

	New England Swimming 11-14 LCM Age Group Championships Harvard University July 20 – 23, 2023 Held under the sanction of USA Swimming/New England: NE23-0720VS	Hosted by Veritas Swimming &  SSRP
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Meet Director	Dan Warner	Danwarner1955@gmail.com	978-852-3985
Meet Referee	Dave Travers	dktravers@comcast.net	413-320-7953
Entry Chair	Dan Warner	Danwarner1955@gmail.com	978-852-3985
Admin Referee	Patrick Hunter	phunter.usaswimming@gmail.com	612-845-3031
Safety Monitor	Ryan Pitcairn	ryan@charlesriveraquatics.com	N/A

[INTENT TO OFFICIATE](#)

[11-14 LCM Age Group Qualifying Times](#)

SESSIONS:

Date	Session Name	Warm up	Start
Thursday July 20, 2023	Timed Finals	3:30 PM	4:15 PM
Friday, July 21, 2023	11-14 Prelims	7:00 AM	8:35 AM
Friday, July 21, 2023	Finals	4:00 PM	5:15 PM
Saturday, July 22, 2023	11-14 Prelims	7:00 AM	8:35 AM
Saturday, July 22, 2023	Finals	4:00 PM	5:15 PM
Sunday, July 23, 2023	11-14 Prelims	7:00 AM	8:35 AM
Sunday, July 23, 2023	Finals	4:00 PM	5:15 PM

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. **Any updated session times received from the Meet host will be reflected on the EVENT page of the neswim.com website.**

IMPORTANT DEADLINES	Entry Deadline: Tuesday, July 11, 2023 Payment Deadline: July 15, 2023 New Cuts Deadline: Monday, July 17, 2023 by 9 pm
SITE	The Harvard University Blodgett Pool is an 8 lane, 50-meter pool with seven - foot-wide lanes and non-turbulent lane lines. The timing system includes a fully automatic Daktronics electronic timing system with touchpads at the turn and finish end of the pool with full electronic display. Attached to the main pool is a diving well area that is available for warm-up and warm-down, approximately 20 x 30 feet in size. The finish end of the pool is 7 feet deep; the turn end of the pool is 4 feet deep. Spectator seating for 1200.

	Directions may be found later in this document. The competition course has been certified in accordance with 104.2.2C(4). [The copy of such certification is on file with USA Swimming.
COURSE	LCM
FORMAT:	• Individual events will be swum as 11/12 and 13/14, except for the 800 and 1500 Freestyle which will swim as stated in the Distance Events section below. • The Meet will be conducted in a trials/finals format, with one Consolation heat (B final) and one Championship heat (A final) in each age group (11-12 and 13-14) except for distance events detailed below. • 50 Meter events will start at block end and automatic timing will be used. There are pads and buttons at the far end finish. • Breaks within sessions may be added at the discretion of the Meet Director and Meet Referee. • No events will swim with more than one swimmer per lane.
DISTANCE EVENTS	• The 1500 Free will be timed finals and be swum in the following order on Thursday Timed Finals: • Fastest heat of girls 13/14 • Fastest heat of boys 13/14 • Fastest heat of girls 11/12 • Fastest heat of boys 11/12 Remaining heats will swim combined, 11-14, alternating girl/boy, fastest to slowest • The 800 Free will be timed finals and swum in the following order at the end of the prelim session (after a 10-minute break) on Sunday • Fastest heat of girls 13/14 • Fastest heat of boys 13/14 • Fastest heat of girls 11/12 • Fastest heat of boys 11/12 Remaining heats will swim combined, 11-14, alternating girl/boy, fastest to slowest • The 400 IM and 400 free will be swum as timed finals for 11/12 in prelims session and as prelim/finals for 13/14 with two Championship final heats. • The preliminary heats of 13-14 400 IM and 400 Free will be swum in the following order: • Fastest 2 heat of girls 13/14 • Fastest 2 heat of boys 13/14 • Remaining heats of 13/14 will swim fast to slow alternating girls/boys • The 11-12 400 IM and 400 Free will be timed finals and will be swum in the following order: • Fast to slow, alternating girls, boys

	• For all distance events (400 and over), the slowest heat of girls and boys may be combined. • DISTANCE EVENTS TIMERS: Swimmers in the 800 and 1500 freestyle will need their own timers. Swimmers in the 13/14 alternating heats of the 400 IM and the 400 Free, and all the 11/12 heats will need their own timers.
SCRATCHES	Thursday's 1500 Freestyle will be positive check in due by the start of the warmup. Thursday's 800 Freestyle Relay scratches are also due by the start of warmup. ▪ All Friday scratches due to the Admin Referee by Thursday at 4:45 pm. ▪ All Saturday scratches due to the Admin Referee by Friday at 5:45 pm. ▪ All Sunday scratches due to the Admin Referee by Saturday at 5:45 pm. Sunday distance 800 Freestyle will be positive check in due by the scratch deadline Saturday evening. SPECIAL SCRATCH NOTES: Coaches and swimmers are expected to understand the scratch, verification and relay rules before the Meet begins. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events. Failure to compete in the finals round of a prelim/finals event, without properly scratching, will result in the swimmer being barred from all further competition for the remainder of the Meet, including relays and time trials. If the swimmer has no further competition from which to be penalized, a \$100 fine will apply. Scratches from finals will be conducted in accordance with articles 207.11.6D and 207.11.6E in the USA Swimming rules. Any swimmer who competes in a preliminary heat and qualifies for Finals must notify the Admin Referee of his/her intention to withdraw from Finals within 30 minutes of announcing the results; email scratches for finals will not be accepted. A swimmer not originally announced or posted as qualifying for finals, who is seeded in a final due to the scratch of another swimmer, will not be penalized for failing to swim in that final; however, ALL swimmers are asked to scratch from finals if they do not intend to swim, so other swimmers are given the opportunity to be ready to swim in Finals should there be empty lane(s).
BONUS EVENTS	Must be a time that is verifiable in SWIMS: • Qualify in 1 event – get 4 bonus events. • Qualify in 2 events – get 3 bonus events. • Qualify in 3 events – get 2 bonus events. • Qualify in 4 events – get 1 bonus event. • <u>All distance bonus events 400 and longer must have the qualifying Bonus time</u>

ELIGIBILITY	● All swimmers must be currently registered as athlete members of United States Swimming/New England before 5:00 pm on the day before the first day of the Meet. ● Age is determined by the age of the swimmer on the first day of the Meet ● 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 without the use of the backstroke ledge. 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. ● If a swimmer who is not properly registered with USA Swimming/New England competes in this competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach, or a member club submitting the entry. ● Deck registrations will NOT be accepted.
VERIFICATION	The Meet database will be run through the SWIMS program to verify times achieved since January 1, 2022. Any entry times not in the SWIMS database will be rejected. It is the responsibility of the entering team to verify the times are from a USA sanctioned / approved / observed time in SWIMS. Send a copy of your entry verification report with your entries.
DISABILITY SWIMMERS	● Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. ● The athlete (or the athlete's coach) is also responsible for notifying the Meet referee of any disability prior to the competition.
ENTRIES	● Electronic entries should be emailed as an attachment to the entry chairperson. Please check that your team's 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: July 15, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the Meet. ● There is a \$100 fee for any team submitting their entry after the deadline. If a team already entered in the meet wishes to add either swimmers or entries after July 11, 2023 but before the new cut's deadline of 9:00 pm Monday, July 17, 2023, will be charged \$10 per individual entry. No entries will be accepted after 9:00 pm Monday, July 17, 2023. ● Mail completed signed entry cover page and waiver, and payment to: VS PO Box 26 Belmont MA 02478 ● Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the Meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled. This fine is payable to VS. Late payment of entry fees may result in future exclusion from Meets hosted by our club. ● IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.

	• Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the Meet. <i>Your entry is considered received only if you receive an acknowledgement.</i> • All unattached swimmers must be declared as unattached, on the entry cover sheet, before the Meet begins. • EVENT LIMITS: Swimmers may enter as many events in which they have qualified, but may only compete in a maximum of three (3) individual events per day (including time trials) and a maximum total of seven (7) individual events in the Meet (not including time trials). • NEW CUTS: Athletes achieving a qualifying time for the first time between Tuesday, July 11, 2023 and Sunday, July 16, 2023 may enter the Meet via e-mail to the Entry Chair no later than Monday, July 17, 2023 @ 9:00 pm. • No deck entries will be accepted.
ENTRY INFORMATION	Qualification period: January 1, 2022 through the entry deadline. Seeding order: LCM, SCM, SCY
CUT PROTOCOL	If a session is over-subscribed based on the facility guidelines and restrictions, the following changes will take place in the Meet format in no particular order: (Clubs will be notified of all changes by Monday, July 17, 2023). • Bonus events will be cut. • Relays will be cut to 1 relay per team.
RELAYS	• Dual Human Confirmation of relay take off violations will be required at all New England Swimming Meets. • Unattached swimmers may not participate in any relays. • All relays must consist of four eligible swimmers, mixed relays must consist of two eligible swimmers of each gender • All relays will be swum as timed finals. • Relays compete as 11-12 and 13-14. Teams are limited to 2 qualifying relays in each age group. • Each relay entry must have achieved the qualifying time during the qualifying period. Aggregate entry times may be used. Teams may substitute relay swimmers at the Meet with other swimmers that are entered into the Meet, including relay only swimmers. Coaches must supply proof of time for all relay entries, including aggregate times. • Relay-only swimmers must be correctly entered into the Meet by the entry deadline and pay the \$30.00 participation fee and the NES travel surcharge of \$2.00. • Relays must be scratched by the relevant scratch deadline. • Teams will be fined \$100.00 for each unproven relay entry, payable to New England Swimming. Subsequent unproven relay entries will be referred to the New England Swimming Board of Review • Relay cards must be submitted to the Control Table <u>Thirty (30) minutes after the start of each warmup.</u> Names and the order may be changed up to the time of the relay heat. Any changes should be submitted to the Control Table before the start of that relay.
TIME TRIALS	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$10.00 for individual events, and \$40.00 for relays. All swimmers wishing to time trial must email the entry chair by Wednesday, July 19, 2023 at 9 PM with club name, swimmer's full name and complete USA ID#.

FEES	• Individual Events: \$10.00 • Relays: \$25.00 • Time Trials \$10.00 for IE, \$40 for relays • Swimmer Participation Fee is \$30.00 per swimmer • NES Travel Fee: \$2.00 per swimmer (to be included in the check and the host team will send to NE Swimming)
ADMISSIONS	No Charge for admission
MEET MOBILE	MEET MOBILE HEAT SHEETS Meet Mobile heat sheets will be offered at this Meet for at NO Charge. The Meet Mobile heat sheet includes smart phone access to all heat sheets for the whole Meet, including last minute changes and re-seeds. MEET MOBILE: Meet Mobile will be functional for this Meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.
WARM-UP	The pool will open for warm-ups as designated on the event list. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. The pool will be open after the completion of the session for 10 minutes. See “Safety” for Warm-up safety guidelines.
DECK ACCESS	All athletes and coaches must provide proof of membership to be allowed on deck. Coach deck passes may be distributed to participating teams based on the number of Meet entries: The number of coach passes distributed may be reduced to limit overcrowding on deck. • 1-3 swimmers in individual events or 1 relay only team with any number of alternate: 1 deck pass • 4-6 swimmers in individual events: 2 deck passes • 7-9 swimmers in individual events: 3 deck passes • 10-20 swimmers in individual events: 4 deck passes • 21-30 swimmers in individual events: 5 deck passes • 31-40 swimmers in individual events: 6 deck passes • 41-50 swimmers in individual events: 7 deck passes • 51 or more swimmers in individual events: 9 deck passes • Unattached swimmers with a team shall be included in the above schedule even if listed on separate entry blank. • Unattached swimmers not with a team: 1 deck pass Additional deck passes can be purchased by contacting the entry chair, \$35.00, payable to the Meet host team. Deck passes are non-transferable between teams. All non-athletes on the pool deck must prove their registration status by displaying proof of credentials.

TIMERS AND OTHER WORKERS	According to New England Swimming policy, the host team will make timing assignments for this Meet based on the size of a team’s entry. Please be cooperative and punctual. We need the full cooperation of all teams, large and small, to adequately run this Meet. All teams will be given timing/work assignments based on the number of entries. Teams treating this Meet as a team travel Meet need to assure that they have enough parental workers at the Meet to fulfill their team obligation. The timing assignments will be posted on the web page with ample time to get workers. DISTANCE EVENTS TIMERS: Swimmers in the 800 and 1500 freestyle will need their own timers. Swimmers in the 13/14 alternating heats of the 400 IM and the 400 Free, and all the 11/12 heats will need their own timers.																																																			
AWARDS	• Awards will be presented to the top 8 finishers in each individual event and for the first 3 places in relay events. Ribbons for places 9-16 for 11/12-year-old individual events will be at the awards table for pick up. Coaches are responsible for picking up their awards each day. • The top 8 high point winners for girls and boys, in each age group, and the top 3 teams, will receive an award. The high point ceremony will take place on Sunday evening at the conclusion of the session. Coaches are responsible for making sure their swimmer is present to receive their award.																																																			
SCORING	The Meet will be scored to 16 places as follows: <table><tr><td>Place</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>Ind</td><td>20</td><td>17</td><td>16</td><td>15</td><td>14</td><td>13</td><td>11</td><td>9</td><td>8</td><td>7</td><td>6</td><td>5</td><td>4</td><td>3</td><td>2</td><td>1</td></tr><tr><td>Relay</td><td>40</td><td>34</td><td>32</td><td>20</td><td>28</td><td>24</td><td>22</td><td>18</td><td>16</td><td>14</td><td>12</td><td>10</td><td>8</td><td>6</td><td>4</td><td>2</td></tr></table>	Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Ind	20	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1	Relay	40	34	32	20	28	24	22	18	16	14	12	10	8	6	4	2
Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																				
Ind	20	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1																																				
Relay	40	34	32	20	28	24	22	18	16	14	12	10	8	6	4	2																																				
LEGAL SPLITS	Individual Events: Preferably, legal splits should be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party should supply an additional timer(s) on the lane for the split, if necessary, to ensure an accurate time. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course. Optionally, a legal split may be requested after the event using a legal split form when using a fully automatic timing system. The Admin Official has the discretion to either grant or deny the request after reviewing the available evidence. Backstroke legal splits must be requested in advance to ensure a legal finish. LEGAL SPLITS – Relays: All lead-off splits for relays are automatically loaded into SWIMS and do not require additional watches for validation unless there are no touchpads present, or the second swimmer starts in the water. If there are no touchpads, or the second swimmer starts in the water, a legal split form with three watches will be required for entry into SWIMS. Timers must be positioned over the lane at the end of the racing course. It is recommended that coaches report lead-off time discrepancies to the Administrative Referee or Administrative Official.																																																			

SWIMWEAR	Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed Meet. The age of the swimmer is determined on the first day of the Meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under Tech Suit Restriction for 12-and-Under Swimmers .
RULES	• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this Meet. • Operation of a DRONE, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by VS, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests. • VIDEO STREAMING: All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE. • Deck Changing is PROHIBITED. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • According to New England Swimming Best Practices, all athletes should shower before entering the pool. In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this Meet. Coaches with expired or non-current credentials will be required to leave the deck area.
SAFETY	• No shaving is permitted at the competition site. • No glass containers are permitted within the facility. • 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. • In case of an emergency, Harvard Lifeguards and personnel will take control of the situation. WARM UP SAFETY:

	• 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. • For all sessions with 12 & Under events, swimmers must utilize a “sit and slide”/“three-point” entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding, feet-first, into the pool. If the session includes both 12 & Under events and 13 & Over/Senior events, two warm-up sessions must be utilized, or the “sit and slide”/“three-point” entry will be required for all swimmers.” • During competition, when entering the warm-up/warm-down area, a “sit and slide”/“three-point” entry is required at all times • In extraordinary cases, due to bulkheads and other pool designs, it may be determined that it is unsafe or impossible for swimmers to perform the required sit and slide entry. In such extremely rare cases, the sit and slide rule may be modified. Exceptions to the sit and slide rule shall only be made when performing the sit and slide entry poses risk of injury to swimmers and/or risk damaging or ripping of swimsuits. An exception to the sit and slide rule shall only be made when the Safety Monitor, Meet Director, and Meet Referee have evaluated the risks and unanimously determined that the use of the sit and slide entry poses such great risk as to be unsafe. In these cases, the Safety Monitor, Meet Director, and Meet Referee must determine and agree upon an alternative safety plan to ensure swimmer safety.
SAFE SPORT	The conduct of all participants and spectators at this Meet is governed by USA Swimming Rules 304/305. All infractions must be reported to the Meet Referee or Meet Director. All applicable adults participating in or associated with this Meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition. USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Susan Pascale-Frechette: safesportne@gmail.com (401-965-0813), or through the USA-S online reportable form.
CHANGES TO MEET	Once the Meet is sanctioned, changes can be made to the Meet Announcement before the Meet, only with the approval of the Technical Chair, Patrick Johnstone . Any change to the Meet format after the Meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches Meeting.
MEET JURY	The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the Meet Jury but not vote. When possible, the three members shall be from separate teams. The Meet Jury will decide all issues of eligibility, and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.
WEATHER/FACILITY 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 a session, is the decision of the Meet Director, Meet Referee and the Meet Jury.
DECK ACCESS	Only current USA Swimming registered athletes, coaches, officials, and official Meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of

	their valid USA Swimming registration when asked. Deck Pass is acceptable proof of membership. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck and will be fined by New England Swimming of \$100 to the coach, and \$200 to the coach's club.
SPECIAL COACHES' NOTES	All coaches should check-in with the Control Table upon arrival at the pool. Heat sheets, scratch cards, and relay cards for that session will be available at the Control Table. • Coaches meeting will take place on Thursday Evening and Friday Morning. Times will be communicated after the first date of entry. • 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. Each team is responsible for cleaning up their area.
OFFICIALS	Officials are requested to help with the pre-meet planning for this meet by stating their availability to help as soon as possible. Please provide the information requested on the INTENT TO OFFICIATE for this meet. "Walk-on" officials are always welcome. The uniform for this meet will be white polos over navy for all preliminary sessions and dark blue polos over khaki for all final sessions. White sneakers for all sessions please. All Officials meetings will take place 45 minutes prior to the start of each session.
GENERAL	Coaches & Officials Hospitality will be available during the Meet
DIRECTIONS	From the West: Take the Massachusetts Turnpike east to Exit 18 (Allston/Cambridge). After paying toll, bear left at fork towards Allston/Brighton. Turn right at second set of lights onto N. Harvard Street. Proceed approximately one mile and enter the athletics complex at Gate 8 on the left hand side. From the North: Take I-93 south to I-90 west (Massachusetts Turnpike). Take I-90 west to Exit 20 (Allston/Cambridge). After paying toll, bear left at fork towards Allston/Brighton. Turn right at second set of lights onto N. Harvard Street. Proceed approximately one mile and enter the athletics complex at Gate 8 on the left-hand side. From the South: Take I-95 north to I-93 north. Follow I-93 north signs to I-90 west (Massachusetts Turnpike). Take I-90 west to Exit 20 (Allston/Cambridge). After paying toll, bear left at fork towards Allston/Brighton. Turn right at second set of lights onto N. Harvard Street. Proceed approximately one mile and enter the athletics complex at Gate 8 on the left-hand side. Alternative from the Southwest/Northwest: Take Route 128 (I-95) to Massachusetts Turn- pike I-90. Take Mass. Pike I-90 east to exit 18 (Allston/Cambridge). After paying toll, bear left at fork towards Allston/Brighton. Turn right at second set of lights onto N. Harvard Street. Proceed approximately one mile and enter the athletics complex at Gate 8 on the left-hand side. Parking: Please drive in Gate 8 and park in a legal spot. There could be a \$10 charge. If the Athletics lot is full, please use the Harvard Business School lot located across from Gate 8 on Gordon Road. Walk to Blodgett Pool located at the corner of N. Harvard St and Soldier's Field Road. Spectator entrance is located upstairs and the athlete entrance is located at ground level.

HOTELS	Within walking distance of Blodgett Pool: Harvard Square Hotel: 110 Mt Auburn St, Cambridge, MA 02138 Phone: (617) 864-5200 Others: DoubleTree Hotel 400 Soldiers Field Rd, Boston, MA 02134 Phone: (617) 783-0090 Courtyard by Marriott on Memorial Drive 777 Memorial Dr, Cambridge, MA 02139 Phone: (617) 492-7777
WAIVERS	USA Swimming, Inc., New England Swimming, Inc, Harvard University, VS and CRA cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

New England Swimming
11-14 LCM Age Group Championships
Harvard University
July 20 – 23, 2023

Held under the sanction of USA Swimming/New England: NE23-0720VS

ORDER OF EVENTS

GIRLS #	EVENT	BOYS #
1	11-14 1500 Freestyle	2
3	13-14 800 Freestyle Relay	4

FRIDAY PRELIMS

GIRLS#	EVENT	BOYS#
5	11-12 400 Mixed Medley Relay	5
6	13-14 400 Mixed Medley Relay	6
7	11-12 100 Breaststroke	8
9	13-14 100 Breaststroke	10
11	11-12 200 Freestyle	12
13	13-14 200 Freestyle	14
15	11-12 100 Butterfly	16
17	13-14 100 Butterfly	18
19	11-12 50 Backstroke	20
21	13-14 400 IM	22
23	11-12 400 IM	24

FRIDAY FINALS

GIRLS#	EVENT	BOYS#
7	11-12 100 Breaststroke	8
9	13-14 100 Breaststroke	10
11	11-12 200 Freestyle	12
13	13-14 200 Freestyle	14
15	11-12 100 Butterfly	16
17	13-14 100 Butterfly	18
19	11-12 50 Backstroke	20
21	13-14 400 IM	22
25	11-12 Mixed 400 Free Relay	25
26	13-14 Mixed 400 Free Relay	26

SATURDAY PRELIMS		
GIRLS#	EVENT	BOYS#
27	11-12 200 IM	28
29	13-14 200 IM	30
31	11-12 50 Freestyle	32
33	13-14 50 Freestyle	34
35	11-12 100 Backstroke	36
37	13-14 100 Backstroke	38
39	11-12 200 Butterfly	40
41	13-14 200 Butterfly	42
43	11-12 50 Breaststroke	44
45	13-14 400 Freestyle	46
47	11-12 400 Freestyle	48
49	13-14 400 Medley Relay	50

SATURDAY FINALS		
GIRLS#	EVENT	BOYS#
27	11-12 200 IM	28
29	13-14 200 IM	30
31	11-12 50 Freestyle	32
33	13-14 50 Freestyle	34
35	11-12 100 Backstroke	36
37	13-14 100 Backstroke	38
39	11-12 200 Butterfly	40
41	13-14 200 Butterfly	42
43	11-12 50 Breaststroke	44
45	13-14 400 Freestyle	46
51	11-12 400 Medley Relay	52

SUNDAY PRELIMS		
GIRLS#	EVENT	BOYS#
53	11-12 50 Butterfly	54
55	11-12 200 Backstroke	56
57	13-14 200 Backstroke	58
59	11-12 100 Freestyle	60
61	13-14 100 Freestyle	62
63	11-12 200 Breaststroke	64
65	13-14 200 Breaststroke	66
67	11-12 400 Freestyle Relay	68
69	11-14 800 Freestyle	70

SUNDAY FINALS		
GIRLS#	EVENT	BOYS#
53	11-12 50 Butterfly	54
55	11-12 200 Backstroke	56
57	13-14 200 Backstroke	58
59	11-12 100 Freestyle	60
61	13-14 100 Freestyle	62
63	11-12 200 Breaststroke	64
65	13-14 200 Breaststroke	66
71	13-14 400 Freestyle Relay	72

New England Swimming
11-14 LCM Age Group Championships
Harvard University
July 20 – 23, 2023

Held under the sanction of USA Swimming/New England: NE23-0720VS

CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL PHONE: CONTACT CELL LIST UNATTACHED SWIMMERS:
ENTRY FEES	Individual Entries all distances @ \$10.00 _____ = \$ _____ Relays @ \$25.00 each _____ = \$ _____ Swimmer Participation Fee: # athletes _____ @ \$ 30.00 = \$ _____ NE Travel Surcharge: # athletes _____ @ \$2.00 each = \$ _____ TOTAL DUE: \$ _____
PAYMENT	Make checks payable to: VS Send to: VS PO Box 26 Belmont MA 02478 Payment deadline: July 15, 2023
WAIVER:	LIABILITY RELEASE Any swimmer whose entry is accepted will, for him/herself, his/her theirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming Inc, Harvard University, CRA and VS for any and all injuries suffered by him/her at said Meet, including Covid 19. 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. _____ Signature of Authorized Team Official _____ Date