

NEW ENGLAND PREPARATORY SCHOOL SWIMMING ASSOCIATION

DIV. III SWIMMING & DIVING CHAMPIONSHIPS & LEAGUE INFORMATION

2012

DATES: Diving Trials—Friday, March 2, 2012 Westminster School
Diving Finals—Saturday, March 3, 2012 Deerfield Academy
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- Hosted by Eaglebrook School at Deerfield Academy, Deerfield, MA

SCHEDULE: ALL THREE SITES

6:30 A.M. SWIMMING WARM UP
9:00 A.M. SWIMMING TRIALS

4:30 P.M. SWIMMING & Diving FINALS WARM UP
5:30 P.M. SWIMMING & Diving FINALS

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**, NEPSA 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 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 and finals.

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 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: In this mailing is a lunch and breakfast form, please fill out and return to the appropriate person listed on the form.

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) beginning at 6:00 A.M. Sat. morning

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: kmoon@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.)**

Ben Small c/o Choate Rosemary Hall Wallingford, CT. 06492	Phone: 203-697-2000 (W) Email: bsmall@choate.edu
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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> <u>(2:00 PM)**</u>	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> <u>(2:00 PM)**</u>	Completed diving sheets	Ben Small, Choate
<u>Wed. February 29, 2012</u> <u>(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 18, 2012.
 NB: Updated entry times (please note—no additional times or entries) will be accepted through Monday, February 27, 2011.

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