

NEW ENGLAND PREPARATORY SCHOOL SWIMMING ASSOCIATION

DIVISION III SWIMMING & DIVING CHAMPIONSHIPS

2015

DATE: Boys' and Girls' Swimming Trials and Finals — Saturday, March 7, 2015

PLACE: William W. Higgins '53 Aquatic "Center, Canterbury School, New Milford, CT

DIVING: Suffield Academy, Suffield, CT

SCHEDULE:

SATURDAY, MARCH 7, 2015	
Swimming Trials and finals:	
7:00 A.M.	SWIMMING TRIALS WARM UP
9:30 A.M.	TRIALS BEGIN
3:30 P.M.	SWIMMING FINALS WARM UP
4:30 P.M.	SWIMMING FINALS

FEES:

1. The **annual membership dues** of \$80 per school (per gender) is due immediately; checks made payable to **NEPSwim** and sent to:
2. Meet **entry fees payable to NEPSwim** should also be sent to **Chris French**:
 - a. Individual events (entered, not swum): \$5.00/event
 - b. Relay events (entered, not swum): \$10.00/ relay team (\$20.00 for A and B relays)

ENTRIES:

3. All swimming entries and completed diving sheets are due by 2pm on Monday, Feb. 23. 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, March, 4). **PLEASE NOTE that only THREE entries will be allowed to advance and score.** Any number of competitors may be entered in either the A or B relays at \$10.00 per relay entered.
4. 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 will swim 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 2014-2015 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 2014-2015 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 2014-2015 interscholastic season.

PSYCHE SHEETS:

Copies of the completed entries (psyche sheets) will be sent to you by Friday, February 27, 2015. 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:

Division III Divers will compete all eleven dives on Wednesday, March 4, 2015, at Suffield Academy. Each team is allowed three entries per gender. Team points in the diving event will be awarded based upon the order of finish. After FIVE rounds of competition, the number of divers in each division will be cut to the top 20 in each gender, and after EIGHT rounds, the number of competitors in each division will be cut to the top 16.

The final 16 divers will compete their last THREE rounds of dives. Dive coaches will help score the diving event. A diving referee will also be present.

DIVING ENTRIES:

Dives and diving sheets must be in accordance with the specifications for championship competition in the National High School Federation 2014-2015 rule book.

COACHES' MEETING:

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

RULES:

2014-2015 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

Only three athletes per event per team will be allowed to advance to finals and score.

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 times will be posted as the meet draws closer.

MEALS: Team lunches will be available for Saturday in the Dining Hall. Please see attached order form. This must be mailed in by February 27, 2015. There will be concessions and there are a number of local restaurants in the New Milford Area.

T-SHIRTS, MEET PROGRAMS, & CONCESSIONS will be for sale in the lobby of the William W. Higgins '53 Aquatic Center at Canterbury School.

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.
- Neither Canterbury School nor NEPSSA is 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 to 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.
- Spectator bathrooms are available for spectators in the upstairs of the William W. Higgins '53 Aquatic Center.

PARKING:

- Team vans and busses may drop-off in front of the Aquatic and Athletic Center. After athletes are dropped off, van- and bus-drivers will be directed to parking areas.
- All spectators will be directed by a security to park in the Elkington Farm Lot and other overflow lots; see attached campus map.)

FRIDAY NIGHT WARM UP:

- Please note that the pool will not be available for Friday night warm up.

HOTELS:

- A list of area hotels and restaurants can be found on the Canterbury School website.
Hotels: <https://www.cbury.org/large-motels-inns>
Restaurants: <https://www.cbury.org/area-restaurants>

IMPORTANT ADDRESSES, PHONE NUMBERS, EMAILS at a glance:

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

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
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
Chris French s/o Avon Old Farms 500 Old Farms Road Avon, CT 06001	N.E.P.S.S.A. Treasurer Phone: (860) 404-4391 Email: frenchc@avonoldfarms.com

- **NEW ENGLANDS' COMPUTER ENTRIES, SCRATCHES: (SEND ALL ENTRIES HERE!)**

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:**

TBD	
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- **DIVISION III MEET DIRECTOR:**

Sarah Bednar c/o Canterbury School 101 Aspetuck Ave New Milford, CT 06776	Phone: 860-210-3840 Email: sbednar@cbury.org or cburyswimming@gmail.com (use this email for attachments)
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TIMELINE: These deadlines will be strictly enforced. Your cooperation is greatly appreciated.

DEADLINE DATE	SUBMIT	TO
Immediately	NEPSSA dues (\$80 per gender per team)	Chris French, Avon Old Farms
Mon. February 23, 2015 (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)
Wed. March 4, 2015 (1:00 PM)	Scratch deadline, corrections	John Liller, Worcester

** If you do not have a meet that weekend, please submit entries by Saturday, February 21, 2015.

NB: Updated entry times (please note—no additional entries) will be accepted through Monday, March 2, 2014.

2015 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

**Division III New England Swim Championships
Hosted by Canterbury School
March 7, 2015**

***Dining Service Needs*
(Deadline: February 27, 2015)**

School Name: _____

Coach Name: _____ Telephone _____

Email: _____

Saturday, March 7th (12:30pm-1:30pm)

Lunch @

\$7.00 per Person

_____ (Number)

\$ _____

(Subtotal)

Grand Total: \$ _____

Please Make Checks Payable To: Canterbury School

Send Check and Form To: Canterbury School
Attn: Sarah Bednar
101 Aspetuck Ave
New Milford, CT 06776

Questions: Sarah Bednar
860-210-3840 or email
Sbednar@cbury.org