

NEW ENGLAND PREPARATORY SCHOOL SWIMMING ASSOCIATION
SWIMMING & DIVING CHAMPIONSHIPS
&
LEAGUE INFORMATION
2007

DATES: BOYS CHAMPIONSHIP—SATURDAY, MARCH 3, 2007
GIRLS CHAMPIONSHIP—SUNDAY, MARCH 4, 2007

PLACE: DEERFIELD ACADEMY
Deerfield, MA

SCHEDULE: BOTH DAYS

6:30 A.M. SWIMMING WARM UP
9:00 A.M. SWIMMING TRIALS
10:00 A.M. DIVING WARM UP (Warm up will begin during the swimming events.)
12:00 P.M. DIVING TRIALS ((Immediately following the swimming events but no earlier than 12:00 PM)
4:30 P.M. FINALS WARM UP
5:30 P.M. FINALS—SWIMMING & DIVING

THE POOL WILL BE OPEN FOR BOTH GENDERS FRIDAY EVENING 6:00-9:00 P.M. If the pool is overcrowded, **BOYS will have priority from 6:00-7:30 P.M.**

FEES:

1. The **annual membership dues** of \$70 per school (per gender), made payable to NEPSSA should be sent to: **Sonja O'Donnell**, NEPSSA Secretary/Treasurer, 7 Boyden Lane, Deerfield, MA 01342 (due before the meet)
2. Meet **entry fees payable to NEPSSA** should also be sent to **Sonja O'Donnell**:
 - a. Individual events (entered not swum): \$1.50/event
 - b. Relay events (entered not swum): \$7.00/ relay team (\$14.00 for A and B relays)

ENTRIES:

1. Any number of entries may be made in individual events but must be scratched down to four entries per event by the scratch deadline
2. Any number of competitors may be entered in either the A or B relays at \$7.00 per relay entered.
3. Relay cards will be given to the coaches prior to the finals so that the names of the swimmers actually swimming in the relay events may be submitted to the head table.

Be sure to deliver the card to the table, as this will be the only record of who has swum in the relay. Relay cards improperly submitted or not submitted will result in the disqualification of the relay.

ENTRY BLANKS:

1. Use Meet Manager or Meet Manager "Lite" (available at www.nepssa.org) and return directly to John Liller (john.liller@worcesteracademy.org), Meet Manager and Coordinator, by the deadline.
2. All times submitted should have been accomplished during the 2006-2007 season in interscholastic competition and recorded in short course yards. It is essential that coaches take care to be accurate *to the .00 decimal*.
3. For meter swims, convert according to the accepted meter conversion table in the 2006-2007 Federation Rule Book.
4. In the interest of the best possible competition, fairness, and integrity, all submitted times should be the fastest times achieved during the winter 2006-2007 season.

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 entry, please call Bob Tyler at 617-898-2120 or John Liller at 508-839-5211 immediately or send an email: john.liller@worcesteracademy.org.

This year we are once again allowing 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 careful to distinguish the A and B relay times. Any relay submitted without a time will be entered at "No Time." You may enter as many swimmers as you wish.

NOTE: The 200 yard medley relays, 500 yard freestyle, 200 free relays, and 400 free relays are all timed final events. All relays will only be swum in the evening sessions. 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:**

1. The school must be a member of NEPSAC.
2. The school must have a varsity swim program.
3. The swim program must have competed against two (2) other NEPSSA member teams.

DIVING ENTRIES:

Diving entry sheets will be made available on the www.nepssa.org website. 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 in accordance with the specifications for championship competition in the National High School Federation 2006-2007 rule book.

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.

RULES:

2006-2007 *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 and Robertson Awards 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 and retrieve these watches at the conclusion of the meet.

A separate sheet of lane assignments and times will be posted as the meet draws closer.

MEALS: Please see separate information sheet and order form to be posted at www.nepssa.org and reply accordingly. Florrie Paige, Deerfield Dining Hall Director, and her assistant, Lisa Gaimari, will coordinate ordering and arranging for all on-campus meals. A concession stand in the East Gym will sell snacks and drinks through the meet.

COACHES' INFORMATION PACKETS: May be picked up in the pool office (on the pool deck) beginning at 6:00 P.M. Friday, March 2nd.

IMPORTANT REMINDER: Opposite gender team members are NOT allowed on the deck during the trials or finals (unless they are timers or runners). There is insufficient room!

LOCKERS, TOWELS, SECURITY, DECK SPACE, & SAFETY:

- Towels will not be available.
- Deerfield Academy will not be responsible for lost or stolen valuables or clothing, as locker room and gym areas cannot be fully secured.
- The Kravis Room (the gym, or "old pool," located across from the Deerfield Stockroom) will be a supervised area (with designated space for each school) to store individual and team equipment bags. All athletes will be asked to limit themselves to swimming and diving essentials (cap, goggles, sweats, towels, etc...) while on the pool deck at all times during the meet. Deck space is very limited and seating is tight.
- No food is to be brought on deck and absolutely no valuables should be left anywhere.
- We ask that teams and spectators abide by the Academy's campus security's special directions for parking and traffic circulation this weekend. A map with some special directions will be posted on the NEPSSA website.

IMPORTANT ADDRESSES, PHONE NUMBERS, EMAILS at a glance:

NEPSSA Membership Dues, New Englands Meet Entry Fees:

Sonja O'Donnell	NEPSSA Secretary/Treasurer
c/o Deerfield Academy	
7 Boyden Lane	Phone: (413) 774-1880
Deerfield, MA 01342	Email: sodonnell@deerfield.edu

Information, etc...:

Bob Tyler	NEPSSA President
c/o Milton Academy	
170 Centre Street	Phone: (617) 909-9730
Milton, MA 02186	Email: bob_tyler@milton.edu

NEW ENGLANDS' COMPUTER ENTRIES, SCRATCHES:

John Liller
c/o Worcester Academy
81 Providence St.
Worcester Ma. 01604

Fax: (508) 363-3481
Email: john.liller@worcesteracademy.org

DIVING ENTRY SHEETS: (2 copies)

Mary Pat Gritzmacher
c/o Westminster School
995 Hopemeadow Street
Simsbury, CT 06070

Phone: (860) 408-5332
Email: mpgritzmacher@westminster-school.org

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

DEADLINE DATE	SUBMIT	TO
Immediately	NEPSSA dues (\$70/team/gender)	Sonja O'Donnell, Deerfield
Mon. Feb. 19 (2:00 PM)**	Team entries and fees, including completed diving sheets	John Liller, Worcester (Bob Tyler, Milton)
Mon. Feb. 19 (2:00 PM)**	Completed diving sheets	Mary Pat Gritzmacher, Westminster
Wed. Feb. 28 (1:00 PM)	Scratch deadline, corrections	John Liller, WA

** If you do not have a meet that weekend, please submit entries by Saturday, Feb. 17. If you fax any entries, please follow with a hard copy mailed (or e-mailed).

NB: Updated times (please note--not additional times or entries) will be accepted through Monday, Feb. 26th.