME STANDARDS:** Time Standards for all events are established by New England Swimming and are equal to New England Senior qualifying times. Bonus events will be offered (see the Bonus Events section below).

**SESSIONS:** Swimmer access to the Center will not be permitted prior to 7:00 AM each morning, and swimmers arriving early for the afternoon and evening sessions will not be allowed access to the deck until 15 minutes before warm ups begin.

	Warm-up	Start
Evening Sessions (Thursday & Finals)	5:00 PM	6:00 PM
Morning Sessions (Friday, Saturday & Sunday)	7:30 AM	8:30 AM

**ELIGIBILITY:** All contestants must be 2009 or 2010 United States Swimming registered athletes and must be registered before the entry is submitted. Any swimmer registered with United States Swimming and with qualifying times is eligible to swim in this meet. Swimmers who are not registered with USA Swimming at the time of entry will be scratched, and entry fees will not be refunded, and teams will be subject to a fine of \$100 per unregistered swimmer. New England teams entering the meet are required to check their entries with the online registration check tool on the New England Swimming web site <http://www.neswim.com/tools/registration.html>

Entries with incorrect registration data will be scratched. Please contact the New England Swimming Office for registration information. Disabled swimmer forms are available from the New England Swimming Office. New England Swimming Office: 20 Cleveland Road, Needham MA 02492, 781-449-0270, [office@neswim.com](mailto:office@neswim.com). All coaches on deck must be registered with USA Swimming and must provide a valid registration card.

## **ENTRY INFORMATION:**

- Qualification period: December 17, 2008 through December 14, 2009.
- Seeding order: SCY, SCM, LCM. Bonus events are seeded last.
- Entry Fees: \$7.50 for individual events, \$25 for relay events (add \$0.50 for non-electronic entries). \$8.00 per time trial event.
- Swimmer participation fee: \$10 per swimmer
- Entry Fee Payable To: Greenwood Memorial Swim Club
- Regular Entry Deadline: Tuesday, December 8, 2009 at 6:00pm EST.
- Entry Limits: Swimmers may enter as many events as qualified for, but can only compete in a maximum of three (3) individual events per day (including time trials) and a maximum of nine (9) individual events in the meet (not including time trials).

### ***Entering On-Line***

US Teams/Athletes must enter this meet on-line at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). On-line entries will be accepted from Monday, November 1<sup>st</sup> until Tuesday, December 8 at 6:00pm EST. You will be required to pay for on-line entries with a Visa, Mastercard, American Express, or Discover. OME is not an eligibility report. It is the coach's responsibility to know the events your athlete is qualified for. You can modify your entry on-line by adding to the original entry. You may not delete an on-line entry. Once you complete your on-line entry, you will be sent confirmations via e-mail. Please keep all of these and bring them with you to the meet.

### ***E-Mail Entries***

Athletes achieving the qualifying time standards for the first time from Tuesday, December 8 through Monday, December 14 may be sent via email to meet entry chair, Carol Healey at [nemeententries@comcast.net](mailto:nemeententries@comcast.net) These entries must be received no later than 11:59 PM EST on December 14, 2009 and cannot improve their seed time of the prior entry. Please use the official "Email Entry Form" (see above). Email electronic entries in CL2 or SD3/SDIF format (such as from Hy-Tek Team Manager or other team management software) to the entry chairperson at [nemeententries@comcast.net](mailto:nemeententries@comcast.net). Full payment and a printed copy of the entry, including the swimmer facilities fee, must be received by December 16, 2009. If payment is not received by December 16, 2009, then the swimmers will be scratched from the meet. Make checks payable to Greenwood Memorial Swim Club, Inc. and mail hard copy of the entry (including signed entry cover page and waiver) and payment to the entry chairperson, Carol Healey 47 May Street, Needham, MA 02492.

All entries must be complete and accurate and must use full names and registration numbers from USA Swimming registration. All entries must include a completed and signed entry cover sheet and waiver. No refunds for entries that are accepted or entries that are rejected due to improper entry (i.e., meet fees will not be returned or credited to new entries for scratches or errors or unverifiable times). Deck entries will only be accepted based on clerical errors by the entering team or the meet host. **Please include the email address of your team's contact(s) so all future meet correspondences can be sent to this email address.**

### ***Qualifying Period***

The qualifying period for this event is December 17, 2008 through Monday, December 14, 2009.

### ***SWIMS Database-Proof of Time***

Times from the USA Swimming Sanctioned, Approved, and Observed competitions will be in SWIMS, the national times database. Times in the database are not automatic entries to the meet but must meet qualifying time standards. All individual entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS database.

**ENTRY LIMITS:** As per USA Swimming rules, swimmers may enter as many events they qualify for but can only swim a maximum of 3 events per day (including time trials) and a maximum of nine (9) individual events in the meet (not including time trials). A club may enter no more than two relay teams in each relay event.

**RELAY ONLY SWIMMERS:** A club may enter no more than two relay teams in each relay event. **Relay only swimmers may be used to fill out a relay team as long as the aggregate time meets the qualifying time.** If a team has 1—4 qualified swimmers of the same sex and age, there may be 1 relay, and there may be unlimited relay only swimmers. If a team has 5 or more qualified swimmers of the same sex and age, there may be 2 relays and there may be unlimited relay only swimmers. Relay only swimmers need to pay the \$10 participation fee.

**ENTRY FEES:** Electronic entries: \$7.50 for individual events and \$25.00 for relays. Non-electronic entries: \$8.00 for individual events and \$25.50 for relays. The Swimmer Participation Fee is \$10.00 per swimmer, including relay only swimmers. Time trials, if permitted by the meet referee and meet director, will be charged at \$8.00 per event.

**ENTRY TIMES:** The meet will be run in short course yards. Short course yard entry times will be seeded first. Non-conforming times (SCM and LCM) will be accepted but will be seeded after short course yards times (SCY, SCM, LCM). No converted times.

**BONUS EVENTS: (Please note updated bonus event policy)**

- 1 qualifying time standard = 4 bonus events
- 2 qualifying time standards = 3 bonus events
- 3 qualifying time standards = 3 bonus events
- 4 or more qualifying time standards = 2 bonus events

Bonus event time standards are New England Open 15 and Over qualifying times. If the meet is oversubscribed or if an individual session timeline requires, the meet host reserves the right to cut bonus events by time.

**TIME TRIALS:** Time trials will be available at the discretion of the meet referee and meet director, and if time allows, after the prelims sessions on Friday, Saturday and Sunday. Limited time trials may be available after the finals sessions. Please be aware that time trials count towards the daily maximum of three individual events. All time trial swimmers must provide two timers for their swims. Time trials are \$8.00 for individual events and \$25 for relays. All swimmers who are attending the meet, should sign-up for time trials at the Clerk of Course.

**METHOD OF CLOSING THE MEET:** Greenwood Memorial Swim Club will limit the number of swims in the meet to adhere to session time lines. Non LSC entries will be accepted up until the meet is determined to be full. If on the final day of acceptance before the meet is deemed to be full, multiple out-of-LSC teams should enter, every effort will be made to work with those teams to reduce entries and accept and accommodate qualifying swimmers. If necessary, there will be a lottery of those teams in accordance with the usual practices of New England Swimming. Teams that are cut from the meet will have their entry fee returned.

**SPECTATOR ADMISSION and HEAT SHEETS:** The spectator seating area will open one hour before the start of each session. The spectator entrance is on the upper level of the Aquatic Center Pool. Prices are as follows:

- Admission: 1.00 per session for non-swimmers 18 years of age and over. Those who volunteer to time or officiate will not be charged admission.
- Heat Sheets: \$4.00 for Preliminary Heats and \$2.00 for Thursday's Timed-finals events and the Finals Sessions on Friday, Saturday, and Sunday.

**WARM-UPS:** The pool will open for warm-ups at 5:00 PM for evening sessions and 7:30 AM for morning sessions. Teams will not be assigned warm up lanes as approximately sixteen lanes will be available from 7:30 AM to 8:20 AM each morning. The competition pool will be cleared 10 minutes before the start of competition; however, lanes in the diving end of the pool will be available for continuous warm-up throughout the competition.

**SAFETY:**

Only swimmers, coaches, authorized meet and Boston University personnel will be allowed on deck. Proper credentials are required.

Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time

All swimmers must enter the competition pool at the starting end.

No shaving is permitted at the competition site.

Swimmers must wear approved swim wear and, due to facilities regulations, will not be allowed to wear jewelry or other accessories unless under their swim cap such as necklaces, toe and finger rings.

No glass containers are permitted within the facility, especially on the pool and in the restroom areas.

Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.

No camera cell phones are permitted in the locker rooms.

No flash photography at the start of any race.

Absolutely no swimming under the bulkhead at any time.

Absolutely no meet participant is allowed on the diving boards at the diving end of the pool or in the Recreation Pool and Spa at any time. Use of the diving boards is strictly prohibited.

Absolutely no meet participant, swimmer, coach, or observer is allowed in other parts of the fitness facility unless accompanied and/or approved by authorized University personnel.

Failure to abide by these rules and any other rules that may be announced or posted by meet officials during the meet may result in ejection from the facility. Meet officials will watch for swimmers or meet spectators who violate facility regulations. Horseplay will not be tolerated. Parents must supervise younger children in attendance at the meet. Meet officials have the authority to dismiss swimmers and spectators from the grounds. Coaches are responsible for communicating this to both swimmers and parents. No pets of any kind are permitted within the complex. **Boston University, Greenwood Memorial Swim Club, and New England Swimming are not responsible for lost or stolen items.**

**RULES:** 2009 USA Swimming rules will govern all competition. Decisions by the meet referee will be final unless a written protest is lodged within 30 minutes of the heat swum.

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming.

**SCRATCHES:** The scratch box will be located at the Clerk of Course table. After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Clerk of Course prior to the scratch deadline of that day's events. Before the meet starts, coaches can email scratches to Carol Healey (nemeetentries@comcast.net) until Wednesday at 6:00pm EST. Scratch deadlines are as follows:

- Thursday, 5:15pm: Positive check-in for Thursday distance events (1000 freestyle).
- Thursday, 6:30pm: All Friday events (including positive check-in for 800 free relay). Scratches for Friday events may also be made via telephone to Mariella Allard (508-633-8821) until Thursday at 6:30pm.
- Friday, 6:30pm: All Saturday events (including positive check-in for 400 free relay).
- Saturday, 6:30pm: All Sunday events (including positive check-in for 1650 freestyle and 400 medley relay).

**SCRATCHES FOR FINALS:** This meet will follow the National Championship Scratch Rules as specified in rule 207.12.10. Any swimmer who competes in an individual prelims heat and qualifies for finals and fails to notify the Clerk of Course of his/her intention to withdraw from the finals within 30 minutes of the posting of the results and qualifiers for that event, and does not compete nor is excused by the meet referee, will be barred from all subsequent competition in the meet, including relays and time trials. Any team that has a no-show swimmer in the finals on Sunday evening will be fined \$100 per no-show.

**TIMERS and OTHER WORKERS:** According to New England Swimming policy on Championship meets, the meet host will make timing assignments for this meet based on the size of each team's entry. Please be cooperative and punctual. We need the full cooperation of all teams, large and small, to adequately run this meet. All teams will be given timing/work assignments based on the number of entries. Teams treating this meet as a team travel meet need to assure that they have enough parental workers at the meet to fulfill their team obligation. The timing assignments will be posted on the web page with ample time to get workers.

All swimmers in the 500 freestyle, 1000 freestyle, 1650 freestyle and 400 IM must provide two (2) timers for their swim during preliminaries.

**SCORING:** Scoring will be to 30 places.

Scoring	1 - 10										11 - 20										21-30									
Individual:	36	33	32	31	30	29	28	27	26	25	23	21	20	19	18	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1
Relay:	72	66	64	62	60	58	56	54	52	50	46	42	40	38	36	34	32	30	28	26	22	18	16	14	12	10	8	6	4	2

**READY ROOM:** A Ready Room will be used at this meet prior to each "A" final event. Each swimmer participating in the "A" finals must report to the Ready Room 10 minutes preceding the event. Swimmers are asked to complete and turn in a Bio Form to the Clerk of Course prior to the start of the final session (before 6:00 PM).

**AWARDS:** Medals will be awarded for the first 8 places in individual events and for the first three places in relays. Awards will be available for pick-up only for 24 hours after the event is swum. The top eight high point winners for women, men, and teams will be awarded a plaque. Distance awards will be given to the top three women and men based on combined scores for the 500 freestyle, 1000 freestyle, 1650 freestyle, and 400 IM. The high point ceremony will take place on Sunday evening, at the conclusion of the session. Coaches are responsible for ensuring their swimmer is present to receive their award.

**FOOD & EQUIPMENT VENDOR:** A concession stand will be in operation for the duration of the meet, except for Thursday evening. A swimming equipment vendor will be selling suits, goggles, and other accessories at times during the meet, if arrangements can be made.

**LOCKER ROOMS:** The locker room area will be strictly for use by properly credentialed individuals. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Neither Boston University nor Greenwood Memorial Swim Club nor New England Swimming is responsible for lost or stolen property.

**MEDICAL ASSISTANCE:** Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff. The closest hospital and emergency room is Mt. Auburn Hospital, 300 Mt. Auburn Street, Cambridge MA 02138.

**HOSPITALITY:** A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area.

**OFFICIALS:** Officials are requested to help with the pre-meet planning for this meet by stating their availability to help as soon as possible. An Application to Officiate for this meet will be posted soon. Host Team officials are reminded that they also need to submit an application. All applications that are received by the meet entry deadline, December 8, 2009, will count towards the work requirements for the official's team. As with all New England Swimming meets, "walk-on" officials are always welcome!

Officials should note that the New England Officials Committee has applied for approval of this meet as an Officials Qualifying Meet. USA Swimming approval is currently pending.

**COACHES NOTES:** All coaches should check-in with the Clerk of Course table upon arrival at the pool. Information for Coaches will be available at the beginning of warm-ups at each session from the Clerk of Course. This will include the heat sheet for that session and any notes that may be needed. Coaches are responsible for the behavior of their swimmers at all times. Any damage to the premises or equipment is the responsibility of those doing the damage. Swimmers, parents, coaches, and spectators are restricted to the pool, spectator stands and concession area. Boston University, Greenwood Memorial Swim Club, and New England Swimming will not assume responsibility for lost or stolen articles. Parents are in charge of supervising younger children in attendance at the meet. Officials will be patrolling the facility and locker rooms and will have the authority to dismiss swimmers and spectators immediately from the facility. There will be no exceptions. Coaches are responsible for communicating this to both swimmers and parents. Please do not ask to change entry times or events after the entry deadline. No deck entries will be accepted.

**PHOTOGRAPHER:** As per USA Swimming and New England Swimming policy, the only photographers allowed on the pool deck at any time during the meet (including during warm ups) must be professional photographers contracted by GMSC or press photographers who have been approved in advance by the Meet Director and have been properly credentialed. Email the Meet Director with questions and requests.

**PARKING:** There is ample parking available in the Agganis Arena garage that is adjacent to the Fitness and Recreation center. As Boston University is an urban campus with many competing events, parking is limited. Metered on-street parking is discouraged as there are few of these spaces and they are frequently monitored and ticketed. Click [here](#) for Aquatic Center Parking Map that gives directions and illustrates how to access the Agganis Arena garage. The rate for each day is \$1.00 per hour with a maximum of \$8.00 for the day; however, if there are conflicting events on Friday, Saturday, or Sunday evenings at the Agganis Arena, all cars must leave the garage by 5:00 PM or they will be required to pay the \$25.00 event parking rate. At this time, no events are planned for that weekend, but Boston University reserves the right to modify its parking terms and will make every effort to provide sufficient notification. If your team will be traveling by chartered bus, due to City of Boston regulations, buses are not permitted to double park or idle on City streets. Bus parking is \$40 per day and, due to limited space availability, must be pre-approved. You must inform the Entry Chairperson and Meet Manager of your team's need for bus parking prior to arrival in order for us to inform you of the oversized vehicle requirements in and around the Boston University campus.

**DIRECTIONS:**

### **From the North**

Take I-93 or Route 1 South to Boston. Exit onto Storrow Drive.  
Continue on Storrow Drive to the Kenmore Square Exit.  
At the first set of lights, turn right onto Beacon Street.  
Bear right at the far end of Kenmore Square onto Commonwealth Avenue.  
Continue on Commonwealth Avenue to the Fitness & Recreation Center (approximately 1 mile).

### **From the South**

Take I-93 Route 3 (Southeast Expressway) North to Boston. Exit onto Storrow Drive.  
Continue on Storrow Drive to the Kenmore Square Exit.  
At the first set of lights, turn right onto Beacon Street.  
Bear right at the far end of Kenmore Square onto Commonwealth Avenue.  
Continue on Commonwealth Avenue to the Fitness & Recreation Center (approximately 1 mile).

### **From the West**

Take the Massachusetts Turnpike (I-90) East. Take Exit 18 on the left (Brighton/Cambridge).  
Follow signs to Cambridge. At the second set of lights, turn right.  
Continue on Storrow Drive to the Kenmore Square Exit.  
At the first set of lights, turn right onto Beacon Street.  
Bear right at the far end of Kenmore Square onto Commonwealth Avenue.  
Continue on Commonwealth Avenue to the Fitness & Recreation Center (approximately 1 mile).

## **LODGING AND TRANSPORTATION SERVICES:**

A block of rooms has been reserved at the Doubletree Guest Suites at 400 Soldiers Field Road, Boston, Massachusetts 02134-1893 (617-783-0090) under "New England Senior Championships".

### **Hotels near the Aquatic Center:**

Hotel Commonwealth:	617-933-5000
The Eliot Hotel:	617-267-1607
Hotel Buckminster:	617-236-7050
The Westin, Copley Place:	617-262-9600
The Holiday Inn Brookline:	617-277-1200
Doubletree, Allston:	617-783-0090
Sheraton, Newton:	617-969-3010
Hyatt Regency, Cambridge:	617-492-1234
Sheraton, Boston:	617-236-2000
Howard Johnson Inn, Fenway Park:	617-267-8300
Courtyard, Copley Square:	617-437-9300
Marriot, Copley Place:	617-236-5800
Courtyard, Brookline:	617-734-1393
Hilton, Back Bay:	617-236-1100
Days Hotel, Brighton:	617-254-1234
Best Western, Boston:	617-731-4700
Courtyard, Cambridge:	617-492-7777
Best Western, Terrace Inn:	866-764-3603
Days Inn, Boston:	617-254-0200
Midtown, Boston:	617-262-1000
Hotel at MIT, Cambridge:	617-577-0200

Best Western Hotel Tria, Cambridge: 617-491-8000  
Cambridge Gateway Inn: 617-661-7800

**Transportation:**

**Logan Airport:** <http://www.massport.com/LOGAN/default.aspx>

**MBTA (Public Transportation/Subway)** <http://www.mbta.com/>

**Taxicab Companies:**

Boston Cab	617-536-5010
Checker Cab	617-536-5010
Checker Cab	617-536-7000
City Cab	617-536-5100
Metro Cab	617-782-5500
Town Taxi	617-536-5000

Thursday, December 17, 2008									
Women		Timed finals: 6:00pm start					Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
9:55.39	9:42.09	10:55.49	1	1000 yard freestyle *	2	10:16.49	9:18.39	9:31.29	
10:07.59B	9:58.49B	11:23.89B		1000 yard freestyle BONUS *		10:36.19B	9:16.79B	9:34.09B	
Friday, December 18, 2009									
Women		Prelims: 8:30am start Finals: 6:00pm start					Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
2:16.99	2:12.09	1:58.99	3	200 yard freestyle	4	1:50.59	2:02.79	2:06.99	
2:21.99B	2:18.29B	2:04.09B		200 yard freestyle BONUS		1:54.69B	2:05.29B	2:10.59B	
1:20.29	1:18.19	1:10.39	5	100 yard breaststroke	6	1:04.99	1:12.19	1:15.09	
1:23.89B	1:20.89B	1:13.19B		100 yard breast BONUS		1:06.29B	1:11.59B	1:15.19B	
1:09.89	1:08.09	1:01.29	7	100 yard butterfly	8	56.09	1:02.29	1:05.09	
1:12.09B	1:09.89B	1:03.29B		100 yard butterfly BONUS		57.99B	1:02.59B	1:04.49B	
5:30.89	5:16.39	4:44.99	9	400 yard IM	10	4:30.99	5:00.89	5:11.89	
5:40.39B	5:30.69B	4:59.29B		400 yard IM BONUS		4:37.09B	4:59.79B	5:11.99B	
9:44.99	9:36.29	9:10.09	11	800 yard free relay *	12	8:00.79	9:04.59	8:44.49	
Saturday, December 19, 2009									
Women		Prelims: 8:30am start Finals: 6:00pm start					Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
2:38.19	2:32.69	2:17.49	13	200 yard butterfly	14	2:07.59	2:21.69	2:25.49	
2:35.59B	2:32.69B	2:18.19B		200 yard butterfly BONUS		2:08.79B	2:17.29B	2:23.29B	
29.39	28.49	25.59	15	50 yard freestyle	16	22.99	25.59	26.89	
30.79B	29.79B	26.59B		50 yard freestyle BONUS		24.29B	26.29B	27.49B	
2:58.99	2:49.69	2:32.79	17	200 yard breaststroke	18	2:23.29	2:39.09	2:47.89	
3:00.79B	2:54.49B	2:37.99B		200 yard breast BONUS		2:23.89B	2:36.29B	2:43.29B	
1:13.19	1:09.79	1:02.79	19	100 yard backstroke	10	58.09	1:04.49	1:06.29	
1:14.59B	1:10.89B	1:04.19B		100 yard back BONUS		58.79B	1:03.49B	1:07.29B	
4:47.49	4:41.49	5:16.99	21	500 yard freestyle	22	4:57.89	4:24.59	4:33.09	
4:56.49B	4:50.29B	5:31.79B		500 yard free BONUS		5:10.79B	4:26.49B	4:36.39B	
4:40.29	4:32.29	4:04.09	23	400 yard free relay *	24	3:44.59	4:16.09	4:04.59	
Sunday, December 20, 2009									
Women		Prelims: 8:30am start Finals: 6:00pm start					Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
19:17.09	18:43.09	18:32.99	25	1650 yard freestyle *	26	17:33.99	18:03.39	18:15.89	
19:26.39B	18:52.09B	18:58.69B		1650 yard free BONUS		18:00.19B	17:34.89B	18:13.29B	
2:39.99	2:29.09	2:14.29	27	200 yard backstroke	28	2:06.99	2:20.99	2:25.79	
2:39.39B	2:32.39B	2:17.89B		200 yard back BONUS		2:07.09B	2:16.69B	2:24.79B	
1:03.99	1:01.49	55.39	29	100 yard freestyle	30	50.89	56.49	58.59	
1:06.29B	1:04.29B	57.39B		100 yard free BONUS		52.59B	57.59B	1:00.09B	
2:35.59	2:30.09	2:15.59	31	200 yard IM	32	2:04.99	2:18.79	2:24.79	
2:41.19B	2:35.59B	2:20.29B		200 yard IM BONUS		2:09.99B	2:20.99B	2:26.49B	
5:11.29	4:59.29	4:33.39	33	400 yard medley relay*	34	4:10.59	4:42.09	4:29.59	
*: timed final event during finals session, except for 1650 which swims only the fastest heat in finals									

# Greenwood Memorial Swim Club

## 2009 New England Swimming Senior Championships

Fitness and Recreation Center, Boston University, Boston MA , December 17 – 20, 2009

Sanctioned by NE Swimming #NE-09-120 and NE-09-120 -TT

### CONTACT INFORMATION

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### ENTRY FEES

_____ Individual Electronic Entries	@ \$7.50	=	\$ _____
_____ Individual Non-Electronic Entries	@ \$8.00	=	\$ _____
_____ Distance Event Electronic Entries	@ \$7.50	=	\$ _____
_____ Distance Non-Electronic Entries @ \$8.00		=	\$ _____
_____ Relay Electronic Entries	@ \$25.00	=	\$ _____
_____ Relay Non-Electronic Entries	@ \$25.50	=	\$ _____
_____ Swimmer Participation Fee	@ \$10.00	=	\$ _____
_____ # Relay only Swimmers	@ \$10.00	=	\$ _____
			Total: \$ _____

Make check payable to: Greenwood Memorial Swim Club

Mail entries and check to:  
Carol Healey, Entry Chairperson  
47 May Street  
Needham, MA02492  
781-444-2014

*check must be received by December16,2009.*

### LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming, Anywhere Aquatic Club and Anywhere College for any and all injuries suffered by him/her at said meet. **In submitting this entry the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming.**

\_\_\_\_\_  
Signature of Authorized Team Official

\_\_\_\_\_  
Date

## 2009 New England Senior Championships Email Entry Form

Fill out all fields. If athlete is entering more than two events, add another line to existing information. If entering more than two athletes, cut and paste as necessary.

Type directly on this document, save to your computer and send as an attachment. Email to: [nemeetentries@comcast.net](mailto:nemeetentries@comcast.net). Please include a link to meet results in the body of the email if available. If not, be prepared to prove the time at meet check-in.

This form is ONLY USED for new cuts made between December 8 through December 14. **Entries must be received by 11:59pm EST on December 14.** You will receive email confirmation for your entry.

**Club Name:**

**LSC:**

**Club Code:**

**Coach Submitting Entries:**

**Phone:**

**Email:**

### INDIVIDUAL ENTRIES

**Athlete Name:**

**Already Entered?**

**USAS ID:**

**Event:**

**Time**

**Meet:**

**Date:**

**Is this a bonus event?**

**Is the athlete already entered in this event as a bonus?**

**Make the above event a hard cut and add new bonus event:**

**Time:**

**Meet:**

**Date:**

**\*new bonus event does not have to have been achieved between 12/8 and 12/14**

**Athlete Name:**

**Already Entered?**

**USAS ID:**

**Event:**

**Time:**

**Meet:**

**Date:**

**Is this a bonus event?**

**Is the athlete already entered in this event as a bonus?**

**Make the above event a hard cut and add new bonus event:**

**Time:**

**Meet:**

**Date:**

**\*new bonus event does not have to have been achieved between 12/8 and 12/14**