

2014 NEPSAC SWIMMING & DIVING CHAMPIONSHIPS AND LEAGUE INFORMATION

DIVISION ONE MEET:

HOST:
HOTCHKISS SCHOOL
LAKEVILLE, CT

DATE:
MARCH 1 & 2 (ALL FINALS WILL TAKE PLACE ON MARCH 2)
DETAILED SCHEDULE ATTACHED

MEET DIRECTORS:
ALLEN GARNER (agarner@hotchkiss.org)
KEITH MOON (kmoon@hotchkiss.org)

DIVISION ONE TEAMS:

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

ELIGIBILITY:

The meets are open to any swimmer or diver attending a member school of NEPSSA (the New England Prep School Swimming Association). **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 other NEPSSA member teams.

RULES:

2013-14 *National Federation of State High School Associations Swimming & Diving* rules will govern the meets.

SCORING AND AWARDS:

The top sixteen finishers (maximum of three athletes per school per gender per individual event) will be awarded points toward the team scoring as follows:

<i>Place</i>	<i>Relay</i>	<i>Individual</i>	<i>Place</i>	<i>Relay</i>	<i>Individual</i>
1 st	40	20	9 th	18	9
2 nd	34	17	10 th	14	7
3 rd	32	16	11 th	12	6
4 th	30	15	12 th	10	5
5 th	28	14	13 th	8	4
6 th	26	13	14 th	6	3
7 th	24	12	15 th	4	2
8 th	22	11	16 th	2	1

Medals will be awarded to the top three finishers and ribbons to the fourth through 16th place finishers in relay and individual events. Team trophies will be awarded to the winner and runner-up teams in each division by gender.

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.**

After the season has concluded, the Top 16 times (maximum three per school per gender per event) from the three divisional meets will be compiled to create an all-New England team.

FEES:

1. The annual membership dues of \$70 per school per gender were due in November. Please make any checks payable to NEPSwim and sent to: **Keith Moon, NEPSSA Vice-President, 11 Interlaken Road, Lakeville, CT 06039.**
2. Meet entry fees payable to NEPSwim should also be sent to **Keith Moon:**
 - a. Individual events (entered, not swum): \$3.00/event entered.
 - b. Relay events (entered, not swum): \$7.00/relay entered (\$14 for A & B relays, per event per gender)

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. Three entries per team may move on to the scoring rounds of any event.
2. Any number of competitors may be entered in either the A or B relays at \$7.00 per relay entered. Relay cards will be given to the coaches prior to the finals, so that the names of the swimmers actually swimming in the events can 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.

3. Entries should be made using Hytek Meet Manager and sent directly to John Liller (john.liller@worcesteracademy.org), Meet Entry Coordinator, by **Monday, February 17 at 2:00 p.m.** Please see the league web site (www.nepssa.org) for the meet entries file.
4. All times submitted should have been accomplished in the 2013-14 season in NEPSAC interscholastic competition and recorded in short course yards. It is essential that coaches take care to be accurate to the *.00 decimal*.
5. For meter swims, please convert according to the accepted meter conversion table in the 2013-14 Federation Rule Book.
6. We are publishing a list of "suggested cut-off times" for all teams to use at their discretion (please see www.nepssa.org). The coaches in the league have agreed to respect each team's decision in the regard to entries, with the understanding that we act in good faith.
7. In the interest of the best possible competition, fairness, and integrity, all submitted times should be the fastest times achieved in the NEPSAC official league competition and during the 2013-14 interscholastic season.

PSYCHE SHEETS:

1. Copies of the completed entries (psych sheets) will be sent to you by Friday, February 21. If any mistakes are detected in our compiling of your entries, please call Keith Moon (860-435-3684), David Koritkoski (413-695-1173), or John Liller (508-839-5211) immediately or send an email: john.liller@worcesteracademy.org.
2. Two relay entries per school (per gender) per event will be allowed. The B relays do not score points and will swim as exhibition only. Please be careful to distinguish between the A and B relay times. Any relay submitted without a time will entered at "No Time."
3. **The 200 Medley Relay, 200 Freestyle Relay, and 400 Freestyle Relay are all timed final events, as is the individual 500 Freestyle. All relays are swum in the finals scoring session only.** Those swimmers seeded slower than the 16th-seeded swimmer in the 500 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, whether during the trials' or finals' session, as long as they are among the top three finishers from their team. The top 16 seeded swimmers will swim in the finals' session only. Final placement will be determined when the entire event has been contested.
4. **Times can be updated through Monday, February 24 at 2:00 p.m. No new entries may be made after Monday, February 17, however. The final swimming scratch deadline will be on Wednesday, February 26 at 1:00 p.m.**

DIVING ENTRIES:

1. Diving entry sheets will be made available on the www.nepssa.org web site. Please use this form only. A standardized form 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 2013-14 National Federation handbook.
2. Diving preliminaries in Division One will take place on Saturday, March 1 (please see detailed schedule attached) and will include the first eight dives. There may also be a cut after five dives, depending on the number of competitors. The top 16 male and female competitors (maximum of three per team per gender) will move on to the final scoring round of diving for the final three dives on Sunday, March 2.
3. Completed Division One diving sheets should be sent to Heather Perrenoud (hperrenoud@hotchkiss.org).

TIMERS AND WATCHES:

1. Each participating school is expected to furnish two timers for the meet.
2. Each participating school is expected to furnish two stopwatches, calibrated to .01 of a second before the start of each session. Please put your school's name on the back of each watch and retrieve these watches at the conclusion of the meet.

MEALS:

1. Please see the separate meal form for each venue at www.nepssa.org.

T-SHIRT AND MEET PROGRAMS:

1. These will be for sale at each location. Concessions will also be available at each location.

LOCKER ROOMS, RAZORS, TOWELS, SECURITY, DECK SPACE, AND SAFETY: **Hotchkiss School, Division One**

1. Only athletes, coaches, and meet staff or officials will be permitted in the locker rooms and the pool deck.
2. Towels will not be available.
3. Razors and shaving cream are prohibited in the locker rooms and on the pool deck.
4. Locker rooms are intended for changing only. Please do not leave valuables unattended in the locker rooms.

5. The shallow end warm-up and warm-down lanes will be available *except during the diving competition*.
6. Absolutely no glass containers are allowed on deck.
7. No swimmers or divers should enter the room designated for coaches and officials without specific permission of the meet managers.
8. Teams are responsible for any banners or other team designations. Host schools are not responsible for anything left behind on deck overnight. Cleaning crews will come through to get the pool set for the following day. Please take any valuables with you overnight.
9. All teams and spectators are asked to abide by the host school's campus security plan for parking and traffic circulation this weekend.