

2009 New Hampshire Swimming Association Championships

March 20, 21 & 22, 2009

MEET DIRECTORS: Questions regarding this Meet can be addressed to Patty Deschaine, Joanne Jackson, Brian Crawford or Lisa Micali

ENTRY CHAIRPERSON: Lisa Micali (office@exeterswim.org) or 679-2782

DATES: March 20-22, 2009

MEET SCHEDULE: Friday PM: Warm ups 5:00 p.m. Meet starts 6:00p.m. Saturday & Sunday AM: Warm ups 7:00 a.m. Meet starts at 8:30 a.m. Saturday & Sunday PM: Warm ups will follow the conclusion of the morning sessions, but will not be earlier than 12:00. Meet will start after 1-½ hours of warm-up.

FACILITY: Phillips Exeter Roger A. Nekton Championship Pool - an 8- lane 25 yard pool with non-turbulent lane dividers.

Electronic timing. Seating for 550. Pool is located at the corner of Court & Gilman Streets, Exeter, NH

ENTRY INFORMATION: All entries are to be submitted using Hy-Tek team manager. Times should be in yards. **No Times will not be accepted**, please estimate times for swimmers with NT's in events. Swimmers are allowed to swim 3 individual events and 2 relays. Swimmers may age up to allow for completion of a relay team, but a swimmer may only age up one age group. Electronic entries may be emailed as an attachment to the entry chairperson at office@exeterswim.org by **Tuesday, March 10, 2009**.

A printed copy of your entry, the signed cover page & check payable to NHSA must be **received by Thursday, March 12th to:**

Lisa Micali
8 Shannon Way
Brentwood, NH 03833

ENTRY FEES: \$15.00 per swimmer. Make checks payable to **NHSA**.

ELIGIBILITY: All swimmers must be qualified under the revised NHSA BYLAWS (1992) and be 2009 registered swimmers with US Swimming. **Teams are required to check their entries with the online registration check tool on the New England Swimming web site Before Teams Submit Entries for States. Entries will not be accepted with registration errors.**

CUTS: We will limit the 500 yard freestyle to 3 heats per age group. Any swimmer cut from this event will have the opportunity to enter another event. The coach will be contacted by phone for an additional event to be swum.

AWARDS: Medals for individual events and relays 1st through 8th place. Ribbons awarded 9-16 places. Heat ribbons will be given for all events. Banners awarded to the top 6 teams.

ADMISSION: There will be no charge for admission.
Programs: for session 1 (Fri. PM): \$1.00
for all remaining sessions: \$2.00

REFRESHMENTS: Full snack bar will be available during all sessions.

DIRECTIONS: From North or South: Route I-95 to Exit 2. At tolls take Route 101 West to Portsmouth/Stratham exit 11(Route 108). Follow Route 108 South to T-intersection, turn right. At the bandstand in downtown Exeter, turn left (still 108). Take a left at the top of the hill onto Court St. (Route 108). Turn left just after the tennis courts on the left. Parking lot is on the right.

From East or West: Route 101 to the Portsmouth/Stratham exit 11(Route 108). Follow directions from Route

108 South above.

PARKING: Parking is available on public streets where parking is permitted and in the Academy Athletic Faculty parking lot behind hockey rinks and Love Gymnasium. Improperly parked cars will be ticketed by Exeter police.

FORMAT: All events will be timed finals. The meet will be pre-seeded by computer. Coaches are responsible for their swimmers reporting to the block area when events are called. Due to new regulations, only swimmers swimming an event or in the next event may be on deck. Capacity for the deck is 220 persons. Swimmers will be in the Thompson Gym in between their events. Swimmers will not be allowed in the stands as this will be reserved for spectators.

RULES: 2009 US Swimming rules will govern all competition and decisions by the Meet Referee will be final. A written protest can be lodged within 30 minutes of the heat being swum.

SAFETY: There will be absolutely no diving in any part of the pool during warm-ups, except in specially designated sprint lanes. All team and individual warm-ups shall be under the direct supervision of the respective swimmer's coach or individual designated by the referee. No shaving in the showers or elsewhere in the swimming venue.

First Aid: All teams are responsible for their own team and should bring First Aid kits. If there is a serious injury notify the Meet Referee.

SPECIAL INSTRUCTIONS:

1. Disabled swimmer forms are available from the New England Office and are required by US Swimming.
2. Do not send seed cards. Confirmation of entries and psych sheets will be sent. Event changes will not be allowed after the psych sheets have been sent out. All corrections must be phoned or e-mailed to Lisa Micali at office@exeterswim.org or 679-2782 by noon Thursday, March 12, 2009. **Absolutely no changes will be made after March 12th.**
3. Your cooperation in respecting the use of the Phillips Exeter Roger A. Nekton pool and facilities is required and appreciated. NHSA and PEA assume no responsibility for lost or stolen property. Swimmers and spectators must remain in the pool, gallery, or locker rooms. No food or beverages are allowed on the pool deck or in the locker rooms. Absolutely no glass containers will be allowed in the building.
4. Relays are not pre-seeded. Relays should be entered by time only. Relay cards and labels will be provided in the coaches' packet. Members of a relay team need to be declared when the event is called to the starting blocks. Please have your relay cards filled out as follows: the swimmers names, or age and the order they are swimming. Relays for the 15-18 are entered on the 17-18 age group list but will be scored as 15-18.
5. Meet results will be e-mailed to each team immediately after the meet.
6. Lodging: The following hotels and motels are in the area:

Ashworth Hotel	295 Ocean Blvd.	Hampton, NH	603-926-6762
Exeter Inn	90 Front St.	Exeter, NH	603-772-5901
Comfort Inn	Route 1	Portsmouth, NH	603-433-3338
Anchorage Inn	417 Woodbury Ave.	Portsmouth, NH	603-431-8111
Courtyard by Marriott	1000 Market St.	Portsmouth, NH	603-436-2121
Hampton Village Resort	660 Lafayette Rd.	Hampton, NH	603-926-6775
Lamies Inn & Tavern	490 Lafayette Rd.	Hampton, NH	603-926-0330
Hampton Inn	99 Durgin Lane	Portsmouth, NH	800-426-7866
Holiday Inn	300 Woodbury Ave.	Portsmouth, NH	603-431-8000

Howard Johnson	Interstate Traffic Circle	Portsmouth, NH	603-436-7600
Meadowbrook Inn	Interstate Traffic Circle	Portsmouth, NH	603-436-2700
Portsmouth Inn	383 Woodbury Ave	Portsmouth, NH	603-431-4400
Sheraton Portsmouth Hotel	250 Market St.	Portsmouth, NH	603-431-2300
Susse Chalet	Borthwick Ave. Ext.	Portsmouth, NH	603-436-6363
The Inn of Hampton	815 Lafayette Rd.	Hampton, NH	603-926-6771
Hampton Falls Motor Inn	Lafayette Rd.	Hampton Falls, NH	603-926-9545

NHSA 2009 CHAMPIONSHIP MEET SCHEDULE

Session I – Friday Start Time 6:00 p.m.

Event # 1	11-12 Girls	200 IM
Event # 2	13-14 Girls	200 IM
Event # 3	13-14 Boys	200 IM
Event # 4	15-18 Girls	200 IM
Event # 5	15-18 Boys	200 IM
Event # 6	11-12 Girls	200 Free
Event # 7	13-14 Girls	500 Free
Event # 8	13-14 Boys	500 Free
Event # 9	15-18 Girls	500 Free
Event # 10	15-18 Boys	500 Free

Session III – Saturday Start Time Approx. 1:30 p.m.

Event # 31	11-12 Girls	200 Medley Relay
Event # 32	13-14 Girls	200 Medley Relay
Event # 33	13-14 Boys	200 Medley Relay
Event # 34	15-18 Girls	200 Medley Relay
Event # 35	15-18 Boys	200 Medley Relay
Event # 36	13-14 Girls	100 Free
Event # 37	13-14 Boys	100 Free
Event # 38	15-18 Girls	100 Free
Event # 39	15-18 Boys	100 Free
Event # 40	11-12 Girls	50 Breast
Event # 41	13-14 Girls	100 Breast
Event # 42	13-14 Boys	100 Breast
Event # 43	15-18 Girls	100 Breast
Event # 44	15-18 Boys	100 Breast
Event # 45	11-12 Girls	100 Free
Event # 46	13-14 Girls	200 Free
Event # 47	13-14 Boys	200 Free
Event # 48	15-18 Girls	200 Free
Event # 49	15-18 Boys	200 Free

Session V – Sunday Start Time Approx. 1:30 p.m.

Event # 71	11-12 Girls	50 Free
Event # 72	13-14 Girls	50 Free
Event # 73	13-14 Boys	50 Free
Event # 74	15-18 Girls	50 Free
Event # 75	15-18 Boys	50 Free
Event # 76	11-12 Girls	50 Back
Event # 77	13-14 Girls	100 Back
Event # 78	13-14 Boys	100 Back
Event # 79	15-18 Girls	100 Back
Event # 80	15-18 Boys	100 Back
Event # 81	11-12 Girls	50 Fly
Event # 82	13-14 Girls	100 Fly
Event # 83	13-14 Boys	100 Fly
Event # 84	15-18 Girls	100 Fly
Event # 85	15-18 Boys	100 Fly
Event # 86	11-12 Girls	200 Free Relay
Event # 87	13-14 Girls	200 Free Relay
Event # 88	13-14 Boys	200 Free Relay
Event # 89	15-18 Girls	200 Free Relay
Event # 90	15-18 Boys	200 Free Relay

NHSA 2009 CHAMPIONSHIP MEET SCHEDULE

Session II – Saturday Start Time 8:30 a.m.

Event # 11	11-12 Boys	200 Free
Event # 12	8 & U Girls	25 Back
Event # 13	8 & U Boys	25 Back
Event # 14	9-10 Girls	50 Back
Event # 15	9-10 Boys	50 Back
Event # 16	11-12 Boys	50 Back
Event # 17	8 & U Girls	50 Free
Event # 18	8 & U Boys	50 Free
Event # 19	9-10 Girls	100 Free
Event # 20	9-10 Boys	100 Free
Event # 21	8 & U Girls	25 Breast
Event # 22	8 & U Boys	25 Breast
Event # 23	9-10 Girls	50 Breast
Event # 24	9-10 Boys	50 Breast
Event # 25	11-12 Boys	50 Breast
Event # 26	8 & U Girls	100 Medley Relay
Event # 27	8 & U Boys	100 Medley Relay
Event # 28	9-10 Girls	200 Medley Relay
Event # 29	9-10 Boys	200 Medley Relay
Event # 30	11-12 Boys	200 Medley Relay

Session IV– Sunday Start Time 8:30 a.m.

Event # 50	11-12 Boys	100 Free
Event # 51	8 & U Girls	25 Free
Event # 52	8 & U Boys	25 Free
Event # 53	9-10 Girls	50 Free
Event # 54	9-10 Boys	50 Free
Event # 55	11-12 Boys	50 Free
Event # 56	8 & U Girls	100 IM
Event # 57	8 & U Boys	100 IM
Event # 58	9-10 Girls	100 IM
Event # 59	9-10 Boys	100 IM
Event # 60	11-12 Boys	200 IM
Event # 61	8 & U Girls	25 Fly
Event # 62	8 & U Boys	25 Fly
Event # 63	9-10 Girls	50 Fly
Event # 64	9-10 Boys	50 Fly
Event # 65	11-12 Boys	50 Fly
Event # 66	8 & U Girls	100 Free Relay
Event # 67	8 & U Boys	100 Free Relay
Event # 68	9-10 Girls	200 Free Relay
Event # 69	9-10 Boys	200 Free Relay
Event # 70	11-12 Boys	200 Free Relay

SEND ENTRIES TO

Lisa Micali
8 Shannon Way
Brentwood, NH 03833

E-mail: office@exeterswim.org

(603) 679-2782

Team Name _____ Team Initials _____

Address _____

City/State/Zip _____

Contact _____ Phone _____

Coach _____ Phone _____

Number of Swimmers _____ @ \$15.00 per swimmer _____

Total Number of Relays # _____ (fee included in \$15.00 fee)

Total Enclosed \$ _____

Any swimmer whose entry is accepted will, for himself, his heirs, executors, and administrators, waive and release any and all rights and claims for damages he may have against United States Swimming, New Hampshire Swim Association, Phillips Exeter Academy and any volunteer for or any employee of the above, for any and all injuries or losses suffered by him at said meet. **In submitting this entry the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming.**

Signed _____

(Club Official)