

2010 New Hampshire Swimming Association Championships
March 19-21, 2010
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MEET DIRECTORS: Questions regarding this Meet can be addressed to Patty Deschaine, Joanne Jackson, Brian Crawford

ENTRY CHAIRPERSON: Patty Deschaine

DATES: March 19-21, 2010

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 for relays only. Electronic entries may be emailed as an attachment to the entry chairperson at rdeschaine@comcast.net by Tuesday, March 9th, 2010. A printed copy of your entry, the signed cover page & check payable to NHSA must be received by Thursday, March 11, 2010.

Patricia Deschaine
1 Fenway Lane
Claremont, NH 03743
603-543-3042

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 2010 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: Session 1 (Fri. PM): \$1.00 / 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: 2010 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 will be sent to coaches. Any corrections must be phoned to Patty Deschaine at (603)543-3042. **Absolutely no changes will be made after March 11th.**
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. **REMINDER:** Swimmers may age up to allow for completion of a relay team, but a swimmer may only age up one age group for **relays only**.
5. Meet results will be e-mailed to each team 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 2010 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 15-19 Girls 200 Medley Relay
Event # 35 15-19 Boys 200 Medley Relay
Event # 36 13-14 Girls 100 Free
Event # 37 13-14 Boys 100 Free
Event # 38 15-19 Girls 100 Free
Event # 39 15-19 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 15-19 Girls 100 Breast
Event # 44 15-19 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 15-19 Girls 200 Free
Event # 49 15-19 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 15-19 Girls 50 Free
Event # 75 15-19 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 15-19 Girls 100 Back
Event # 80 15-19 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 15-19 Girls 100 Fly
Event # 85 15-19 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 15-19 Girls 200 Free Relay
Event # 90 15-19 Boys 200 Free Relay

NHSA 2010 CHAMPIONSHIP MEET SCHEDULE

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

Event # 11 11-12 Boys 200 Free
Event#12 8&UGirls 25 Back
Event#13 8&UBoys 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:

Patricia Deschaine
1 Fenway Lane
Claremont, NH 03743

E-mail: rdeschaine@comcast.net
(603) 543-3042

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)