MEET FORMAT: The meet will be swum as timed finals for 12-under events and trials/finals for Open events. For Open events, the top 12 swimmers will make the final. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session, which must be returned no later than 40 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the meet office. Only freestyle events 400 yards or longer may be swum 2 per lane. Two per lane can only be run with the approval of the Meet Referee. If swimming two per lane, the swimmers start the first heat on the right and then the second heat starts 15-20 seconds later on the left. If a swimmer does not want to compete as 2 per lane, they are entitled to delete that event and receive a refund of the entry fee only if the entry chair is notified BEFORE the meet begins.

Swimmers must provide their own timer for events 400 yards or longer. (After the entries are received, the Meet Director reserves the right to cut distance events by time.)

SITE: Jenny Thompson Competition Pool at Guppey Park, Dover, New Hampshire. The JTP is an outdoor heated 6 lane, 50 meter pool in one direction, 25-yards in the other direction, with non-turbulent lane lines. Fully-automatic Colorado Electronic timing system with Aqua-Grip touch pads at both ends of pool. A warm-up and warm-down area will be available throughout the meet. Starting end is five feet deep; turn end is 3.5 feet deep for meter events and 12 feet deep for yard events. Large spectator area; bring lawn chairs for personal comfort. Directions may be found later in this document. The competition course has not been certified in accordance with 104.2.2C(4).

COURSE: Long course meters (50 meters).

CUT PROTOCOL: If a session is over-subscribed, the following cuts will be made in this order:
- relays will be cut
- swimmers will be asked to cut down to 4 events (see Optional info below)
- events will be cut based on seed time (please do not send in NT times)

Optional: Teams should send a hard copy of their entry (by athlete) with payment. On the hard copy, highlight each swimmer’s event in red ink to scratch should it be necessary. This will be the event the Entry Chair will scratch if over subscribed. If you fail to send a hardcopy, the Entry Chair will chose the event to cut based on times. If deck scratches allow a reasonable timeline, the swimmers can be reinstated into those previously entered events. Clubs will be notified of cuts no later than the Monday before the event.

RESERVE THE RIGHT TO MAKE CHANGES: Changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Mariella Allard. If changes need to be made once the meet
begins, the Meet Committee will make the decision, after consulting with the Technical Chair, and will present it to the coaches at a coaches meeting for a vote. The Meet Director reserves the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour rule.

MEET COMMITTEE: The meet committee will be made up of the Meet Director, Meet Referee, two coaches, and one athlete. Every attempt will be made to have a minimum of four different teams represented.

WEATHER PROTOCOL: If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. Cancellation of the meet, or session, is a decision of the Meet Director, Meet Referee and the Meet Committee.

The Jenny Thompson Pool is an outdoor facility. There are occasional delays due to thunderstorms. In the event of a thunderstorm, ALL athletes, coaches, fans and meet personnel are to report to the adjacent Dover Arena and wait for the “all clear” from the City of Dover lifeguard staff. Coaches are responsible for the behavior of their swimmers throughout the storm, including at the Arena. The meet management staff will keep in close contact with the Arena and we will make every effort to complete all scheduled events.

ELIGIBILITY All swimmers must be 2013 registered swimmers with United States Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492: office@neswim.com Age is determined by the age of the swimmer on the first day of the meet. All coaches on deck must be registered with USA Swimming and display their coach membership cards.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

REGISTRATIONS: Swimmers must be registered before the entry is submitted. Teams that enter unregistered swimmers will be subject to a fine of $100 per unregistered swimmer. Teams are required to check their entries with the online registration check tool on the New England Swimming web site.

DECK REGISTRATIONS for deck entries: We will accept on deck registrations at this meet, for any unregistered swimmer that wants to swim, as long as there is a completed registration form, proof of age, and a check made out to New England Swimming for $75. Entry fee for on-deck entries is $7 per event.

DISABILITY SWIMMERS: Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee and meet director of any disability prior to competition.

EVENTS and SESSIONS: See attached list.

ENTRY INFORMATION:
First date of entry acceptance: May 13, 2013 (any entry received before this date will be considered received May 13, 2013)
Final date of entry acceptance: June 18, 2013
Make checks payable to “Seacoast Swimming Association”.
Mail completed signed entry cover page and waiver, and payment to the entry chairperson:
Tim Paiva
4 Cailey Anna Lane
Dover, NH, 03820
Payment due date for all entries: June 22, 2013. Any team that fails to send payment, cover page and waiver form, by this due date can be scratched from the meet at the discretion of the Entry Chairperson.
ENTRY POLICY: *The entries for this meet will be first come first serve.*
If necessary, entry cuts will be made by the date of receipt. Teams will be notified that they have been accepted or cut from the meet within seven days of receipt of entry. Teams that are cut from the meet will have their entry fee returned within four days of being cut.

No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. *Any swimmer who is entered with incorrect swimmer information, or an incorrect or no ID, or is unregistered, will be scratched from the meet until corrections are made per the New England policy.*

EVENT CUTS: The Meet Director reserves the right to limit the number of heats of the Open 400 Free, 800 Free Relay, 400 IM, 200 Breast, Back and Fly and 12-Under 200 Breast, Back and Fly. Teams will be notified as soon as possible if we need to limit the heats. Any swimmers who enter these events and are cut will have their entry money refunded.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at tim@seacoastswimming.com. Please check that your team name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received by June 22, 2013.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 5 events per day for timed final events, or 3 per day for trials/finals events. Time Trials count in the per day event count.

ENTRY TIME UPDATES: Entry times may be updated until 7 days prior to the first day of the meet. No new entries will be accepted after the June 18, 2013 entry deadline. Entry time updates should be sent via email to the entry chairperson at tim@seacoastswimming.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

ENTRY FEES:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Individual events</th>
<th>Relays</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Electronic</td>
<td>Hand</td>
</tr>
<tr>
<td>12-Under</td>
<td>$4</td>
<td>$4.50</td>
</tr>
<tr>
<td>Open</td>
<td>$5</td>
<td>$5.50</td>
</tr>
</tbody>
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Swimmer Participation Fee is $8 per swimmer

**NE Swimming Travel Fee of $1.00 per swimmer** (to be included in the check and the host team will send to NESwimming)

ENTRY TIMES: All entries must be in meter times or yard times converted to meter times using the conversion 1.14 times total number of seconds. Please use a coach time in place of an “NT”.

PROGRAMS: Heat sheets will be available at the meet.

ADMISSION: $1.

WARMUPS: Warm-ups will be divided. Warm-up schedule will be posted on the web and distributed to each team participating in the meet, the week leading up to the meet. No diving during warm-up except during designated sprint lanes. The pool will close five minutes before the beginning of each session. The diving well area will be available during the meet for warm-up and warm-down.
OFFICIALS: If you know that you will be attending this meet, please email the meet referee and let him/her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome. An officials’ meeting will be held prior to the meet’s start.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm down areas at any time. **Athletes must, at all times, enter the pool only from the starting block end. This applies to the warm-up area also.**
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, on deck, or in the locker rooms.
6. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
7. No pets are allowed in Guppy Park.

RULES: Current USA Swimming rules will govern all competition. Decisions by the meet referee will be final unless a written protest is lodged within 30 minutes of the heat swum. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the New England Swimming office for further review and/or action.

SAFE SPORT: The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to an official, the Referee or the Meet Director to be resolved.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are $5 for individual events and $20 for relays.

DECK ACCESS: Only 2013 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their current USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming. The deck at the Jenny Thompson Pool is defined as inside the fenced area.

PHOTOGRAPHERS: As per USA Swimming and New England Swimming policy, the only photographers allowed on the pool deck at any time during the meet (including during warm ups) must be professional photographers contracted by Seacoast Swimming or press photographers who have been approved in advance by the Meet Director and have been properly credentialed with USA Swimming (i.e. non athlete member with required background check and athlete protection training). Email the Meet Director with questions and requests.

SCORING: The meet will not be scored.

AWARDS: Custom ribbons for the first six places for all 12 & Under Events, and for the first six places by request for all other events.

FOOD: Seacoast Swimming Association will operate its “Best in New England” Concession Stand on site.
**EQUIPMENT VENDOR:** A swimming equipment vendor will be selling suits, goggles, and other accessories for the duration of the meet.

**MISCELLANEOUS:** All coaches should check in with the Clerk of Course upon arrival at the pool to pick up scratch sheets. Coaches are responsible for the behavior of their swimmers at all times. Any damage to the premises or equipment is the responsibility of those doing the damage. Seacoast Swimming Association and the City of Dover assume no responsibility for lost or stolen property. **No glass containers are permitted, no pets are permitted and there is no smoking permitted anywhere in the park.** No one is permitted on deck except, athletes, coaches, and officials.

**PARKING:** Ample parking is available at the Guppey Park facility, and on public streets where parking is permitted. Improperly parked cars will be towed at owner's expense.

**DIRECTIONS:** Take exit 8E off Spaulding Turnpike in Dover. Follow signs for Route 4 East through downtown Dover. Jenny Thompson Competition Pool at Guppey Park is approximately two miles on Route 4 (also known as Portland Ave.), on the left at the top of the hill. Pool phone: 743-6085

**LODGING:** Information is available on the Seacoast Site, [http://www.seacoastswimming.com/CommonFiles/HotelList.htm](http://www.seacoastswimming.com/CommonFiles/HotelList.htm)

**SEACOAST SUMMER SERIES:** This meet is part of the Seacoast Summer Series. Swimmers can accumulate points in all three meets. The top 3 male and female High Point Awards will be presented at the end of the Thompson Invitational in several age groups. You do not need to participate in all three meets to be eligible.