

2018 NEPSAC DIVISION III SWIMMING & DIVING CHAMPIONSHIPS

DATES: Diving Trials & Finals— Wednesday, February 31, 2018 @ Westminster (D2+D3)
Swimming Trials and Finals — Saturday, March 3, 2018 @ Cornerstone Aquatics, 55 Buena Vista Road, West Hartford, CT 06107

SCHEDULE:

WEDNESDAY, February 28, 2018 @ Westminster- Diving	
1:00	Divers arrive and check-in
1-3:00pm	Boys and Girls warm up
3:00pm	Boys and Girls Diving Begins

SATURDAY, MARCH 3, 2018 @ Cornerstone Aquatic Center Swimming	
7:00am	Swimming Warm-up
9:00am	Swimming Trials
3:30pm	Swimming Finals Warm-up
4:30pm	Swimming Finals

RULES:

2017-2018 National Federation of State High School Associations Swimming & Diving rules will govern the meet.

FEES:

1. The **annual membership dues** of **\$80 per team/gender** (\$160 for boys and girls) are due immediately; checks made payable to **NEPSwim** are sent to: **Sarah Bednar**, The Ethel Walker School, 230 Bushy Hill Road, Simsbury, CT 06070.
2. Meet **entry fees** payable to **NEPSwim** should also be sent to **Sarah Bednar**:
 - a. Individual events (entered not swum): **\$7.00/event**
 - b. Relay events (entered not swum): **\$15.00/ relay team** (\$30.00 for A and B relays)

ENTRIES:

1. All swimming & diving entries are due by 7pm on Monday, Feb. 19, 2018. 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 (Monday, February 26, 2018 @ 7pm). **NOTE: ONLY THE TOP THREE SWIMMERS IN TRIALS FROM EACH TEAM ARE ELIGIBLE TO ADVANCE TO THE FINALS AND SCORE POINTS.** The fourth place swimmer's result will count as an exhibition swim.
2. Any number of competitors may be entered in either the A or B relays at \$15.00 per relay entered.
3. 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 has swum in the relay. Relay cards improperly submitted or not submitted will result in the disqualification of the relay.

MEET ENTRY FILE:

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 2017-2018 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 2017-2018 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 2017-2018 interscholastic season. Times should be verifiable on results posted on the NEPSSA website.

PSYCH SHEETS:

Copies of the completed entries (psyche sheets) will be sent to you as soon as John Liller has them 860-408-4292 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 relay, 500-yard freestyle, 200 free relay, and 400 free relay 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:

All divers from Division III will compete all 11 of their dives at the meet held on Wednesday afternoon, February 28th. The diving event will be completed in its entirety on Wednesday afternoon.

DIVING ENTRIES:

Diving entry sheets will be made available on the www.nepssa.org website close to the meet entry season. Please use this form only. A standardized format will help the efficiency of the scoring table. Dive sheets must be emailed to Grant Gritzmacher by February 21, 2018. Any changes may occur on deck during warm-up as long as they are made 30 minutes prior to the beginning of the trials. Dives and diving sheets must be in accordance with the specifications for championship competition in the National High School Federation 2017-2018 rule book.

COACHES' MEETINGS:

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

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

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 timers will be posted as the meet draws closer.

MEALS/ HANGOUT SPACE: Meals will not be provided. Please see the list of restaurants below. There is no gym space available at this site. Each team will have an area by the small pool to keep their items.

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.
- Limited locker space will be available and teams are reminded that Cornerstone Aquatics Center will not be responsible for lost or stolen items.
- Deck space is limited. Each team will be assigned an area on deck around one of the two pools. There will be no gym space available.
- Absolutely no glass containers should 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's campus security's special directions for parking and traffic circulation this weekend.
- We ask that coaches please make their athletes and parents aware that spectator seating is limited and that, as guests, we will not have access to the entire facility.

PARKING:

Details will follow with specific parking information.

FRIDAY NIGHT WARM UP:

Please note that the pool will NOT be available for swimming warm up on Friday evening.

POOL USE SATURDAY:

There are two pools in the facility. The small pool will be open to members and not to our teams. The competition pool is 11 lanes. We will run the meet in lanes 1-8, use lane 9 as a buffer and keep it empty. Lanes 10 and 11 will be used for warm up and warm down during the meet.

HOTELS:

- A list of area hotels and restaurants is at the end of this document.

IMPORTANT ADDRESSES, PHONE NUMBERS, EMAILS at a glance:

• **NEPSSA Membership Dues, New Englands Meet Entry Fees:**

Sarah Bednar The Ethel Walker School 230 Bushy Hill Road Simsbury, CT 06070	N.E.P.S.S.A. Treasurer Phone: Email: sbednar@my.ethelwalker.org
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• **Information, etc.**

David Koritkoski 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
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Keith Moon The Hotchkiss School PO Box 800 Lakeville, CT 06039	N.E.P.S.S.A. Vice President Phone: Email: kmoon@hotchkiss.org
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• **NEW ENGLANDS' COMPUTER ENTRIES, SCRATCHES:**

John Liller Worcester Academy 81 Providence St. Worcester MA, 01604	Fax: (508) 363-3481 Email: john.liller@worcesteracademy.org
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• **DIVING ENTRY SHEETS (D2 & D3):**

Grant Gritzmacher	Due February 21, 2018 by 7pm Email:
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• **DIVISION II MEET DIRECTORS:**

Sarah Bednar The Ethel Walker School 230 Bushy Hill Road Simsbury, CT 06070 David Burnham Avon Old Farms 500 Old Farms Rd Avon, CT 06001	Phone: (860) 408 - 4292 Email: sbednar@ethelwalker.org Phone: (203) 216-1817 Email: mailto:burnhamd@avonoldfarms.com
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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)	Sarah Bednar, Ethel Walker
<u>Mon. February 19, 2018</u> (7:00 PM)	Team entries and fees.	John Liller, Worcester—Hy-Tek Entries Sarah Bednar, EWS—Meet Entry Fees (Check)
<u>Wed. February 21, 2018</u> (7:00 PM)	Lunch Form to Avon or Walker's	Sarah Bednar or Dave Burnham
<u>Wed. February 21, 2018</u> (7:00 PM)	Completed diving sheets with PROOF OF SCORES (see below)	Grant Gritzmacher, Westminster (D2 & D3)
<u>Mon. February 26, 2018</u> (7:00 PM)	Scratch deadline, corrections, updated entry times.	John Liller, Worcester

2018 NEPSAC Swimming and Diving Championships Suggested Cut-Off Times

<u>Event</u>	<u>D3 Girls</u>	<u>D3 Boys</u>
200 Freestyle	2:50.00	2:40.00
200 IM	3:10	3:00
50 Freestyle	NT	NT
100 Butterfly	NT	NT
100 Freestyle	NT	NT
500 Freestyle	7:20.00	7:10.00
100 Backstroke	NT	NT
100 Breaststroke	NT	NT

Diving Requirements for D3 NEPSAC Championships:

1. Divers must have participated and legally completed a six dive program in at least 2 meets for their school during the season. (this is consistent with the rules for swimmers).
2. Divers must have scored at least 125.00 points in one of those meets.
3. Coaches must certify that they are comfortable with each dive on their diver's sheets and that they can complete each dive safely. The meet committee reserves the right to disqualify any divers who violate the spirit of this policy.

SOME SUGGESTED ACCOMODATIONS

Avon Old Farms Hotel

Avon, CT
(860) 677-0651

Homewood Suites by Hilton

Farmington, CT
(860) 321-0000

Marriott Residence Inn Hartford/Avon

Avon, CT
(860) 687-1666

Sheraton/Bradley Airport

Windsor Locks, CT
(860) 627-5311

Simsbury 1820 House

Simsbury, CT
(860) 658-7658

Simsbury Inn

Simsbury, CT
(860) 651-5700

Courtyard Marriott

Hartford Farmington
(860) 521-7100

Homewood Suites by Hilton

Hartford – Farmington
(860) 321-0000

SOME SUGGESTED PLACES TO EAT

Several Restaurants [BLUE BACK SQUARE AREA](#)
West Hartford, CT

Several Restaurants at [West Farms Mall](#)
Farmington, CT

Harry's Bishop Corner Pizza <http://harrysbc.com/>
West Hartford, CT

Potbelly Sandwich Works
51 Memorial Rd. West Hartford, CT 860-856-4483

Subway
932 Farmington Ave, West Hartford, CT 06107