

**New Hampshire Interscholastic Athletic Association
2010 Swimming and Diving Meet of Championships
University of New Hampshire
Durham, N.H.
February 14, 2010**

SITE: U.N.H. Swazey Pool, Durham, New Hampshire is a 25-yard pool with six (6) lanes with non-turbulent lane lines, fully automatic Colorado Electronic timing system and a full six-lane scoreboard. The pool also has a diving well, warm-up and warm-down area. The starting end is minimum four feet deep. Capacity of the pool deck is 232 people. The pool also has a spectator area with seating capacity of 610.

TIME: 1:30 p.m. - Diving begins before the swimming warm up session.

MEET DIRECTOR: Patty Deschaine

MEET REFEREE: MaryAnne Lustgraaf

DIVING REFEREE: Bob Menck

RULES: NFHS 2009-10 Rules and NHIAA 2009-10 Policies and Procedure Manual.

MEET FORMAT: All individual events and relay events will be swum as timed finals events.

ENTRY RULES: The top nine (9) qualifiers from each event (individual events and relay events) in both the Division I and Division II Tournaments will qualify for the Meet of Champions.

DIVING ENTRY RULES: Divers will complete six (6) optional dives, including one dive from each of the five (5) groups at 1:30 p.m. NHIAA official diving sheets must be submitted by 1:00 p.m.

DIVING FORMAT: Divers will perform four (4) dives prior to the swimming warm-up, and will complete the remaining two (2) dives following the boys 50M Freestyle.

DIVING WARM-UP: Will begin at 12:30 p.m. on Sunday, February 14, 2010. Divers will get two (2) entries prior to the two (2) final rounds.

SWIMMING WARMUP: Will be held following the fourth (4th) round of diving, no later than 2:30 p.m. lasting one (1) hour. The last ten (10) minutes of the warm-up, lanes five (5) and six (6) will be declared one-way sprint lanes.

RELAY ENTRY RULES: An individual athlete who has qualified in either an individual event or as a member of a qualified relay, at the Divisional Tournaments, will be eligible for the Meet of Champions relay teams.

All relays will be swum as timed finals. All relay cards will be due by the times listed below. (These times may be adjusted by the meet director based on the time line of the meet)

200 Medley Relay – 3:00 p.m.

200 Free Relay – Will be held at the conclusion of the boys 100M Freestyle

400 Free Relay – Will be held at the conclusion of the boys 500M Freestyle

ALL INDIVIDUAL EVENTS IN THE PRELIMINARY HEATS EXCEPT BACKSTROKE WILL START WITH THE PRECEDING HEAT IN THE WATER.

MEET ORDER OF EVENTS:

Diving – First four (4) Rounds
Swimming Warm-Up
200 Medley Relay
200 Freestyle
200 Individual Medley
50 Freestyle
Diving – Final two (2) Rounds
100 Butterfly
100 Freestyle
500 Freestyle
200 Free Relay
100 Backstroke
100 Breaststroke
400 Free Relay

AWARDS: Official NHIAA place medals will be awarded to the top six (6) finishers in each event, including relays for boys and girls.

AWARDS PRESENTATION: The first (1st) through sixth (6th) place swimmers are required to remain in the starting area immediately following their event to be acknowledged.

COACHES' MEETING: If needed, a coaches meeting will be called.

SHAVING: No shaving is permitted within the swimming venue.

DECK RESTRICTIONS: The number of swimmers and coaches on deck will be limited due to fire codes. A separate staging area will be available for team personnel that are not allowed on deck at any one time.

COMPETITOR SEATING: Each NHIAA team entered in the meet will be assessed a \$25.00 competitor seating fee. This fee will be assessed once for the whole weekend.

ADMISSION AND FEES:

SUNDAY:	\$ 7.00 STUDENT	\$10.00 ADULT
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Only those swimmers entered in the meet will be admitted to the competitor seating area. All others are required to pay admission fee.

PROGRAMS: Will be available at the event.

SCRATCHES: The scratch time for all events is 30 minutes prior to the start of the event. An athlete who intends to scratch an event for finals must scratch within 30 minutes of the conclusion of the final individual event of the trials session (Rule 3(2)(4)). Alternates must be ready to swim at the time the event is announced. All scratched events still count as an event for the athlete.

An athlete who is entered in an event who intends not to swim must indicate to the Referee that they intend to declare a false start prior to the time the heat is called to the starting blocks. (Rule 3(2)(3)).

MEET COMMITTEE: The Meet Director will designate a Meet Committee consisting of two (2) coaches, the Meet Director, the Meet Referee, the Diving Referee and one (1) athlete.

DIRECTIONS: Take the Route 155A exit off Route 4 in Durham. The pool is in the athletic complex on the right.

PARKING: Ample parking is available in the “A” lot across from the athletic complex.