

**NES Regional Meet at Dartmouth College  
Hosted by North Country Aquatic Club  
February 11-13, 2005**

**Participants Information**

**SIZE OF MEET**

This meet has lots and lots of swimmers. The early sessions on Saturday and Sunday are huge and will last five to six hours. Because entries are based on qualifying times we need to let everyone swim who qualified. That means we cannot control how many swimmers are in a session or how long a session runs. The Friday evening and second sessions on Saturday and Sunday are much more comfortable and will finish in less than four hours.

**NO RELAYS**

A consequence of the large, long sessions, there will be no relays at this meet.

**HOW YOU CAN HELP THE MEET RUN FASTER**

To run the meet smoothly and quickly we need everyone's cooperation both before and during the meet.

1. Please notify your coaches as soon as possible if your child will not be attending the meet or needs to scratch from a particular event. We rely on coaches to scratch swimmers before heat and lane assignments are made to minimize the number of heats needed.
2. Swimmers should check in with their coach as soon as they arrive on deck.
3. Be on time for warm-ups. Warm-ups will be short and crowded so swimmers need to be ready to get in the pool at the start of their assigned warm-up time. See schedule on page 2.
4. Timers and officials need to report to their respective meetings on time.

**REVISED WARM-UP AND MEET START TIMES (2<sup>nd</sup> sessions each day have been moved back)**

Sessions	Warm-ups Start	Meet Start
Session 1 – Friday Evening (All age groups)	6:00 PM	7:00 PM
Session 2 – Saturday Midday (8&Unders, 9/10s, 13/14s)	11:00 AM	12:00 PM
Session 3 – Saturday Evening (11/12s, 15-19s)	<b>5:00 PM Revised</b>	<b>6:00 PM</b>
Session 4 – Sunday Morning (8&Unders, 9/10s, 13/14s)	8:00 AM	9:00 AM
Session 5 - Sunday Afternoon (11/12s, 15-19s)	<b>3:30 PM Revised</b>	<b>4:30 PM</b>
Session 6 – Sunday Evening, (1 heat of 1650s)	<b>7:30 PM Revised</b>	<b>7:45 PM</b>

**TIMING ASSIGNMENTS**

Teams are to provide the indicated number of timers from the timers' meeting through the last event of the session. There will be a timers' meeting 20 minutes before the start of each session. All timers should report to the back pool for the timers' meeting. Please try to arrange your team's timing and relief schedule before you arrive. You'll want to assign more relief timers for the early sessions than for the last sessions each day.

	Timers' Meeting	Backup	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Friday	6:40	NCAC 1	BYD 1 CCBS 1	EB 1 EST 1	GMA 2	GTRS 1 HRY 1	HYV 1 MST 1	MYT 1 RAYS 1
Sat Midday	11:40	NCAC 1	CCBS 1 FINS 1	CVWM 1 MYT 1	EST 1 PWSC 1	GMA 1 LRW 1	EB 1 MYST 1	CONY 1 NASY 1
Sat Evening	5:40	NCAC 1	BYD 1 CCBS 1	EB 1 GMA 1	EST 2	FINS 2	MST 1 MTSC 1	RAYS 1 VAST 1
Sun AM	8:40	NCAC 1	BLUE 1 CTS 1	EST 2	FINS 1 HRY 1	MYST 1 PVAC 1	NASY 1 RAYS 1	STS 1 VAST 1
Sun PM	4:10	NCAC 1	BLUE 1 CCBS 1	CONY 1 EST 1	FINS 1 GMA 1	GTRS 1 MYT 1	MYST 1 VAST 1	LRW 1 NASY 1

Teams must provide your own timers for any of your swimmers doing the 1650.

## WARM-UPS

Friday, and the second sessions on Saturday and Sunday, warm-up assignments are split by team. The first sessions on Saturday and Sunday are split by team for 10 & Unders, then there is a separate session for all 13/14 year olds

<b>FRIDAY EVENING</b>		
6:00 – 6:20 all age groups CCBS, CONY, EST, MST, NCAC	6:20 – 6:40 all age groups BYD, CVWM, EB, GMA, HRY, MYST, PVAC	6:40 – 7:00 all age groups BLUE, FINS, GTRS, HYV, MTSC, MYT, NASY, PWSC, RAYS, UN, VAST
<b>SATURDAY EARLY SESSION</b>		
11:00 – 11:20 AM 8 & Unders and 9 & 10s CCBS, EST, GTRS, HRY, HYV, LRW, MYST, MYT, NASY, NCAC, PVAC	11:20 – 11:40 AM 8 & Unders and 9 & 10s BLUE, BYD, CONY, CTS, CVWM, EB, FINS, GMA, MST, MTSC, PWSC, RAYS, STS, UN, VAST	11:40 AM – 12:00 PM All 13 & 14 year olds All Teams
<b>SATURDAY LATE SESSION</b>		
5:00 – 5:20 PM both age groups EST, GTRS, HYV, MST, NCAC	5:20 – 5:40 PM both age groups BYD, CCBS, EB, FINS, MYST, MYT, NASY, PWSC, VAST	5:40 – 6:00 PM both age groups BLUE, CONY, CTS, CVWM, GMA, HRY, LRW, MASA, MTSC, PVAC, RAYS, STS, UN
<b>SUNDAY MORNING</b>		
8:00 – 8:20 AM 8 & Unders and 9 & 10s BLUE, BYD, CONY, CTS, CVWM, EB, FINS, GMA, MST, MTSC, PWSC, RAYS, STS, UN, VAST	8:20 – 8:40 AM 8 & Unders and 9 & 10s CCBS, EST, GTRS, HRY, HYV, LRW, MYST, MYT, NASY, NCAC, PVAC	8:40 – 9:00 AM All 13 & 14 year olds All Teams
<b>SUNDAY AFTERNOON</b>		
3:30 – 3:50 PM both age groups BLUE, CCBS, CONY, EB, HRY, LRW, MASA, MYST, MYT, PWSC	3:50 – 4:10 PM both age groups CTS, CVWM, EST, MTSC, NCAC, PVAC, RAYS, STS, UN	4:10 – 4:30 PM both age groups BYD, FINS, GMA, GTRS, HYV, MST, NASY, VAST

The 1650s Saturday evening will start 10 minutes after the end of the Sunday afternoon session. Swimmers may warm-up in the back pool at any time or in the front pool during that 10 minute break. We will only have one heat of the 1650 which will combine girls and boys and age groups. The events will be scored separately.

## OFFICIALS

Any of you who can officiate please report to the referee in the pool office. The more officials who volunteer, the more breaks each official can have during a session (and enjoy the foot and quiet in the office). There will be an officials' meeting in the pool office at 30 minutes into each warm-up session. Any questions about officiating or scheduling should be addressed to our officials chair, Brian Ganley at [beganley@coleelectric.com](mailto:beganley@coleelectric.com).

## DECK ACCESS FOR ADULTS (WORKERS AND COACHES ONLY)

The only adults allowed on deck are workers and USS registered coaches. All coaches must visibly wear their USS registration card.

## DARTMOUTH ATHLETICS

This weekend is Dartmouth College's Winter Carnival weekend. Many teams are having home events – most notably Women's Basketball and Men's Hockey both have games at 7:00 PM both Friday and Saturday evening. Many skiing activities will be taking place at the Dartmouth Skiway north of town. These will bring plenty of people to the area filling hotels, restaurants, and parking spaces. Please feel free to attend any of these events but also please pay attention to the parking instructions below. We have our parking orders from the College.

## PARKING

Free parking is available all weekend, but only in the correct lots each day.

Friday and Saturday: All participants are required to park in the Dewey parking lot. A free shuttle will run from the Dewey Lot to the Alumni Gym/Berry Center (pool) and on to the hockey facility both Friday and Saturday. The shuttle starts at 5:00 PM on Friday, and at 10:00 AM on Saturday and will run through the last events each day. The lot isn't far, you could walk, but the shuttle helps.

Sunday: All participants should park in the Thompson lot. It's within walking distance of the pool. There will be no shuttle on Sunday. Parking meters are also free on Sundays.

## DIRECTIONS

From I-89 in NH, take Exit 18 (Route 120) north to Hanover. At the Y intersection, bear right on to Park St. (Mobil Gas on right, Ledyard Bank in the middle of Y.) The Thompson Arena parking lot (for Sunday) will be on the next right at the light (across from Summer St.). The Dewey parking lot (Friday and Saturday) will be at the end of the street (go through the next two lights – Wheelock St and Route 10). The athletic building is on the left corner of Park St. and Wheelock St. To drop off passengers, turn left on Wheelock St. and use the front entrance.

From I-91 in VT, take Exit 13 east across the Connecticut River to Hanover. Proceed through the light at the top of the hill on Wheelock St. Alumni Gym will be on the right just after the first street on the right (Crosby St.) Drop off passengers at the front entrance on Wheelock St. To park continue to the light at Park St. Friday and Saturday, turn left on to Park St and continue through the next light into the Dewey Parking Lot. Sunday, turn right on to Park St. At the next light turn left into the Thompson Parking Lot.

