

ENTRY FORMS:

1. Use the enclosed colored entry forms (pink for girls and blue for boys) to submit entries by mail or fax to Barbara Gould. (For faxed entries it is best to copy onto a white sheet of paper before faxing.)
2. Or, use the electronic Excel file emailed to all registered NEPSSA coaches as an attachment and return directly to John Liller (jliller@worcesteracademy.org) by the deadline.
3. Please be sure to retain hard copies for your files.
4. All times submitted should have been accomplished this year in interscholastic competition and recorded in short course yards. It is essential that coaches take care to be accurate *to the .00 decimal*.
5. For short course meter swims, convert according to the accepted meter conversion tables in the 2003-2004 *National Federation of State High School Associations Swimming & Diving Rules Book* (p. 65).

PSYCHE SHEETS:

Copies of the completed entries (“psyche sheets”) will be sent to you by Friday, February 27. If any mistakes are detected in our compiling of your entries, please call immediately Barbara Gould at 508-798-6730 or John Liller at 508-757-6377 or send an email to jliller@worcesteracademy.org.

This year we are continuing to allow the entry of two relay teams per school. The “B” relay cannot score points but will allow swimmers who do not ordinarily swim at night to be part of the excitement of finals. Please be clear as to what the “A” and “B” relay times are! Any relay submitted without a time will be entered as “No Time.”

NOTE: The 200 yard medley relays, 500 yard freestyle, 200 free relays and 400 free relays are all *timed final events*. All relays are swum in the evening session only. Those swimmers seeded slower than the 16th seeded swimmer in the 500 yard freestyle will swim in the trials session only but their times will qualify them in place according to all the times swum in the event, afternoon and evening. The top sixteen seeded swimmers in the 500 yard freestyle will swim in the finals session only. Final placement will be determined when the entire event has been contested.

ELIGIBILITY:

The meet is open to any swimmer or diver attending a member school of the New England Preparatory School Swimming Association (NEPSSA).

- **Membership in NEPSSA is defined using the following three criteria:**
- The school must be a member of NEPSAC.
- The school must have a varsity swim program.
- The swim program must have competed against two (2) other NEPSSA member teams.

DIVING ENTRIES

Diving entry sheets are enclosed. Please use this form only. A standardized format will help the efficiency of the scoring table. Any changes may occur on deck during warm-up as long as they are made 30 minutes prior to the beginning of the trials. Dives and diving sheets must be completed in accordance with the specifications for championship competition in the *2003-2004 National Federation of State High School Associations Swimming & Diving Rules Book*.

A second copy of the diving sheets must be mailed with the swimming entries.

COACHES' MEETINGS:

There will be a coaches' meeting each day of the competition in the pool office prior to the start of the swimming trials and finals.

RULES:

2003-2004 National Federation of State High School Associations Swimming & Diving rules will govern the meet.

SCORING & AWARDS:

The top sixteen finishers will be awarded points toward the team scoring as follows:

	RELAYS	INDIVIDUALS		RELAYS	INDIVIDUALS
1st	40	20	9th	18	9
2nd	34	17	10th	14	7
3rd	32	16	11th	12	6
4th	30	15	12th	10	5
5th	28	14	13th	8	4
6th	26	13	14th	6	3
7th	24	12	15th	4	2
8th	22	11	16th	2	1

Medals will be awarded to the top eight finishers and ribbons to the ninth through sixteenth place finishers in relay and individual events. Team trophies will be awarded to the winner and runner-up teams each day.

The Babcock Award and the Most Valuable Swimmer Award will be awarded to the male and female competitors, respectively, receiving the most votes from the head coaches following the 400 yard freestyle relay. **IT IS VITAL TO HAVE 100% OF THE COACHES VOTE ON THESE AWARDS!**

TIMERS AND WATCHES:

Each participating school is expected to furnish two timers each day. They will be called for at the appropriate time on the pool deck. It is assumed that the designated timers will be present for both the trials and the finals.

Each participating school is also expected to provide stop watches calibrated to 1/100 of a second before the start of the swimming trials each day. Please put your school's name on the back of each watch.

A separate sheet with timers' lane assignments and times is enclosed in this packet.

MEAL TIMES: Please see separate information sheet from Bob Tyler, Milton Academy.

COACHES' INFORMATION PACKETS/REGISTRATION: May be picked up in the Pool Office (on deck) or the Stack Room lounge behind the spectator stands beginning at 7:30 PM Friday, March 5th.

IMPORTANT REMINDER: Opposite gender team members are NOT allowed on the deck . There is insufficient room!

LOCKERS / TOWELS:

Towels will not be available. Deerfield Academy will not be responsible for valuables or clothing, as the pool, locker room, and gym areas cannot be secured.

IMPORTANT ADDRESSES, PHONE NUMBERS, EMAILS at a glance:

NEPSSA Membership Dues:

Bob Burns
c/o Choate Rosemary Hall
Wallingford, CT 06492
(203)265-3537
Email: rburns@choate.edu

MEET ENTRY INFORMATION, SCRATCHES, MEET ENTRY FEES:

Barbara Gould Fax: (508) 363-3481
c/o Worcester Academy
81 Providence St.
Worcester, MA 01604 Email: bgould@worcesteracademy.org
(508) 798-6730 (H)
(508) 754-5302 x122

COMPUTER ENTRY INFORMATION, SCRATCHES:

John Liller Fax: (508) 363-3481
c/o Worcester Academy
81 Providence St.
Worcester, MA 01604 Email: jliller@worcesteracademy.org
(508) 757-6377

DIVING ENTRY SHEETS: (2 copies / 1 to Barbara Gould and 1 copy to:)

Grace Robertson
c/o NMH
206 Main St.
Northfield, MA 01360
(413) 498-3342 Email: grace_robertson@nmhschool.org

TIME LINE: These deadlines will be strictly enforced. Your cooperation is greatly appreciated.

DEADLINE DATE	SUBMIT	TO
Immediately	NEPSSA dues (\$70/team)	Bob Burns, Choate
Mon. Feb 23 rd (2:00 PM)**	Team entries and fees including completed diving sheets (1 copy/diver).	Barbara Gould, Worcester Academy (WA)
Mon. Feb 23 rd (2:00 PM)**	Completed diving sheets (1 copy/diver).	Grace Robertson, NMH
Wed. March 3 rd (1:00 PM)	Scratch deadline, corrections	John Liller, WA

** If you do not have a meet that weekend, please submit *entries* by Saturday, Feb. 21st. If you fax any entries, please follow with a hard copy mailed (or e-mailed).