

**NEW ENGLAND PREPARATORY SCHOOL SWIMMING ASSOCIATION
SWIMMING & DIVING CHAMPIONSHIPS &
LEAGUE INFORMATION
2010**

DATES: GIRLS' CHAMPIONSHIP –SATURDAY, MARCH 6, 2010
 BOYS' CHAMPIONSHIP –SUNDAY, MARCH 7, 2010

PLACE: The Hotchkiss School
 Lakeville, CT

SCHEDULE: BOTH DAYS:

6:30 A.M. SWIMMING WARM UP
9:00 A.M. SWIMMING TRIALS
11:00 A.M. DIVING WARM UP (Immediately following the swimming
 events)
12:00 P.M. DIVING TRIALS
4:30 P.M. FINALS WARM UP (or immediately following the diving events)
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, **GIRLS will have priority from 6:00-7:30 P.M.**

FEES:

1. The **annual membership dues** of \$70 per school (per gender) is due immediately; checks made payable to NEPSwim and sent to: **Sonja O'Donnell**, NEPSSA Secretary-Treasurer, 7 Boyden Lane, Deerfield, MA 01342
2. Meet **entry fees payable to NEPSwim** should also be sent to **Sonja O'Donnell**:
 - a. Individual events (entered not swum): \$3.00/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 Hytek Meet Manager and return directly to John Liller (john.liller@worcesteracademy.org), Meet Entry Coordinator, by the deadline.
2. All times submitted should have been accomplished during the 2009-2010 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 2009-2010 Federation Rule Book.
4. We are publishing once again a list of "suggested cut off times" for all teams to use at their discretion and as appropriate (see below). The coaches in the league have agreed to respect each team's decision in regard to their entries, understanding that we are all in good faith balancing competing desires and needs.
5. In the interest of the best possible competition, fairness, and integrity, all submitted times should be the fastest times achieved during the winter 2009-2010 interscholastic season.
6. **2010 New England Prep Swimming Championships: "Suggested" Cut Times**

<u>Event:</u>	<u>Boys:</u>	<u>Girls:</u>
200	2:20.00	2:25.00
IM	2:45.00	2:55.00
50	:25.00	:30.00
Fly	1:20.00	1:25.00
100	:58.00	1:05.00
500	6:15.00	6:30.00
Back	1:15.00	1:20.00
Breast	1:20.00	1:25.00

PSYCHE SHEETS:

Copies of the completed entries (psyche sheets) will be sent to you by Friday, February 26, 2010. 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 are swum in the evening sessions 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:**

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 close to the meet entry season. 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 2009-2010 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:

2008-2009 *National Federation of State High School Associations Swimming & Diving* rules will govern the meet.

The NEPSSA league coaches voted to amend a rule banning certain "buoyant" fabric suits from the 2008-2009 dual meet season and the 2009 New England championship meet. Please see www.nepssa.org for the official description and details.

SCORING & AWARDS:

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

Place	Relay	Individual	Place	Relay	Individual
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.

T-SHIRTS AND MEET PROGRAMS will be for sale through the meet both days.

COACHES' INFORMATION PACKETS may be picked up in the pool office (on the pool deck) beginning at 6:00 P.M. Friday, March 5th.

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.
- The Hotchkiss School will not be responsible for lost or stolen valuables or clothing, as locker room and gym areas cannot be fully secured.
- 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 host school's campus security's special directions for parking and traffic circulation this weekend.

IMPORTANT ADDRESSES, PHONE NUMBERS, EMAILS at a glance:

- ***NEPSSA Membership Dues, New Englands Meet Entry Fees:***

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

- *Information, etc.:*

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

David Koritkoski c/o Williston Northampton 19 Payson Avenue Easthampton, MA 01027	N.E.P.S.S.A. Vice President Phone: (413) 529-3000 x4134 Email: dkortikoski@williston.com
--	---

- *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:* (Please look out for specific directions.)

Ben Small c/o Choate Rosemary Hall Wallingford, CT. 06492	Phone: 203-697-2000 (W) Email: bsmall@choate.edu
---	--

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

DEADLINE DATE	SUBMIT	TO
Immediately	NEPSSA dues (\$70 per gender per team)	Sonja O'Donnell, Deerfield
<u>Mon. February 22, 2010 (2:00 PM)**</u>	Team entries and fees	ENTRIES: John Liller, Worcester FEES: Sonja O'Donnell, Deerfield
<u>Mon. February 22, 2010 (2:00 PM)**</u>	Completed diving sheets	Ben Small, Choate
<u>Wed. March 3, 2010 (1:00 PM)</u>	Scratch deadline, corrections	John Liller, Worcester

** If you do not have a meet that weekend, please submit entries by Saturday, February 20, 2010. If you fax any entries, please follow with a hard copy mailed (or e-mailed).

NB: Updated entry times (please note—no additional times or entries) will be accepted through Monday, March 1, 2010.