

# NEM News

## EXPEDITE YOUR HARVARD ENTRY

NEM has posted a new "fill-in" Adobe PDF file version of the entry form on the web for you to use to enter the SCY Championship meet at Harvard. We encourage all swimmers to use this "fill-in" form instead of the paper version in this newsletter or downloading and printing the PDF version on our web site before filling it out.

### DIRECTIONS FOR USING THE "FILL-IN" ADOBE PDF

1. Go to <http://www.swimindex.com/meets/2003/nem-scy/> (It's under meets at the NEM web site.)
2. Go to the meet information section and you'll see a link for "Entry Form (Fill-In Adobe PDF)"
3. Download the Entry Form (Fill-In Adobe PDF).
4. Complete the entry form on your computer using Adobe Acrobat.
5. Print out two copies. Keep one for your records and mail the other with your entry fee. (Remember to sign it!)

You'll notice that the meet entry fee is automatically calculated for you. If you elect to swim in the shallow end for the distance events the credit is automatically computed. You'll also find a very handy pull-down menu with an option to select the correct NEM workout group. Besides these obvious advantages, the form also eliminates various problems that occur when handwriting is not completely legible

## NEW ENGLAND CHAMPIONSHIPS MARCH 22 AND MARCH 28-30 HARVARD UNIVERSITY

**WE ARE SLIGHTLY MORE THAN FOUR WEEKS AWAY FROM THE MARCH 7TH POSTMARK DEADLINE!**

By Bob Seltzer

We strongly recommend that people use the meet's special website Adobe PDF "Fill-in" entry form described in the box on the left side of this page. For those of you who are unable to download this entry form we have provided meet information sheet and entry form on pages 2 and 3. For individual entry problems and late-breaking meet information, we recommend people periodically visit the meet website at: <http://www.swimindex.com/meets/2003/nem-scy/>

This year's meet is a week earlier and the distance events will be the weekend before the other events. This means the deadline is fast upon us. Please don't wait until the last minute to send in your entry. It helps everyone working on the meet to receive entries early. I mailed mine today.

This year's 2003 NE SCY Championship will be held once again at Harvard's Blodgett Pool in Cambridge MA and will feature the incomparable talents of Rick Osterberg of swimindex.com and Stephanie Morawski of Cambridge Masters. Last year's meet with 670 competitors, 40+ NEM workout groups and 300+ relays was the largest USMS regional championship outside the San Francisco Bay Area. This year, expecting another record turnout, we have expanded the meet to four days.

On Saturday, March 22, we will be distance day with the 1000 and 1650. To help us keep the day as short as possible, we will offer the shallow end with electronic timing and in-water starts on a volunteer basis. Those volunteering to swim in the shallow end will be receive a "credit" against total meet entry fees as an incentive to help complete that day early.

The meet continues with all of the other events spread across the three day weekend of March 28 through March 30. Friday will begin with a 10:00 am warm-up and an 11:00 am start with the 400 IM. Saturday and Sunday will begin with 8:00 am warm-ups and 9:00 am starts with women's and men's 500 free on the respective

days. (See the full line-up of events in the enclosed meet entry form on page X and on the NEM web site).

This is the final event in the NEM Grand Championships. We expect the competition will again be firece. Cambridge will be defending its 2002 SCY Championship title. Great Bay will be trying to wrap-up its position as 2003 NEM Grand Champion following on the heels of its victory in the 2002 SCM Championship. Minuteman will be aiming to leap ahead of Cambridge and catch Great Bay in the 2003 final standings. Meanwhile, as we saw in the 2002 SCM championship a number of new and expanded teams will be jockeying for final position in the top ten standings. For the first time, we're also making awards to the top non-NEM USMS clubs based on total points and expect large teams from NYC (Red Tide, Metro Masters, Badger Masters), Connecticut Masters, and Maine Masters.

Information, including entry forms, meet information and — when available — up to date meet timelines and psyche sheet, real-time results, live scoreboard and webcam — will be at the special meet website.

## MINI-MEETS BEFORE HARVARD

WHEATON — FEB 8  
PORTSMOUTH — MAR 2  
READING Y — MAR 2

MORE INFO ON  
PAGE 4



## You did it!

You survived the One Hour Swim. Congratulations! Now, get your patch. Wear it proudly. Don't be surprised if wearing your patch makes you walk a little taller, swim a little faster.

If you don't have a patch, here's what you can do:

1. Ask your coach. Some of our NEM coaches have patches to distribute to OHS swimmers. To off load the coaches from one more task, you can give me your \$1 (donation to off set costs of the patch) at either the Reading meet or at Harvard.

2. If your coach doesn't have them, you may can request them by sending a self-addressed, stamped envelope, and your donation to: Jenny Luker, 19 Maverick St., Marblehead, MA 01945

3. You may also request your patch from Jenny at the Reading mini-meet, or at the Harvard SCY Championship meet. .

Again, congratulations.

Jenny Luker, OHS Coordinato  
Alan Johntson, OHS Tally Master

# New England Masters 2003 Short Course Yards Championship

## March 22nd and March 28th-30th at Harvard University, Cambridge, MA.

Sanctioned by NE,LMSC for USMS, Inc.: Sanction Number 034-003-SSCY

*Print seed times clearly! Use a colon between minutes and seconds  
A seed time must be recorded for each event entered*

No.	Entry Time		Event	Entry Time		No.
	Women	Men		Women	Men	
<b>Saturday March 22, 8:00 a.m. warm up, 9:00 a.m. start</b>						
1A			1650 Free - Deep End			2A
1B			1650 Free - Shallow End			2B
3A			1000 Free - Deep End			4A
3B			1000 Free - Shallow End			4B
<b>Friday March 28, 10:00 a.m. warm up, 11:00 a.m. start</b>						
5			400 Individual Medley			6
7			200 Yard Backstroke			8
9			50 Yard Butterfly			10
11			200 Yard Freestyle			12
13			100 Yard Breaststroke			14
15,16,17	N/A	N/A	400 Yard Medley Relay	N/A	N/A	15,16,17
<b>Saturday March 29, 8:00 a.m. warm up, 9:00 a.m. start</b>						
19			500 Yard Freestyle-Women	N/A	N/A	N/A
21			100 Yard Individual Medley			22
23			200 Yard Breaststroke			24
25,26,27	N/A	N/A	200 Yard Freestyle Relay	N/A	N/A	25,26,27
29			100 Yard Freestyle			30
31			100 Yard Butterfly			32
33			50 Yard Backstroke			34
35,36,37	N/A	N/A	800 Yard Freestyle Relay	N/A	N/A	35,36,37
<b>Sunday March 30, 8:00 a.m. warm up, 9:00 a.m. start</b>						
N/A	N/A	N/A	500 Yard Freestyle-Men			38
39			50 Yard Breaststroke			40
41			200 Yard Butterfly			42
43,44,45	N/A	N/A	200 Yard Medley Relay	N/A	N/A	43,44,45
47			100 Yard Backstroke			48
49			50 Yard Freestyle			50
51			200 Yard Individual Medley			52
53,54,55	N/A	N/A	400 Yard Freestyle Relay	N/A	N/A	53,54,55

Max One Event ← | → Maximum of four individual events per day, plus relays

Name: \_\_\_\_\_ Sex: Male Female

Age on 3/30/03 \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

2003 USMS Number: \_\_\_\_\_

New England Masters-Workout group.

Vermont Masters  Maine Masters

Note: if you are a member of NEM and are not sure of the name of your workout group go the meet web site (listed below) to find the official name and/or abbreviation.

Other club name: \_\_\_\_\_ LMSC: \_\_\_\_\_

Note: If you are not a member of the New England LMSC you must attach a copy of your 2003 USMS card to this form.

**ALL OF THIS INFORMATION IS MANDATORY FOR AN OFFICIAL ENTRY. INCOMPLETE FORMS WILL BE ASSESSED A \$5 PROCESSING FEE.**

Meet web site: <http://www.swimindex.com/meets/2003/nem-scy/>

Web site features meet information updates, session timelines, psych sheets, list of entries with problems, results, etc.

Note: Swimmers who volunteer to swim the 1000/1650 in the shallow course will get a \$2 credit against their entry fees. Any swimmer who takes the credit will agree to be seeded in the shallow end with an in-water start.

Meet entry fee

# Individual events \_\_\_\_\_ X \$3.00 = \$ \_\_\_\_\_

Less 1000/1650 shallow end credit\* = \$ -2.00

Total of above (payable to NEMSC) = \$ \_\_\_\_\_

\*Only take the credit if you swim in the shallow end

Mall To: Stephanie Morawski  
Cambridge Masters Swim Club  
PO Box 26  
Belmont, MA 02238  
morawskisteph@cambridgemasters.com  
617-576-1203 (phone)

Entries must be received by March 10th or postmarked by March 7th.

RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by the rules of USMS.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_

This form can be completed on your computer and printed out using Adobe Acrobat. Please download the original form from the meet web site.

# 2003 New England Masters Short Course Yards Championship and Workout Group Challenge!

## March 22<sup>nd</sup> and March 28<sup>th</sup>-30<sup>th</sup>, 2003

*Sanctioned by NE-IMSC for USMS, Inc.: Sanction Number 034-003-SSCY*

### Pool

Harvard University Blodgett Pool, site of several men's and women's Eastern and Ivy League championship meets and the 57<sup>th</sup> NCAA Swimming and Diving Championship. 50-meter by 25-yard pool. One eight-lane competition course, and six-lane warm-up/warm-down. Electronic timing and scoreboard. Deck space for 500 swimmers, coaches, officials, and spectator seating for 1200.

### Directions

From the North: Take I-93 into Boston and take MA Pike (I-90) west about five miles to Allston/Cambridge Exit (Westbound Exit 20, Eastbound Exit 18) bear right at fork after the tool booth towards Cambridge. At second light (Doubletree Suites will be on your right) proceed to a left turn onto Storrow Drive Westbound for about 1 mile. Exit at Harvard Square/N. Harvard Street. At top of exit, turn left on N. Harvard Street. Approx ¼ mile on your right will be Blodgett Pool. Turn left into the Harvard Business School Lot entrance, which is the second gate on the left just past the pool. From the South/West: Take MA Pike (I-90) to Allston/Cambridge Exit (Westbound Exit 20, Eastbound Exit 18 and follow directions for North.

### Eligibility

2003 registered United States Masters Swimming (USMS) swimmers 19 years or older as of March 30<sup>th</sup>, 2003. Also, 2003 registered masters swimmers from other countries.

### Rules

2003 USMS rules apply. We will use dive-over starting. If you want more time to exit the pool please notify the meet referee in advance.

### Entries

Maximum of four individual events, plus two relays per day. Swimmers may not swim both 1650 and 1000. Entries must be received by March 10<sup>th</sup> or postmarked by March 7<sup>th</sup>. You must include a seed time for each entered event. Entry times of "NT" will not be accepted. Mail your entry form, copy of your 2003 USMS card, and check payable to NEMSC to:

Stephanie Morawski c/o Cambridge Masters Swim Club  
P.O. Box 26, Belmont, MA 02478  
617 576-1203 (phone) E-mail: MorawskiSteph@cambridgemasters.com

### Heat Seeding

All events are timed finals. Heats seeded by sex from slowest to fastest. We will offer swimmers who volunteer to swim the 1000 and 1650 in shallow end of the pool with in-water start at a reduced meet entry fee. The Meet Director or Meet Referee shall have the right to change seed times that are obviously incorrect and would result in grossly non-competitive heats. An entry with no seed time will not be accepted.

### Awards

Certificate for mounting an adhesive label record of your performance in each individual event. Medals for 1<sup>st</sup> through 3<sup>rd</sup> places by age group. Trophy for men and women high point winner. A banner will be awarded to the NEM workout group with the highest point total, additionally banners will be awarded to NEM workout groups placing 2<sup>nd</sup> through 10<sup>th</sup>. Banners will also be awarded to top three non-NEM USMS clubs with the highest point total.

### All Events Require Positive Check-In

All events will be deck seeded from entry form times. Swimmers must confirm their entries by 8:30 a.m. on March 22<sup>nd</sup> for the 1,650 and 10:00 a.m. for the 1000. All entries for the 400 I.M. must be confirmed 9:30 a.m. on March 28<sup>th</sup>. All entries for the Women's 500 free must be confirmed by 8:30 a.m. on March 29<sup>th</sup> and for the Men's 500 free by 8:30 a.m. on March 30<sup>th</sup>. For all other events, swimmers who do not check in by 9:30 a.m. each day will be scratched from all of their events for that day. If you arrive late, check-in immediately and you will be re-entered in events that have not yet been posted. We plan to seed events about one hour before they start.

### Warm-Up/Warm-Down

The entire pool will be available for warm-up from 8:00 a.m. to 9:00 a.m. on all days but Friday March 28<sup>th</sup> when the pool will be available from 10:00 am to 11:00 am. On March 28<sup>th</sup>-30<sup>th</sup> there will be a 45 minute warm-up in the competition pool immediately following the conclusion of that day's first event. The 6 lane warm-up/warm-down area and the diving well will be available during the entire session and all lanes will be available for warm-down 30 minutes after last heat of a session.

### Hotels

The Double Tree Suites is 1.5 miles from the pool. They have a shuttle to Harvard Square. To get the special group rate of \$109 (single/double) or \$119 (triple/quadruple) refer to New England Masters (617-783-0090). The Cambridge Gateway Inn is 4 miles from the pool and a 10-minute walk to the T that runs to Harvard Square. Refer to group rate under "New England Masters" from \$71.39 for 1 person to \$85.49 for 4 people, plus 12.5% tax (617-661-7800). All hotels require that rooms be booked 30 days in advance (Feb 21<sup>st</sup> or Feb 27<sup>th</sup>) to get the preferred rate.

### Relays

Relay swimmers must be entered in and must compete in at least one individual event. Relays will be deck entered at the meet and must be submitted by the deadline announced at the meet-approximately one hour before the event. Swimmers will be allowed one relay for each relay event -no single sex and mixed sex for same event. USMS rule that all swimmers must be affiliated with same USMS team will be enforced.

### Scoring

The meet will be scored as a competition between NEM workout groups. Please fill in the "Workout Group" section on the entry form. All swimmers from a "Workout Group" will be scored together. The first sixteen places in each individual age group event will score in the following sequence: 17, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. The top sixteen relays in each age group event will score double points.

### Meet Web Site

We will run a special meet website at: <http://www.swimindex.com/meets/2003/nem-scy/> that will current meet information, psyche sheets, timelines and list of problems with deadlines for resolution. During the meet we will feature live results, updated timeline, live scoreboard and webcam.

### For More Information

Contact: Call Stephanie Morawski at 617-484-0550 or email at: [MorawskiSteph@cambridgemasters.com](mailto:MorawskiSteph@cambridgemasters.com). To add name to meet e-mail distribution list go to meet website at: <http://www.swimindex.com/meets/2003/nem-scy/>.

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## Swim Meets

February 8, 2003  
Wheaton College (SCY)  
Norton, MA  
Saturday meet. Warm up 8:00, Start 9:00  
Sanction Number - 033-026-SSCY  
8 lanes/ 25 yards with separate warm up/down area  
\$5 meet entry fee / \$2 each event (5 event maximum)  
Must be 2003 USMS registered but may do so at the meet  
Meet Director - Bella Marlow (lisabella@hotmail.com)  
Pool Director - Rob Harrington (rharring@wheatonma.edu)  
Directions - (please use directions from November newsletter)

Events:

500 FR  
100 BR  
100 FL  
200 IM  
200 FR  
200 BK  
50 FL  
200 BR  
50 BK  
100 FR  
100 IM  
200 FL  
50 BR  
100 BK  
50 FR

February 15, 2003

Video Gold Clinic Series

Regis College, Weston MA

Clinic runs from 9:45 to 12:00 and cost \$60. Video Gold will be lead by Head Coach Rich Artell. Rich will be joined on deck and in discussion by the Minuteman coaching staff. Please email minutemanmasters@juno.com or call 781-956-8930 with questions and to ensure space is available for your desired clinic. For additional information, directions, and to register for a clinic see the following link: Video Gold Clinic.

March 2, 2003

Portsmouth City Pool (SCM)

Portsmouth, NH

Warm up 8:00, Start 9:00. Must be finished by 12:30. Deck enter. Fees: meet \$5, \$3/event up to 5.

Sanction Number - 034-002-SSCM

Meet director: Ed Gendreau egendreau@earthlink.net

Detailed meet information is posted at Great Bay Masters:

[www.greatbaymasters.org/ports030302info.pdf](http://www.greatbaymasters.org/ports030302info.pdf)

March 2, 2003

Burbank YMCA (SCY)

Reading, MA

Warm up 12:00 warm up, Start 1:00 (revised)

Sanction number - 033-025-SSCY

8 lanes/25 yards w/ separate area for warm up/warm down

\$5 meet entry fee/ \$2 each event (5 events maximum)

Must be 2003 USMS registered - but may register at meet

Meet Director - Andrew Kirkpatrick - (swim@readingmasters.org)

Directions: Rt. 93 to Exit 39/RT. 129. Take a right at the end of the ramp if coming from the North / take a left if coming from the South. Follow Rt. 129 to first set of lights and take a left onto Intervale Terrace after small store on left. Take left onto Arthur Lord Drive. "Y" is on your right. Tel. # 781-944-9622.

Events:

200 FR  
50 FL  
100 BK  
50 BR  
500 FR/400IM  
50 FR  
100 FL  
50 BK  
100 IM  
100 BR  
100 FR  
200 CHOICE  
200 Medley Relay  
200 Free Relay

March 15, 2003

Video Gold Clinic Series

Regis College, Weston MA

Clinic runs from 9:45 to 12:00 and cost \$60. Video Gold will be lead by Head Coach Rich Artell. Rich will be joined on deck and in discussion by the Minuteman coaching staff. Please email minutemanmasters@juno.com or call 781-956-8930 with questions and to ensure space is available for your desired clinic. For additional information, directions, and to register for a clinic see the following link: Video Gold Clinic.

### ■ ■ April

11-13 — Friday - Sunday

Colonies SCY Championships — George Mason University  
Fairfax, Virginia

Deadline: Received by March 28. Meet directors: Peter Ward 703-993-3930/pward2@gmu.edu and Cheryl Ward 703-359-5366/ cherylward@yahoo.com

24-27 — Thursday - Sunday  
Y Nationals — Sarasota, Florida

### ■ ■ May

15 -18 — Thursday - Sunday

USMS SCY Nationals — Arizona State Univ.,  
Tempe, Arizona

Mark Gill: mark.gill@asu.edu; 480-775-1485; 202 E Baseline Rd #146, Tempe, AZ 85283. [www.sundevilmasters.org](http://www.sundevilmasters.org) under Nationals 2003. Official site at [usms.org](http://usms.org). ASU graduation is the same weekend so make your reservations early.

### ■ ■ August

14-17 — Thursday - Sunday: USMS LCM Natls —  
Rutgers U.  
Piscataway, NJ

Edward Nessel: ednessel@aol.com; 908-561-5339 (tel); 908-769-2892 (fax)

10 Irene Ct, Edison, NJ 08820-1024

### ■ ■ 2004

■ ■ JUNE 3-13 (Subject to change)  
Worlds — Riccione, Italy

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## More Info

### ■ ■ NEM newsletter PDF

Download it in color at [www.swimnem.org](http://www.swimnem.org) by clicking on "News" and then "NEM newsletter"

### ■ ■ NEM website

[www.swimnem.org](http://www.swimnem.org)

### ■ ■ NEM telephone info

1-888-SWIMNEM

### ■ ■ USMS website

[www.usms.org](http://www.usms.org)

### ■ ■ NEM newsletter

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SCY Championships 2003  
**NEM News**