

NEW ENGLAND PREPARATORY SCHOOL ATHLETIC CONFERENCE

DIVISION II SWIMMING & DIVING CHAMPIONSHIPS

2014

DATES: Diving Trials & Finals— Wednesday, February 26, 2014 (Division II only)
Boys' and Girls' Swimming Trials and Finals — Saturday, March 1, 2014

PLACE: Westminster School, Simsbury, CT

SCHEDULE:

WEDNESDAY, February 26, 2014	
1:00 P.M	OPEN DIVING WARM UP
2:00 P.M.	GIRLS ONLY DIVING WARM UP
2:30 P.M.	Div. II GIRLS DIVING CHAMPIONSHIPS (All 11 Dives)
4:00P.M.	BOYS DIVING WARM UP
4:45 P.M.	Div. II BOYS DIVING CHAMPIONSHIPS (All 11 Dives)

SATURDAY, MARCH 3, 2012	
6:30 A.M.	SWIMMING WARM UP
9:00 A.M.	SWIMMING TRIALS
4:00 P.M.	SWIMMING FINALS WARM UP
5:00 P.M.	SWIMMING FINALS

FEES:

1. The **annual membership dues** of \$70 per school (per gender) is due immediately; checks made payable to **NEPSwim** and sent to: **Keith Moon**, NEPSSA Vice President, CO The Hotchkiss School PO Box 800 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
 - b. Relay events (entered not swum): \$7.00/ relay team (\$14.00 for A and B relays)

ENTRIES:

1. All swimming entries and completed diving sheets are due by 2pm on Monday, Feb. 17. Any number of entries may be made in individual events but must be scratched down to **FOUR** entries per team per event by the scratch deadline (Wednesday, Feb. 26). NOTE: ONLY THE TOP THREE SWIMMERS IN THE TRIALS FROM EACH TEAM ARE ELIGIBLE TO ADVANCE TO THE FINALS AND SCORE POINTS. This is new this year. The fourth place swimmer's result will count as an exhibition swim.
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.

MEET ENTRY FILE:

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 2013-2014 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 2013-2014 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 2013-2014 interscholastic season.

PSYCH SHEETS:

Copies of the completed entries (psyche sheets) will be sent to you by Friday, February 21, 2014. 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 COMPETITION:

All divers from Division II will compete their first 8 dives in the trials portion of the meet, held on Wednesday afternoon, February 26th. **Immediately following completion of the trials, all divers will complete their final three dives in the Division II Finals.** The diving event will be completed in its entirety on Wednesday afternoon.

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 in the pool office prior to the start of both the swimming trials and finals.

RULES:

2013-2014 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 three 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 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.

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

MEALS: Westminster School's dining hall, located in Cushing Hall (see campus map), will be offering a meal service for athletes and coaches only on Saturday, according to the following schedule:

Breakfast from 6:00 – 8:30am

Lunch from 11:00pm – 1:00pm (may be extended if swimming trials runs late)

Prepared box dinners will be available for pickup during lunch hours. Meal order form will follow.

T-SHIRTS, MEET PROGRAMS, & CONCESSIONS will be for sale in the Kohn Squash Pavillion, adjacent to the Sherwin Health and Athletic Center (see campus map).

COACHES' INFORMATION PACKETS: May be picked up on the pool deck beginning at 7:00 A.M. Saturday.

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

- Only athletes and coaches are permitted in the locker rooms and on the pool deck.
- Towels will not be available.
- Razors and shaving cream are prohibited in the locker rooms and on the pool deck.
- Lockers will be available on a first-come-first serve basis. No locks will be provided. There are roughly 60 lockers available per gender.
- Westminster 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. We will have metal bleachers and team benches on the deck, some with sharp edges that could cause lacerations. Athletes are advised to use caution when moving around on the deck.
- Absolutely no glass containers should be brought into the pool area.
- 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.
- We ask that coaches please make their athletes and parents aware that spectator seating and lobby space is very limited at Westminster. Spectators are invited to enjoy concessions at the Timken Student Center (see campus map), and T-shirt sales in the Kohn Squash Pavillion.
- Spectator bathrooms are available for spectators in the Sherwin Health and Athletic Center, the Timken Student Center, Kohn Squash Pavilion, and Cushing Hall (see campus map).

PARKING:

- Team vans and buses may turn left at the stop sign at the top of the hill and proceed to the parking area adjacent to the upper athletic fields for athlete drop off and van parking.
- All spectators must proceed straight through the stop sign at the top of the hill and follow that road to the main parking lot behind Armour Academic Center (see campus map). Signs will direct pedestrians to the Sherwin Health and Athletic Center.

FRIDAY NIGHT WARM UP:

- Please note that the pool will NOT be available for swimming warm up on Friday, February 28.

HOTELS:

- A list of area hotels and restaurants is attached to this packet.

IMPORTANT ADDRESSES, PHONE NUMBERS, EMAILS at a glance:

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

Keith Moon c/o 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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• **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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• **DIVISION II MEET DIRECTOR:**

Grant Gritzmacher c/o Westminster School 995 Hopmeadow St. Simsbury, CT 06070	Phone: 860-614-1552 Fax: 860-408-3001 Email: ggritzmacher@westminster-school.org
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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)	Keith Moon, Hotchkiss
<u>Mon. February 17, 2014</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 17, 2014</u> <u>(2:00 PM)**</u>	Completed diving sheets	Ben Small, Choate
<u>Wed. February 26, 2014</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 entries) will be accepted through Monday, February 24, 2014.

2014 New England Prep School Swimming Championships

“Suggested” Cut-Off Times

Girls

<u>Event</u>	<u>Division I</u>	<u>Division II</u>	<u>Division III</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>Division I</u>	<u>Division II</u>	<u>Division III</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

Westminster School – Area Restaurants

Simsbury

Abigail's Grill & Wine Bar
4 Hartford Rd.
Simsbury, CT 06089
(860) 264-1580
abigailsgrill.com

Antonio's Restaurant
1185 Hopmeadow St.
Simsbury, CT 06070
860-651-FEED (3333)
antoniosofsimsbury.com

Apollo's Pizza and Pasta
775 Hopmeadow St.
Simsbury, CT 06070
(860) 651-3306

Attilio's Family Restaurant
1616 Hopmeadow Street
Simsbury, CT 06070
(860) 658-2295
attilosimsbury.com

**Evergreens at
Simsbury Inn**
397 Hopmeadow St.
Simsbury, CT 06070
(860) 651-5700
simsburyinn.com

Harvest Café & Bakery
1390 Hopmeadow St.
Simsbury, CT 06070
Phone: (860) 658-5000
Harvestcafebakery.com

The Iron Frog Tavern
Fiddler's Green
6 Wilcox St.
Simsbury, CT 06070
(860) 997-9793
theironfrogtavern.com

Joe Pizza
2 Wilcox St.
Simsbury, CT 06070
(860) 217-0312
joe-pizza.com

Little City Pizza
920 Hopmeadow St.
Simsbury, CT 06070
(860) 658-4100

Marco's Restaurant
32 Main St.
Tariffville, CT 06081
(860) 651-4214

Meadow – Asian Cuisine
532 Hopmeadow St.
Simsbury, CT 06070
(860) 408-9800
meadowrestaurant.com

Métro Bis Restaurant
The Simsbury 1820 House
731 Hopmeadow Steret
Simsbury, CT 06070
(860) 651-1908
metrobis.com

Millwrights
77 West St.
Simsbury, CT 06070
(860) 651-5500
millwrightsrestaurant.com

The Mill at 2T
2 Tunxis Drive
Tariffville, CT 06081
(860) 658-7890
themillat2t.com

**New India Fine Indian
Cuisine**
1416 Hopmeadow St.
Simsbury, CT 06070
(860) 408-9001

Peaberrys Café
712 Hopmeadow St.
Simsbury, CT 06070
(860) 658-2930

Plan B at One Way Fare
4 Railroad St.
Simsbury, CT 06070
(860) 658-4477
planbtavern.com

Sakimura
Fiddler's Green
10 Wilcox St.
Simsbury, CT 06070
Phone: (860) 651-7929
sakimurarestaurant.com

Simsbury 1820 House
731 Hopmeadow St.
Simsbury 06070
Phone: (860) 658-7658
simsbury1820house.com

Abigail's
4 Hartford Rd.
Simsbury, CT 06070
(860) 408-1234
abigailsgrill.com

Avon

Amici Italian Grill
401 West Main St Route 44
Avon, CT 06001
(860) 677-7089
amicitaliangrill.com

da Capo Italiano Ristorante
Old Avon Village
5 East Main St.
Avon, CT 06001
(860) 677-5599
dacaporestaurant.com

First & Last Tavern
26 West Main St.
Avon, CT 06001
(860) 676-2000
firstandlasttavern.com

**Five Guys Burgers and
Fries**
255 W Main St
Avon, CT 06001
(860) 409-9100

The Grist Mill Restaurant
51 East Main St. Rt. 44
Avon, CT 06001
(860) 676-8855
thegristmill.net

Max-A-Mia
70 E. Main St./Rte. 44
Avon, CT 06001
(860) 677-2818
maxrestaurantgroup.com

Puerto Vallarta
15 West Avon Rd.
Avon, CT 06001
(860) 675-1999
puertovallartausa.com

**Seasons Restaurant and
Tap Room-Avon Old
Farms Hotel**
279 Avon Mountain Rd.
Avon, CT 06001
Phone: (860) 269-0240
avonoldfarmshotel.com

Toshi Izakaya
136 Simsbury Rd., Bldg 4
Avon, CT 06001
(860) 677-8242
toshi-izakaya.com

Granby

**The Cambridge House
Brew Pub**
357 Salmon Brook St.
Granby, CT 06035
(860) 653-2739
cbhgranby.com

Rancho Viejo
9 Bank St
Granby, CT 06035
(860) 844-0066

Good Life Grill
17 E Granby Rd.
Granby, CT 06035
(860) 844-1060

Canton

The Shoppes at Farmington
Valley-Restaurants below
110 Albany Tpke
Canton, CT 06019
theshoppesatfarmingtonvalley.com

Chipotle Mexican Grill
(860) 693-4457

Feng Asian Bistro
(860) 693-3364

Flatbread Company
(860) 693-3314

Dish'n Dat
(860) 693-4927

Panera Bread
(860) 693-9513

LaTrotteria Restaurant
21 Old Albany Tpke (Rt 44)
Canton, CT 06019
(860) 673-5000
www.latrattoriact.net

Saybrook Fish House
460 Albany Tpke
Canton, CT 06019
(860) 693-0034

Westminster School

Avon Old Farms Hotel
279 Avon Mountain Road
Avon, CT 06001
(860) 677-1651
(800) 836-4000
www.avonoldfarmshotel.com

Centennial Inn
5 Spring Lane
Farmington, CT 06032
(860) 677-4647
(800) 852-2052
www.centennialinn.com

Courtyard by Marriott
1 Day Hill Road
Windsor, CT 06095
(860) 683-0022
www.marriott.com

DoubleTree by Hilton Hotel
16 Ella T. Grasso Turnpike
Windsor Locks, CT 06093
(860) 627-5171
www.doubletree1.hilton.com

Farmington Inn
827 Farmington Avenue
Farmington, CT 06032
(860) 677-2821
www.farmingtoninn.com

**Hampton Inn Hartford—
Airport**
2168 Poquonock Avenue
Windsor CT 06095
(860) 683-1118
www.hartford.hamptoninn.com

Hilton Garden Inn
555 Corporate Drive
Windsor, CT 06095
(860) 688-6400
www.hiltongardeninn.com

Homewood Suites
65 Ella Grasso Turnpike
Windsor Locks, CT 06096
(860) 627-8463
(800) CALL-HOME
www.homewood-suites.com

Hyatt House
Hartford North/Windsor
200 Corporate Drive
Windsor, CT 06095
(860) 683-9032
www.HyattHouseHartfordNorth.com

Linden House B&B
290 Hopmeadow Street
Simsbury, CT 06070
(860) 408-1321
www.lindenhousebb.com

Marriott Airport
28 Day Hill Road
Windsor, CT 06095
(860) 688-7500
(800) 228-9290
www.marriott.com

Marriott Farmington
15 Farm Springs Road
Farmington, CT 06032
(860) 678-1000
(800) 228-9290
www.marriott.com

**The Ramada Inn at Bradley
International Airport**
5 Ella Grasso Turnpike
Windsor Locks, CT 06096
(860) 623-9494
www.ramada.com

Residence Inn by Marriott
55 Simsbury Road
Avon, CT 06001
(860) 678-1666
www.marriott.com

Rock Hall, Luxe Lodging
19 Rock Hall Road
Colebrook, CT 06021
(860) 379-2230
www.19rockhallroad.com

Area Hotels

**Sheraton Bradley
Airport Hotel**
(At the airport)
Windsor Locks, CT 06096
(860) 627-5311
(800) 325-3535
www.starwoodhotels.com

Simsbury 1820 House
731 Hopmeadow Street
Simsbury, CT 06070
(860) 658-7658
(800) 879-1820
www.simsbury1820house.com

Simsbury Inn
397 Hopmeadow Street
Simsbury, CT 06070
(860) 651-5700
(800) 634-2719
www.simsburyinn.com

**Springhill Suites by Marriott
at Bradley International
Airport**
225 Ella Grasso Turnpike
Windsor Locks, CT 06096
www.marriott.com/bdlwl