



NSSC's Specialty Meet
MIT – Zesiger Center
April 24 & 26, 2026

Held under the sanction of USA Swimming/New England: NE26-0424NSSC

Hosted by



CONTACT

ROLE	NAME	EMAIL	PHONE
Meet Director	Mathew O'Brien	Mobrien8146@gmail.com	781-264-1017
Meet Referee	Ricardo Martins	rmartins551@gmail.com	617-872-6056
Entry Chairperson	Michelle Greenwalt	nsscentrychair@gmail.com	949-322-3194
Admin. Official	Cindy Reuter	cindyrreuter@gmail.com	617-686-8814
Safety Monitor	Dave Martin	djdemartin@yahoo.com	978-866-3387

SESSIONS:

DATE	SESSION	WARM-UP	START
Friday 4/24/26	Open Session	4:00 PM	4:45 PM
Sunday 4/26/26	Open Session	3:30 PM	4:15 PM

NOTE: 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 New England Swimming website.*

IMPORTANT DEADLINES	<ul style="list-style-type: none"> • First Date of Entry Acceptance: 3/13/26 • Final Date of Entry Acceptance: 4/10/26 • Payment Deadline: 4/14/26
SITE	The MIT Competition Pool at the Zesiger Center has an eight 50 Meter competition courses with seven-foot-wide lanes and non-turbulent lane lines and a separate 6 lane 25-yard warm-up and warm down pool. Depth of start and turn end approximately 7 feet deep. Timing Systems are fully automatic Colorado Time System with touchpads and electronic display for both pools. The facility provides spectator gallery seating for approximately 400. The pool is located inside the MIT Zesiger Center, 120 Vassar Street, Cambridge, MA 02139. The competition course has been certified in accordance with 104.2.2C(4), the copy of such file is on file with USA Swimming
COURSE	LCM
FORMAT:	<ul style="list-style-type: none"> • The meet will be swum as timed finals. Meet will be seeded before each session and heat sheets will be distributed to coaches. • Scratch sheets will be handed out to coaches before each session • No events will swim with more than one swimmer per lane • The host reserves the right to combine events or heats to minimize empty lanes and stay within time limits.
SCRATCHES	<ul style="list-style-type: none"> • All scratches must be given to the meet director 15 minutes into the first warm-up session.

<p>ELIGIBILITY</p>	<ul style="list-style-type: none"> ● All swimmers must be currently registered as athlete members of USA Swimming (USAS) 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 USAS 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. ● Coaches must be registered before the start of the meet. ● If a swimmer who is not properly registered with USAS competes in a sanctioned 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 ● Deck Registrations will NOT be accepted.
<p>DISABILITY SWIMMERS</p>	<ul style="list-style-type: none"> ● Athletes with a disability are welcome; they, or the athlete's coach, 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.
<p>ENTRY POLICY</p>	<p><u>75%/25%</u></p> <ul style="list-style-type: none"> ● The meet host may allocate 75% of splashes for the meet. The host team's entries are included in this allocation. ● Teams that are included in the 75% of guaranteed entries must submit their entry and payment to the host team no later than seven (7) calendar days before the First Date of Entry Acceptance, or the host team may remove them from the 75% of guaranteed entries. ● If a specified allocation of splashes is granted to a team and agreed upon in writing between the meet host and attending team, the attending team is financially responsible for that allocation if unused, unless the meet host is able to substitute other participants to fill the unused splashes. ● The meet host must reserve 25% of splashes for other interested teams. Entries open at 12:00 am on the First Date of Entry Acceptance; any entries received before the First Date of Entry Acceptance are considered received on the First Date of Entry Acceptance. All entries received on the same calendar day are considered tied. ● Should the meet become oversubscribed, and entries tied in sequence require resolution, a lottery will be conducted by the New England Swimming office. Results of the lottery will be shared with all involved parties. ● Should the meet host improperly reserve 25% of available splashes, it must first adjust its own entry prior to applying cut protocols to the meet.

<p>CUT PROTOCOL</p>	<p>If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-Hour Rule using the following Cut Protocols in any order deemed necessary:</p> <ul style="list-style-type: none"> ● Teams may be asked to cut each athlete to no more than two fewer events per day than the maximum allowed. ● Entries may be cut by time, or to a specific number of heats, for specified events. ● Teams may be asked to cut relay events. ● If deck scratches allow a reasonable timeline, the swimmers can be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet.
<p>ENTRIES</p>	<ul style="list-style-type: none"> ● 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 Payment and Liability Release Form) must be received by April 14, 2026. Failure to pay Entry Fees by this deadline could result in teams being barred from the meet. ● Mail completed signed Entry Payment and Liability Release Form, as well as payment, to: <ul style="list-style-type: none"> ○ NSSC ○ 47 Lantern Ln. ○ Burlington, MA 01803 ● Any team that fails to send the Entry Payment and Liability Release Form as well as payment by the aforementioned 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 NSSC. 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 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 Payment and Liability Release Form before the meet begins. ● All Entry Times must be entered in the specified meet course. Coach’s times may be used (and are preferred) instead of “NT” Entry Times. ● Athletes may enter as many events as they choose but may only compete in a maximum of 6 individual events per day for timed final events, or 3 individual events per day for trials/finals events. Time trials count in the per day event count. ● ENTRY TIME UPDATES: Entry Times may be updated <i>until the Monday prior to the first day of the meet 4/20/26.</i> No new entries will be accepted after the Final Date of Entry Acceptance; they will be automatically excluded from Entry Time Update files. Entry Time Updates must be sent via email to the Entry Chairperson in Hy-Tek format. ● No deck entries will be accepted.
<p>TIME TRIALS</p>	<p>Time Trial events will be offered at the discretion of the Meet Director and the Meet Referee.</p>

FEES	<ul style="list-style-type: none"> ● Timed final individual events 200 yards and under: \$5.00 ● Time Trials \$10.00 for IE, \$40 for relays ● Swimmer Participation Fee is \$25.00 per swimmer ● NES Travel Fee: \$1.00 per swimmer (to be included in the check and the host team will send to NE Swimming) ● Non-electronic entries: \$5.50 for individual.
MEET MOBILE	<p>MEET MOBILE HEAT SHEETS Meet Mobile heat sheets will be offered at this meet for \$0. The Meet Mobile heat sheet includes smart phone access to all heat sheets for the whole meet, including last minute changes and re-seeds.</p> <p>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.</p>
WARM-UP	<p>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.</p> <p>See “Safety” for Warm-up safety guidelines.</p>
SCORING	<p>The meet will not be scored.</p>
LEGAL SPLITS	<p>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 (one timer with touchpad timing, three 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 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.</p>
SWIMWEAR	<p>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.</p>
RULES	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy (MAAPP 2.0) 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 USAS 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 NES policy, professional photographers contracted by M.F. Swimming, LLC, 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 SafeSport policies defined by USAS, NES, 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 NES Best Practices, all athletes should shower before entering the pool.

In accordance with NES Policy, only those coaches who have current, valid USAS 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 Meet Referee before he/she warms up, and the Meet Referee will assign the swimmer to a registered coach for warm-ups.

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 warm-up sessions, 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.
- 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.

<p>SAFE SPORT</p>	<ul style="list-style-type: none"> • The USA Swimming SafeSport program is USAS’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. • The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet. • Pursuant to USAS Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233), or via online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. • For information on how to report other alleged violations, including without limitation the Code of Conduct found within the USAS Rules and Regulations as well as the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report. • All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. <i>Any athlete who turns 18 on or after April 24, 2026, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed.</i> Times achieved by an athlete who turns 18 on or after April 24, 2026, who competes in this USAS sanctioned event without completing this requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.
<p>CHANGES TO MEET</p>	<p>Once a meet is sanctioned, changes can be made to the Meet Information before the meet only with the approval of the Co-Technical Chairs, Patrick Johnstone and Greg Gowern. 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.</p> <p>The host reserves the right to combine events or heats to minimize empty lanes and stay within time limits</p>
<p>WEATHER/FACILITY PROTOCOL</p>	<p>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.</p>
<p>MEET JURY</p>	<p>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.</p>

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. Individuals without proof of 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.
OFFICIALS	Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. Officials meetings will be at least 30 minutes prior to the start of a session or conducted virtually in the days before the meet.
DIRECTIONS	Enter "Zesiger Center" into GPS
WAIVERS	USA Swimming, Inc., New England Swimming, Inc., and North Shore Swim Club 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.



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Hosted by



Events List

Friday Session Warm-up: 4:00PM Start: 4:45 PM

Female	Event	Male
1	13 and over 200 Freestyle	2
3	OPEN 50 Freestyle	4
5	13 and over 200 Breaststroke	6
7	OPEN 50 Breaststroke	8
9	13 and over 200 Backstroke	10
11	OPEN 50 Backstroke	12
13	13 and over 200 Butterfly	14
15	OPEN 50 Butterfly	16
17	OPEN 200 IM	18

Sunday Session Warm-up: 3:30 PM Start: 4:15 PM

Female	Event	MIXED	Male
19	9 and over 100 Freestyle		20
	9 and Over MIXED 200 freestyle	21	
22	OPEN 50 freestyle		23
24	9 and over 100 Breaststroke		25
	11 & 12 MIXED 200 Breaststroke	26	
27	OPEN 50 Breaststroke		28
29	9 and over 100 Backstroke		30
	11 & 12 200 MIXED Backstroke	31	
32	OPEN 50 Backstroke		33
34	9 and over 100 Butterfly		35
	11 & 12 200 MIXED Butterfly	36	
37	OPEN 50 Butterfly		38

ENTRY PAYMENT AND LIABILITY RELEASE FORM

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CONTACT INFO	<p>CLUB NAME:</p> <p>CONTACT NAME:</p> <p>CONTACT EMAIL:</p> <p>CONTACT CELL PHONE:</p> <p>LIST UNATTACHED SWIMMERS:</p>
ENTRY FEES	<p>Individual Entries all distances @ \$5.00 _____ = \$ _____</p> <p>Swimmer Participation Fee: # athletes ____ @ \$ 25.00 = \$ _____</p> <p>NE Travel Surcharge: # athletes ____ @ \$1.00 each = \$ _____</p> <p>TOTAL DUE: \$ _____</p>
PAYMENT	<p>Make Checks Payable To: North Shore Swim Club</p> <p>Send To: NSSC 47 Lantern Ln. Burlington, MA 01803</p> <p>Payment Deadline: 4/14/26</p>
WAIVER	<p align="center">LIABILITY RELEASE</p> <p>Any swimmer whose entry is accepted will, for him/her/themselves and his/her/their executors and administrators, waive and release any and all rights and claims for damages he/she/they may have against United States Swimming, New England Swimming Inc., NSSC and MIT 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.</p> <p>_____</p> <p><i>Signature of Authorized Team Official</i> _____ <i>Date</i></p>