

2018 NEPSAC DIVISION I SWIMMING & DIVING CHAMPIONSHIPS

DATES: Boys and Girls Diving Trials & Finals --Wednesday, February 28, 2018 @ Deerfield
Boys and Girls Swimming Trials -- Saturday, March 3, 2018 @ Phillips Exeter
Finals -- Sunday, March 4, 2018 @ Phillips Exeter

LOCATION: Phillips Exeter Academy Love Gym, Roger Nekton Championship Pool
GPS Address: 8 Chadwick Lane, Exeter, NH

SCHEDULE: **Wednesday February 28, 2018 Diving @ Deerfield**
9:00 am Girls arrive, check in
9:00-10:30 Girls Warm-up
10:30 Girls Diving Begins
~2:00 Girls Diving Ends
~2:00 Boys Warm-up (or immediately following Girls' Finals)
~3:00 Boys Diving Begins

Saturday March 3, 2018 Swimming at Phillips Exeter
11:30 am Swimming Warm-up
1:30 pm Swimming Trials
4:30 pm Anticipated Finish of Trials

Sunday March 4, 2018 Swimming at Phillips Exeter
8:45 am Swimming Warm-up
10:30 am Swimming Finals
4:00 pm Anticipated Finish of 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 Anne Kaufman. (anne_kaufman@milton.edu), 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 regarding 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.

PSYCH SHEETS:

Copies of the completed entries (psyche sheets) will be sent to you as soon as Anne Kaufman has them prepared. If any mistakes are detected in our compiling of your entry, please contact Anne Kaufman at anne_kaufman@milton.edu

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, 200 free relay, and 400 free relay are all timed final events. All relays are swum in the final sessions only. *(Please note: the 500-yard freestyle will be a trials and finals event like all other individual events this year. All swimmers in this event will compete in Saturday’s Trials to qualify for Sunday’s Finals.)*

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 I 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:

Each team is allowed 4 divers per gender; however, only the top three from each time will move on past

the preliminary round. Diving entries will be submitted using a web form on edive. Dives and diving sheets must be in accordance with the specifications for championship competition in the National High School Federation 2017-2018 rulebook. Diving sheets must be submitted to Jason Cook (JCook@deerfield.edu) by Wednesday February 21st by 7:00 pm. Changes can be made to divers' lists up to 30 minutes before the start of competition on February 28th, but earlier notification is strongly encouraged.

COACHES' MEETINGS:

There will be a coaches' meeting in the upstairs conference room 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 meet's conclusion.

A separate sheet of lane assignments and timers will be posted as the meet draws closer.

MEALS: Phillips Exeter Academy will not be providing meals for swimmers.

COACHES' INFORMATION PACKETS: May be picked up on the pool deck beginning at 10:00 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.
- No lockers will be available and teams are reminded that Phillips Exeter will not be responsible for lost or stolen items.

- 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.

PARKING:

- We ask that teams and spectators abide by the host school’s campus security’s special directions for parking and traffic circulation this weekend. Exeter town police will ticket any vehicles illegally parked on town streets. Busses and school vans may park in the parking lot in the back of the gym (GPS address 8 Chadwick Lane, Exeter, NH). Spectators may park in the Thompson Field House Parking garage.

FRIDAY NIGHT WARM UP:

- Please note that the pool will be available for warm-up from 6:00 – 8:00 pm Friday evening.

HOTELS:

- A list of area hotels and restaurants will be posted shortly.

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: 860-480-2618 Email: kmoon@hotchkiss.org
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- ***NEW ENGLANDS’ COMPUTER ENTRIES, SCRATCHES:***

Anne Kaufman Milton Academy 170 Centre Street Milton, MA	Phone: 857-928-3638 Email: anne_kaufman@milton.edu
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- ***DIVING ENTRY SHEETS (D1):***

Jason Cook	Due February 21, 2018 by 7pm Email: jcook@deerfield.edu
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- ***DIVISION I MEET DIRECTORS:***

Jean Chase Farnum & Don Mills Phillips Exeter Academy AQUATICS MANAGER Katie Cleasby Phillips Exeter Academy	Email: jfarnum@exeter.edu dpmills@exeter.edu Email: kcleasby@exeter.edu Phone: 603-777-4410
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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> <u>(7:00 PM)</u>	Team entries and fees.	Anne Kaufman, Milton - Hy-Tek Entries Sarah Bednar, EWS—Meet Entry Fees (Check)
<u>Wed. February 21, 2018</u> <u>(7:00 PM)</u>	Completed diving sheets with PROOF OF SCORES (see below)	Jason Cook, Deerfield Academy
<u>Mon. February 26, 2018</u> <u>(7:00 PM)</u>	Scratch deadline, corrections, updated entry times.	Anne Kaufman, Milton

2018 NEPSAC Swimming and Diving Championships Suggested Cut-Off Times

<u>Event</u>	<u>D1 Girls</u>	<u>D1 Boys</u>
200 Freestyle	2:20.00	2:07.00
200 IM	2:40.00	2:25.00
50 Freestyle	0:29.00	0:27.00
100 Butterfly	1:20.00	1:11.00
100 Freestyle	1:04.00	0:57.00
500 Freestyle	6:45.00	5:50.00
100 Backstroke	1:17.00	1:11.00
100 Breaststroke	1:23.00	1:18.00

Diving Requirements for D2 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 145.00 points in one of those meets.
3. Coaches must certify that they are comfortable with each dive on their diver's sheets and that the can complete each dive safely. The meet committee reserves the right to disqualify any divers who violate the spirit of this policy.