

WINTER SUBURBN SWIM LEAGUE CHAMPIONSHIPS 2009

B MEET KEEFE TECH FRAMINGHAM **March 7th** AM PM
8:00 3:00 Warm up begins
8:30 3:30 Scratches due
8:30 3:30 *Workers meeting
9:00 4:00 Meet begins

A MEET KEEFE TECH FRAMINGHAM **MARCH 15TH**
7:00 Warm up begins
8:30 Scratches due
8:30 *Workers meeting
8:45 Meet begins

*** EVERY TEAM MUST SEND THEIR WORKERS TO A MEETING AT THE POOL OFFICE**

MEET ENTRIES

“B” ENTRIES ARE DUE SATURDAY FEBRUARY 28TH, NO LATER THAN 9:00PM TO ANN BOUDROT AT waterlog@comcast.net. YOU MUST SEND YOUR ENTRIES IN MEET MANAGER IN A ZIP FILE. YOU MUST NAME THE “B” CHAMPIONSHIPS B CHAMPIONSHIP MEET. SET UP YOUR MEET USING BOYS AND GIRLS AND THE MEET NAME IS WSSL B CHAMPIONSHIPS AM IF YOU ARE IN THE MORNING AND WSSL B CHAMPIONSHIPS B IF YOU ARE IN THE AFTERNOON. “A” CHAMPIONSHIP ENTRIES ARE DUE ON SUNDAY, MARCH 8TH. THERE WILL BE A \$200 FEE FOR ALL LATE ENTRIES.

- 1. TEAM MEET ROSTER** - List of team members and meets they participated in during the season.
- 2. SEASON RECORD** – **This should include results from your division of the league only.**
- 3. PARENT SUPERVISOR LIST** – One supervisor for every **ten children** you bring to the meet.
- 4. LIST OF WORKERS FOR ALL MEETS**

MEET PREPERATION

- 1. SEEDING:** will be done by Ann Boudrot
- 2. PROGRAMS:** will be prepared by and printed by Ann Boudrot.
- 3. T-SHIRTS:** will be designed and purchased by Ann Boudrot.
- 4. AWARDS:** will be purchased by JuJu Mucciaccio DE.
- 5. LIFEGUARDS:** will be arranged by Arnie Cohen.
- 6. POLICE DETAIL:** will be arranged by Ann Boudrot.
- 7. OFFICIALS:** are being arranged by Maureen Casali. Head official must be designated prior to meet day. Officials will be instructed to judge all age groups and levels by the same USS Swimming and WSSL standards.
- 8. FOOD:** will be sold at all meets by the Keefe Tech Boosters.
- 9. ELECTRONIC TIMING** Will be supplied by Ann Boudrot
- 10. BULL HORN** will be provided by

11. **FIRST AID KITS** for all meets will be provided by Natick and Weston.

12. **PA SYSTEM** Same as # 10 above

WARM UP SCHEDULE: Teams may only swim at their designated warm up time. Teams must be supervised. No diving will be allowed for the first five minutes of warm up for each team. Cones for the blocks will be supplied. The first team listed will be in lanes 1,2,3 and the second team will be in lanes 4,5,6. Coaches are responsible for getting their teams in the water on time. Warm up will not start until monitors are in place.

A MEET

7:00-7:10 Dedham,

7:12-7:22 Sudbury, Natick

7:24-7:34 Brookline, Westwood

7:36-7:46 Framingham, Trivalley

7:48-7:58 AB, Belmont

8:00-8:10 Westboro, Weston

8:12-8:22 Newton, Wellesley

“B” AM MEET

8:00-8:10 Westboro, Natick

8:12-8:22 Dedham, AB

8:24-8:34 Newton, Westwood

“B” PM MEET

1:00-1:10 Framingham, TriValley

1:12-1:22 Wellesley, Brookline

1:24-1:34 Weston, Sudbury

1:36-1:46 Belmont

MEET DUTIES

1. **BULLPEN:** 4 people each meet. The bullpen will be located in the locker room.

A MEET

Natick

“B” AM MEET

Natick

“B” PM MEET

Wellesley

3. **PLACERS:** 2 people each meet. Move swimmers from the bench to the blocks.

A MEET

Newton 2

“B” AM MEET

Newton & Dedham

“B” PM MEET

Belmont & TriValley

4. **Warm-up Monitors:** 4 people per meet

“A” MEET

Westboro

Westwood

Sudbury

Dedham *

“B” AM MEET

Newton

Westboro

AB

Westwood *

“B” PM MEET

Framingham

Sudbury

Brookline

Belmont *

MONITORS must report to Ann Boudrot 10 minutes before the beginning of warm ups. Warm ups will not begin until monitors are in place. One monitor will be located in each corner of the pool during the entire warm up period. Monitors are responsible for watching the pool and swimmers during warm up to keep order and make sure no diving occurs except from the blocks during the time allowed. One monitor will have the job of head monitor (indicated by *). The head monitor will indicate time change to the teams by blowing a whistle, and will be in charge of moving the cones on the blocks.

2. **RUNNERS:** 1 people each meet.

A MEET
Belmont

“B” AM MEET
AB

“B” PM MEET
Weston

3. **RIBBON WRITERS:** 2 people each meet.

“A” MEET
Dedham
Sudbury

“B” AM MEET
Dedham
Westboro

“B” PM MEET
Sudbury
Framingham

4. **STAIR MONITORS:** 1 person each meet.

“A” MEET
Westboro

“B” AM MEET
Westwood

“B” PM MEET
Belmont

5. **POSTER OF RESULTS:** 1 person each meet.

“A” MEET
JuJu Mucciaccio

“B” AM MEET
JuJu Mucciaccio

“B” PM MEET
JuJu Mucciaccio

6. **COPIER:**

“A” MEET
Ann Boudrot

“B” AM MEET
Ann Boudrot

“B” PM MEET
Ann Boudrot

7. **SELL T-SHIRTS & PROGRAMS:** 3 people each meet. Each team is responsible for staying until all T-shirts and programs are sold or Ann Boudrot says we are done selling!!!!

“A” MEET
Wellesley

“B” AM MEET
Dedham

“B” PM MEET
Belmont

8. **TIMERS:** 3 people each team.

Lane

“A” MEET

“B” AM MEET

“B” PM MEET

1

Wellesley

Natick

Belmont

2

Dedham

Newton

Brookline

3

AB

AB

TriValley

4

Weston

Westboro

Sudbury

5

Westboro

Dedham

Framingham

6

Sudbury

Westboro

Weston

7*

Belmont

Westwood

Wellesley

TIMERS should report to the scheduled worker meeting. Each team listed must supply 3 **TIMERS** (one designated as **HEAD TIMER**), and a **WATCH** for each timer. Timers and their equipment will be needed and should plan to man their lanes **ALL DAY**. The lane number indicates the team that is responsible for being **HEAD TIMER** in that lane. There will not be two timers from the same team in a lane. The number 7* indicates the team that is responsible for extra watches to be used at the start of each race in case there is a malfunctioning watch.

RULES:

1. ANYONE DEMONSTRATING IMPROPER CONDUCT OR VANDALIZING WILL BE DISQUALIFIED FROM THE MEET AND POINTS FROM ANY PREVIOUSLY SWUM EVENTS WILL BE DELETED FROM THE MEET SCORE.

2. **RULES AT KEEFE TECH.** INFRACTIONS MEANS ELIMINATION FROM COMPETITION.
 - NO FOOD IN VIEWING STANDS OR THE POOL AREA
 - NO GLASS IN THE BUILDING
 - NO RUNNING IN THE BUILDING
 - NO HANGING AROUND IN THE LOCKER ROOMS
 - NO RADIOS WITHOUT HEADPHONES

3. **COACHES PLEASE TAKE NOTE:**
 - SCRATCHES DUE BY 8:30AM AT THE “B” AM MEET, 2:30PM AT THE “B” PM MEET AND 8:30AM AT THE “A” MEET.
 - NO ONE, EXCEPT THE SWIMMER, IS ALLOWED TO GET TIMES FROM THE TIMERS DURING THE COURSE OF THE MEET.
 - **ONLY 3 COACHES PER TEAMS ARE ALLOWED ON DECK.**
 - NO FOOD ALLOWED ON DECK
 - PLEASE DECLARE YOUR FREE RELAY BEFORE THE START OF THE BACKSTROKE.
 - PLEASE INFORM YOUR PARENTS THAT NO SPECTATORS ARE ALLOWED ON DECK. **NO FOOD IN THE BLEACHERS.**
 - THE LOCKER ROOMS AT KEEFE TECH ARE VERY SMALL. WE ARE REQUESTING THAT ALL SWIMMERS WEAR THEIR SWIMSUITS TO THE MEET.

4. **TAKE DOWN AND CLEAN UP:**
 - EACH TEAM IS REQUIRED TO BRING 3 TRASH BAGS. TEAMS ARE RESPONSIBLE FOR AND SHOULD MAKE SURE THEIR AREA IS CLEAN AT THE END OF THE MEET.
 - TRASH BAGS WILL BE PASSED IN THE STANDS BEFORE THE START OF THE RELAYS.
 - SOMEONE FROM EACH TEAM MUST REMAIN IN THE BUILDING UNTIL IT IS DECLARED CLEAN. THERE WILL BE A \$25 FINE FOR THOSE NOT PARTICIPATING IN THE CLEANING.
 - AWARDS WILL NOT BE HANDED OUT UNTIL CLEAN UP IS COMPLETED.

AWARDS:

THE FOLLOWING AWARDS WILL BE GIVEN THIS SEASON.

- LEAGUE DIVISION WINNER 2
- A CHAMPIONSHIP WINNER 1
- A CHAMPIONSHIP RUNNER UP 1
- B CHAMPIONSHIP WINNER 1 AM & PM
- B CHAMPIONSHIP RUNNER UP 1 AM & PM
- A & B AGE GROUP TROPHIES 2 trophy for each age group each meet.
(GIRLS AND BOYS)
MEDALS 1-8 PLACE
RIBBONS 9-16 PLACE