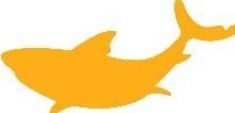
	New Hampshire YMCA State Championship Hosted by: Granite YMCA Tiger Sharks Granite YMCA Allard Center January 28-29, 2023	Hosted by: 
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Meet Referee	David Hunt	davidhunt@live.com	339-368-4135
Entry Chair	Adam Gaulin	agaulin@graniteymca.org	603-232-8680

SESSIONS:

Date	Session Name	Warm up	Meet Start
Sat., January 28 th	10 & Under, 15 & Over	12:15 p.m.	1:20 p.m.
Sun., January 29 th	11-12, 13-14	11:00 a.m.	12:05 p.m.

IMPORTANT DEADLINES	First date of entry: January 6, 2023 Final date of entry: January 22, 2023 Payment deadline: January 26, 2023
SITE	The Allard Center Competition Pool is a 6-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado electronic timing system with touchpads at the finish end of the pool with 6-line electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 9 feet deep; the turn end of the pool is 3.5 feet deep. Spectator seating is for 240. The pool is located inside the Granite YMCA Allard Center, 116 Goffstown Back Road, Goffstown, NH 03045. Please enter through the main entrance doors located in the Upper lot on 116 Back Goffstown Road. Directions may be found later in this document.
FORMAT:	<ul style="list-style-type: none"> ● The meet will be swum as timed finals. The meet will be pre-seeded. Scratch deadline is January 27, 2023 at 6:00 p.m. ● DISTANCE EVENTS: The 500 Free is for swimmers 11 & over and will be seeded slow to fast. Timers will be provided. ● No events will swim with more than one swimmer per lane ● 25-yard events will start at the start end of the pool.
SCRATCHES	The meet will be pre-seeded. Scratch deadline is Friday, January 27, 2023 by 6:00 p.m.
COURSE	SCY
ELIGIBILITY	<ul style="list-style-type: none"> ● Age is determined by the age of the swimmer on the first day of the meet.
ENTRIES	<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 cover page and waiver) must be received by: January 26, 2023 ● Mail completed signed entry cover page and waiver, and payment to the entry chairperson: Adam Gaulin 116 Goffstown Back Road Goffstown, NH 03045 ● 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 entry times must be entered in the specified meet course. (Coach's times may be used instead of NT's)

	<ul style="list-style-type: none"> Swimmers may enter a maximum of 3 individual events and 2 relays. No deck entries will be accepted. 																					
RELAYS	<ul style="list-style-type: none"> All relay swimmers must be officially entered into the meet. Mixed relays may be 4 female, 4 male, or 2 female/2 male 																					
FEES	<ul style="list-style-type: none"> Meet Fee: \$30.00 per swimmer 																					
ADMISSIONS	<ul style="list-style-type: none"> ADMISSION: Free PROGRAMS: a limited number of paper copies will be available for \$3.00. Heat sheets will also be available for FREE on Meet Mobile. 																					
MEET MOBILE	<p>MEET MOBILE HEAT SHEETS: Meet Mobile heat sheets will be offered at this meet for FREE. 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.... Roughly one-hour before the beginning of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes/times after all entries are received.</p> <p>See “Safety” for Warm-up safety guidelines.</p>																					
AWARDS	<p>Individual and Relay Events: Medals will be awarded for places 1st-3rd, ribbons for places 4th-6th. Team Awards: Banners for 1st-3rd.</p>																					
SCORING	<p>The meet will be scored.</p> <table border="1" data-bbox="349 919 1268 1041"> <tr> <td></td> <td>1st</td> <td>2nd</td> <td>3rd</td> <td>4th</td> <td>5th</td> <td>6th</td> </tr> <tr> <td>Individual</td> <td>7</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>14</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table>		1st	2nd	3rd	4th	5th	6th	Individual	7	5	4	3	2	1	Relay	14	10	8	6	4	2
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Individual	7	5	4	3	2	1																
Relay	14	10	8	6	4	2																
RULES	<ul style="list-style-type: none"> 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>. 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. Deck Changing is PROHIBITED. All athletes should shower before entering the pool. 																					
SAFETY	<ul style="list-style-type: none"> 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. 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.” 																					

FACILITY RULES	<ul style="list-style-type: none"> • PARKING: Please use the West lots first (map will be included with warm-up information) • LOCKER ROOMS: Use of all 3 lockers rooms is permitted. Men's and Women's Locker Rooms are for athletes 11 & Over. Family Locker Room has no age restriction. • Swimmers are NOT allowed in YMCA areas other than Pool, Studio A, Locker Rooms • Granite YMCA is not responsible for lost or stolen items.
DECK ACCESS	Only athletes, coaches, officials, and official meet staff are permitted on the pool deck.
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. Walk-on officials may not be accepted to limit the number of people on the deck.
TIMERS	4 timers from each team.
GENERAL	<p>GYT team will operate a concession stand. Vendor: Northwest Design Ink will offer meet apparel (sweatshirts, t-shirts, etc.)</p> <p>There will be light snacks/water available for coaches and officials.</p>
DIRECTIONS	<p>Directions: From Concord: Take Route 93 South to 293S/Everett Turnpike. Follow to Amoskeag St./Amoskeag Traffic Circle, exit 6. Follow Goffstown Road and Goffstown Back Road to Allard Center (116 Goffstown Back Road) please use second entrance to west lots.</p> <p>From the Keene: Follow NH- 9 East and NH 123 South to Forest Road in Hancock, Keep left to continue on Forest Road, Follow NH-136 East, 13 North and Elm Street to Goffstown, Continue onto Center Street, At the traffic circle take the 2nd exit and stay on center street, Continue onto Goffstown Back Road to Allard Center (116 Goffstown Back Road) please use first entrance to west lots.</p>
EVENTS	List events and sessions on template below (separate page)

EVENT LIST

Saturday Afternoon

10 & Under, 15 & Over Session

Warm-Up: 12:15 p.m.

Meet Start: 1:20 p.m.

<u>Mixed</u>	<u>Event</u>	
1	8 & Under 100 Medley Relay	
2	9-10 200 Medley Relay	
3	15 & Over 200 Medley Relay	
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
4	15 & Over 200 Freestyle	5
6	10 & under 100 Individual Medley	7
8	15 & Over 200 Individual Medley	9
10	8 & under 25 Freestyle	11
12	9-10 50 Freestyle	13
14	15 & Over 50 Freestyle	15
16	15 & over 500 Freestyle	27
18	8 & Under 25 Butterfly	29
20	9-10 50 Butterfly	21
22	15 & Over 100 Butterfly	23
24	8 & Under 50 Freestyle	25
26	9-10 100 Freestyle	27
28	15 & Over 100 Freestyle	29
30	8 & Under 25 Backstroke	31
32	9-10 50 Backstroke	33
34	15 & Over 100 Backstroke	35
36	8 & Under 25 Breaststroke	37
38	9-10 50 Breaststroke	39
40	15 & Over 100 Breaststroke	41
<u>Mixed</u>	<u>Event</u>	
42	8 & Under 100 Freestyle Relay	
43	9-10 200 Freestyle Relay	
44	15 & Over 200 Freestyle Relay	

Sunday Afternoon

11-12, 13-14 Session
Warm-Up: 11:00 a.m.
Meet Start: 12:05 p.m.

<u>Mixed</u>	<u>Event</u>	
45	11-12 200 Medley Relay	
46	13-14 200 Medley Relay	
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
47	11-12 200 Freestyle	48
49	13-14 200 Freestyle	50
51	11-12 100 Individual Medley	52
53	13-14 200 Individual Medley	54
55	11-12 50 Freestyle	56
57	13-14 50 Freestyle	58
59	11-12 500 Freestyle	60
61	13-14 500 Freestyle	62
63	11-12 50 Butterfly	64
65	13-14 100 Butterfly	66
67	11-12 100 Freestyle	68
69	13-14 100 Freestyle	70
71	11-12 50 Backstroke	72
73	13-14 100 Backstroke	74
75	11-12 50 Breaststroke	76
77	13-14 100 Breaststroke	78
<u>Mixed</u>	<u>Event</u>	
79	11-12 200 Freestyle Relay	
80	13-14 200 Freestyle Relay	

ENTRY PAYMENT AND LIABILITY RELEASE FORM

CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL CONTACT CELL PHONE:
ENTRY FEES	Meet Fee: \$30.00 per swimmer Number of swimmers: _____ x \$30.00 = \$ _____
PAYMENT	Make checks payable to: Granite YMCA Send to: Adam Gaulin 116 Goffstown Back Road Goffstown, MA 03045 Payment deadline: January 26, 2023