

**2012 NEW ENGLAND PREPARATORY SCHOOL SWIMMING ASSOCIATION
DIVISION I SWIMMING & DIVING CHAMPIONSHIPS & LEAGUE INFORMATION**

DATES: Diving Trials—Friday, March 2, 2012
Diving Finals—Saturday, March 3, 2012
Boys and Girls Swimming Trials and Finals —Saturday, March 3, 2012

PLACE: Division I- Phillips Exeter Academy, Exeter, NH
Division II- Westminster School, Simsbury, CT
Division III- Deerfield Academy, Deerfield, MA

Division I Schedule: Friday March 2

11:00 am Girls' Diving Warm-up
1:00 pm Girls' Preliminary Rounds Dives 1-8
4:00 pm Boys' Diving Warm-up (or immediately following conclusion of girls' prelims)
Host School team practice (immediately following conclusion of girls' prelims)
5:45 pm Boys' Preliminary Rounds Dives 1-8 (or 1:45 following boys' warm-up)

Saturday March 3

6:30 am Swimming warm-up
9:00 am Swimming trials
12:30 pm Girls' Diving Warm-ups (or immediately following swim prelims)
1:15 pm Girls' Diving Finals (or 45 minutes after the start of warm-ups)
2:00 pm Boy's Diving Warm-ups (or immediately following the conclusion of Girls' finals)
2:45 pm Boy's Diving Finals (or 45 minutes after the start of warm-ups)
4:30 pm Swimming Finals Warm Ups
5:30 pm Swimming Finals

Division 1 Teams

Andover, Choate, Deerfield, Exeter, Greenwich, Hopkins, Hotchkiss, Loomis, Milton, Miss Porter's
Northfield Mt. Hermon, Convent of the Sacred Heart, Suffield

2012 Division I Meet Responsibilities

2012 Meet Host	Exeter	
Announcing - Diving	Milton	
Announcing - Swimming	Andover	
Awards	Hopkins	
Back Up Timers Organization	?	We are sending out the call for someone
Lifeguards	Exeter	to help with the organization of backup
Meals	Exeter	timers for our Div. 1 Meet on March 3.
Meet Entries - Diving	Miss Porter's	We need timers for both the morning and
Meet Entries - Swimming	Worcester	the evening sessions. The job benefit
Officials	Loomis	for timers is a front row seat for all the
Programs	Suffield	action! If a team has someone who would
Table Electronic Scoring/Timing	Exeter	be interested please contact Jean Farnum
Table Manual Scoring	Andover	jfarnum@exeter.edu
T-Shirts	Deerfield	
Trainers	Exeter	

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 **THREE** 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. See the league website for the meet entries file and/or HYTEK Meet Manager Lite for those teams not yet using the program.
2. All times submitted should have been accomplished during the 2008-2009 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 2011-2012 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 (please see the end of this document). The coaches in the league have agreed to respect each team's decision in regard to their entries, understanding that we are acting 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 in N.E.P.S.S.A. official league competition and during the winter 2011-2012 interscholastic season.

PSYCHE SHEETS:

Copies of the completed entries (psyche sheets) will be sent to you by Friday, February 24, 2012. If any mistakes are detected in our compiling of your entry, please call David Koritkoski at 413-695-1173 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 2011-2012 rulebook.

COACHES' MEETINGS:

There will be a short coaches' meeting in the pool office prior to the start of the swimming trials.

RULES:

2011-2012 *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:

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 3 finishers and ribbons to the fourth through sixteenth-place finishers in relay and individual events. Team trophies will be awarded to the winner and runner-up teams in each division.

The Babcock and Robertson Awards will be awarded to the male and female competitors, respectively, receiving the most votes from the head coaches at each of the divisional meets. **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 for the meet. 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 stopwatches 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.

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 at each location.

COACHES' INFORMATION PACKETS: May be picked up in the pool office (on the pool deck) Friday March 2 before the diving competition begins (up until 12:45 pm on Friday) and upstairs on the main level of Love Gym after the beginning of diving competition. On Saturday March 3 packets will be available on the pool deck beginning at 6:30 am.

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

- Towels will not be available.
- Host teams and schools 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
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- **Information, etc.:**

David Koritkoski c/o The Williston Northampton School 19 Payson Ave Easthampton, MA 01027	N.E.P.S.S.A. President Phone: (413) 695-1173 Email: dkoritkoski@williston.com
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Keith Moon c/o The Hotchkiss School PO Box 800 Lakeville, CT 06039	N.E.P.S.S.A. Vice President Phone: Email: kmooon@hotchkiss.org
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- **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
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- **DIVING ENTRY SHEETS:** (Stay tuned for special directions.)

Ann Befroy, Diving Coach Miss Porter's School 60 Main St., Farmington, CT 06032	860-409-3798 Email: ann_befroy@missporters.org

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 20, 2012</u> (2:00 PM)**	Team entries and fees, including completed diving sheets	John Liller, Worcester—Hytek Meet Entries Sonja O'Donnell, Deerfield—Meet Entry Fees (Check)
<u>Mon. February 20, 2012</u> (2:00 PM)**	Completed diving sheets	Ann Befroy, Miss Porter's
<u>Wed. February 29, 2012</u> (1:00 PM)	Scratch deadline, corrections	John Liller, Worcester

** If you do not have a meet that weekend, please submit entries by Saturday, February 18, 2012.

NB: Updated entry times (please note—no additional times or entries) will be accepted through Monday, February 27, 2012.

2012 New England Prep Swimming Championships: "Suggested" Cut Times
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Girls

<u>Event</u>	<u>Class A</u>	<u>Class B</u>	<u>Class C</u>
200 Freestyle	2:20.00	2:30.00	2:50.00
200 IM	2:40.00	2:50.00	3:10.00
50 Freestyle	0:29.00	0:33.00	NT
100 Butterfly	1:20.00	1:27.00	NT
100 Freestyle	1:04.00	1:09.00	NT
500 Freestyle	6:45.00	7:00.00	7:20.00
100 Backstroke	1:17.00	1:25.00	NT
100 Breaststroke	1:23.00	1:30.00	NT

Boys

<u>Event</u>	<u>Class A</u>	<u>Class B</u>	<u>Class C</u>
200 Freestyle	2:07.00	2:20.00	2:40.00
200 IM	2:25.00	2:40.00	3:00.00
50 Freestyle	0:27.00	0:30.00	NT
100 Butterfly	1:11.00	1:17.00	NT
100 Freestyle	0:57.00	1:00.00	NT
500 Freestyle	5:50.00	6:35.00	7:00.00
100 Backstroke	1:11.00	1:15.00	NT
100 Breaststroke	1:18.00	1:24.00	NT