



2024 NE SOLO GOLD CHAMPIONSHIPS

Roger A. Nekton Pool
Phillips Exeter Academy
62 Court Street
Exeter, NH 03833



March 7-10, 2024

Held under the sanction of USA Swimming/New England: NE24-0307SOLO

CONTACT INFORMATION

ROLE	NAME	EMAIL	PHONE
Meet Director	Paul Mueller	SOLOAquaticsMeets@gmail.com	978-289-2524
Meet Referee	Ken Galica	KennethGalica@gmail.com	978-808-0328
Entry Chairperson	Paul Mueller	SOLOAquaticsMeets@gmail.com	978-289-2524
Admin Official	Greg Gower	ggower@comcast.net	603-661-4186
Safety Monitor	Harrison Hollingsworth	SOLOAquaticsMeets@gmail.com	978-289-2524

SESSIONS*

DATE	SESSION	WARM-UP	START
Thursday, March 07	Distance	4:30-5:30 PM	5:35 PM
Friday, March 08	13-18 Prelims	7:30-8:30 AM	8:35 AM
Friday, March 08	11-12 Prelims 10&U Timed Finals	12:00-1:00 PM	1:05PM
Friday, March 08	Finals	4:30-5:30 PM	5:35 PM
Saturday, March 09	13-18 Prelims	7:30-8:30 AM	8:35 AM
Saturday March 09	11-12 Prelims 10 & U Timed Finals	12:00-1:00 PM	1:05PM
Saturday, March 09	Finals	4:30-5:30 PM	5:35 PM
Sunday, March 10	13-18 Prelims	7:30-8:30 AM	8:35 AM
Sunday, March 10	11-12 Prelims 10&U Timed Finals	12:00-1:00 PM	1:05PM
Sunday, March 10	Finals	4:30-5:30 PM	5:35 PM

***NOTE:** Session Warm-Up and Start times are subject to change once entries are received.

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify Session Warm-Up and Start times once entries are received. **Any updated session times received from the meet host will be reflected on the Event Page of the NES Calendar website.**

IMPORTANT DEADLINES

- First Date of Entry Acceptance: **February 1, 2024**
- Final Date of Entry Acceptance: **February 20, 2024**
- Payment Deadline: **March 4, 2024**

SITE

The Roger A. Nekton Championship Pool is an 8-lane, 25-yard pool with 6-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Timing Systems (System 6) electronic timing system, with touchpads at the finish end of the pool, and single-line electronic display. There are no touchpads at the turn end of the pool. The Start/Finish End of the pool is 7-feet deep; the Turn End of the pool is 12-feet deep. Spectator seating is for 150. The pool is located on the campus of Phillips Exeter Academy, 20 Main St, Exeter, NH 03833. The "George H. Love Gymnasium" should be searched as a destination if using a GPS device/app. There is free parking in

	designated areas along streets as well as in a parking garage. Please follow all posted signs. The competition course has not been certified in accordance with 104.2.2C(4).
FORMAT:	<ul style="list-style-type: none"> ● The meet will be swum as Prelims-Finals for swimmers 11&O and Timed Finals for 10&U except: <ul style="list-style-type: none"> ○ The 1000 and 1650 freestyles will be Timed Finals ○ The 11-12 400 IM and 500 freestyle will be Timed Finals ● Finals will consist of two heats each for 11-12, 13-14, 15-18, except for the 13-14 and 15-18 400 IM and 500 Free which have an A-Final only. ● Swimmers must provide their own timers for Thursday events, the 1000 Freestyle and the 11-12 400 IM and 500 Freestyle. ● Thursday night events will be competed Fast-to-Slow alternating heats of Girls, then Boys. The 1650 will be competed mixed age but separated by age (11-12, 13-14, 15-18) for scoring. ● The meet will be conducted in eight (8) lanes unless the number of entries dictates a different configuration. Breaks for warm-up/warm-down will be added after entries are received. ● No events will swim with more than one swimmer per lane. ● All 25-yard events will start at the Start End and will be timed with three (3) watches. ● Heat Sheets will be available for coaches and posted on deck for athletes.
SCRATCHES	<ul style="list-style-type: none"> ● Scratch forms will be located at the Control Table on deck. ● Entrants in Thursday's events must confirm their intention to compete no later than 4:00 PM on Thursday (03/07) through "Positive Check-In" at the Control Table. ● Advance Scratches, including Relays, should be e-mailed to SOLOAquaticsMeets@gmail.com by 6:00 PM on Wednesday (03/06). The Subject Line of the email should read "SCRATCH - TEAM ABBREVIATION." ● SCRATCH DEADLINES: <ul style="list-style-type: none"> ○ Thursday (03/07) by 6:00 PM - all Friday events (13&O, 11-12, 10&U), including Relays, may be made at the meet or by email (SOLOAquaticsMeets@gmail.com). ○ Friday (03/08) by 6:00 PM - all Saturday events (13&O, 11-12, 10&U) including relays. ○ Saturday (03/09) by 6:00 PM - all Sunday events (13&O, 11-12, 10&U) including relays except the 1000 Freestyle which will use "Positive Check-In" by 9:00 AM (for 13-18) and 12:30 PM (for 11-12). ● Coaches and swimmers are expected to read and understand all scratch, verification, and relay rules before the meet begins. ● In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events. As an alternative, the swimmer may elect to pay a fine of \$100 for immediate reinstatement in the meet, to be split between New England Swimming and the meet host. ● Any swimmer who qualifies for finals by competing in a preliminary heat and fails to notify the Admin Referee of his/her intention to withdraw from Finals within 30 minutes of announcing the results, nor is excused by the Meet Referee, will be barred from all subsequent competition in the meet, including relays and time trials.

	<ul style="list-style-type: none"> ● On Sunday, any team whose swimmer qualifies for Finals by competing in a Preliminary heat and fails to notify the Admin Referee of his/her intention to withdraw from Finals within 30 minutes of announcing the results, nor is excused by the Meet Referee, will be fined \$100. The Meet Referee may waive the fine if, based on their judgment, the reason for missing the Final was beyond the control of the swimmer.
COURSE	SCY (Short-Course Yards)
ELIGIBILITY	<ul style="list-style-type: none"> ● All swimmers must have achieved at least one qualifying time in short course yards and may not have achieved an age group qualifying time in an event. Age group qualifying times are the top end cut-off. Times must have been achieved between June 1, 2022 and the entry deadline. ● 8 & U who have achieved a legal time in the 100 back, 100 breast, 100 fly and 200 IM may enter those events if they have not achieved the 8 & U Age Group Time Standard. ● All swimmers must be currently registered as “Athlete Members” of New England Swimming and USA Swimming (USAS) before 5:00 pm on the day before the first day of the meet. New England swimmers must have a “proof-of-age” document on file by the above deadline in order to compete. ● 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 5:00 pm on the day before the first day 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 entry. ● Deck Registrations will NOT be accepted.
BONUS EVENTS	<p>Any swimmer who qualifies for Gold in any event, may enter bonus events in any other event in which their time is slower than the Gold cut for their corresponding age group. Bonus Event Seed Times must be verifiable in SWIMS. NT is NOT allowed.</p> <ul style="list-style-type: none"> ● Qualify in 1 Individual Event – get 4 Bonus Events ● Qualify in 2 Individual Events – get 3 Bonus Events ● Qualify in 3 Individual Events – get 2 Bonus Events ● Qualify in 4 Individual Events – get 1 Bonus Event ● To swim the 1000 Free as a Bonus Event the swimmer must have qualified in the 1650 Free ● To swim the 1650 Free as a Bonus Event, the swimmer must have qualified in the 1000 Free
DISABILITY SWIMMERS	<p>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. The athlete, or the athlete's coach, is also responsible for notifying the session referee of any disability prior to the competition.</p>
ENTRY POLICY	<ul style="list-style-type: none"> ● 11&Over swimmers may enter as many Individual Events in which they have qualified, but may only compete in a maximum of three (3) Individual Events per day (including Time Trials) and a maximum of nine (9) Individual Events in the meet (not including Time Trials). ● 10&Under swimmers may enter as many Individual Events in which they have qualified, but may only compete in a maximum of six (6) Individual Events per day (including Time Trials) and a maximum of nine (9) Individual Events in the meet (not including Time Trials). ● All times must be provable in SWIMS. “NT” Seed Times are NOT allowed.
CUT PROTOCOL	<ul style="list-style-type: none"> ● If a session is over-subscribed, the following changes will take place to the meet format (in no particular order): <ul style="list-style-type: none"> ○ Bonus Individual Events will be cut.

	<ul style="list-style-type: none"> ○ Relay Events will be limited to one (1) entry per team. ○ Heats of Relay Events in Finals may be moved to the Prelims. ● Clubs will be notified of changes by Friday, March 1, 2024.
<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: March 4, 2024. Failure to pay Entry Fees, or an alternative method of payment, by this deadline could result in teams being barred from the meet. ● LATE TEAM ENTRIES: Any other additional entries (additional swimmers and/or swims) submitted after the 01/09/24 entry deadline constitute late entries. Late entries must be submitted no later than 6:00pm Monday, 03/4/2024. No late entries will be accepted thereafter. <ul style="list-style-type: none"> ○ Any late entries will incur a late entry penalty as follows: <ul style="list-style-type: none"> ○ \$25 per swimmer to add swimmer(s) not already entered in the meet ○ \$25 per relay to add relay entries to the meet ○ \$10 per swimmer to add event(s) for swimmer(s) already entered in the meet ● The Meet Referee has the discretion to waive the late entry penalty in cases of extraordinary circumstances. All late entry penalty fees must be submitted to the meet host prior to the start of the meet and will be split between the meet host and New England Swimming. Teams submitting late entries on a repeat and/or excessive basis may be referred to the Admin Review Board for further action. ● Mail completed signed Entry Payment and Liability Release Form, as well as payment, to: <p style="margin-left: 40px;">M.F. Swimming, LLC. 27 Currierville Road Newton, NH 03820</p> ● In lieu of payment via check, Entry Fees may be paid through Venmo (@meg-feran). Teams are still required to bring to the meet, or email as a PDF, a signed Entry Payment and Liability Release Form if paying Entry Fees via Venmo. ● 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 M.F. Swimming, LLC. 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. ● NEW CUTS: will be accepted until 6:00 PM on Monday, March 4th. No new entries will be accepted after the entry deadline. No Entry time updates allowed. ● No entries will be accepted after the new cuts deadline.
<p>RELAYS</p>	<ul style="list-style-type: none"> ● Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets. ● Use of Electronic Relay Judging Pads: If used at a meet, they will serve in the following capacity: Once a Dual Confirmation of a relay take off has been confirmed (Dual Human Confirmation), the Meet Referee or his/her designee shall request the RJP data. This data can only be used to support the disqualification or overturn the disqualification. In the event the RJP data is either missing or deemed invalid, the disqualification will stand.

	<ul style="list-style-type: none"> ● Relays will be limited to two (2) Relay Squad per team per Relay Event. ● All Relay Swimmers must be officially entered into the meet as an athlete qualified in Individual Events. Relay-Only Swimmers are not allowed. ● Unattached swimmers may NOT participate in any relays. ● Mixed Relays must consist of four swimmers, two of each gender.
RELAY CARDS	<ul style="list-style-type: none"> ● Relay Entry Slips (“Relay Cards”) for Relay Events taking place during each of the Preliminary Heats sessions are due no later than 15 minutes after the beginning of warm-up. ● Relay Entry Slips (“Relay Cards”) for Relay Events taking place during the Final Heats sessions are due no later than 4:45 PM the day of the event. ● Coaches must pick up Relay Entry Slips (“Relay Cards”) from the Control Table on which he/she shall list the first and last names of each of the competing relay swimmers in the order of which they will swim for each Relay Team. ● The order of athletes of each Relay Team may be changed up to the start of the heat in which the Relay Team will compete.
VERIFICATION	SWIMS DATABASE PROOF OF TIME: Times from the USA Swimming Sanctioned, Approved, and Observed competitions will be in SWIMS, the national times database. Times must meet qualifying time standards and any entry times not in the SWIMS database will be rejected. All entries will be verified before the meet.
TIME TRIALS	<ul style="list-style-type: none"> ● Generally, time trials are open to any swimmer registered with USA Swimming regardless of whether or not they are entered in the meet. However, the Meet Referee may elect to limit time trials to only swimmers entered in the championship meet and/or limit time trials in other ways in the event of time and/or capacity constraints. ● Any time trial swimmers and/or swims not accommodated due to time and/or capacity constraints are eligible for refund. ● If a meet permits time trial-only swimmers, these swimmers must be entered in the meet no later than 24 hours prior to the start of the meet and must pay both the swimmer participation fee and travel fee. To do so, these swimmers must be submitted via email to the entry chair by March 6, 6:00 PM including the swimmer’s name, club, date of birth, and ID ● If a meet permits time trial-only swimmers, these swimmers are only permitted on the pool deck for the session(s) in which they participate in time trials
FEES	<ul style="list-style-type: none"> ● Timed Final Individual Specialty Events (200-yards and under): \$6.00 ● Timed Final Individual Distance Events (400-yards and over): \$10.00 ● Trials- Finals Individual Specialty Events: \$10.00 ● Time Trial Individual Events: \$10.00 (<i>cash or Venmo</i>) ● Relays: \$25.00 ● Per-Swimmer Participation Fee: \$30.00 ● Per-Swimmer NES Travel Fee: \$2.00 (to be included in the check sent by the host team to NES)
ADMISSIONS	No Charge for Admission.
MEET MOBILE	MeetMobile will be functional for this meet dependent upon satisfactory internet access. All users should be aware that MeetMobile publishes unverified raw data that may not always be accurate.

	HEAT SHEETS: Free MeetMobile Heat Sheets will be offered at this meet. The MeetMobile Heat Sheets include smartphone access to all Heat Sheets for the whole meet, including last minute changes and re-seeds.																																		
WARM-UP	The pool will open for warm-ups as designated on the Warm-Up Assignment sheets. The pool will close five minutes before the start of each session. Teams, or specific age groups, will be assigned warm-up sessions and/or lanes after all entries are received. See “SAFETY” for Warm-up Safety.																																		
AWARDS	<ul style="list-style-type: none"> • Medals will be awarded to a male and female in places 1–8 in all five age groups in Individual Events (8&U, 9-10, 11-12, 13-14, 15-18). • Coaches and swimmers will be responsible for picking up their awards at the Awards Table before the meet ends. • A High Point Award will be presented to the top three (3) scoring males and females in each of the five age groups (8&U, 9-10, 11-12, 13-14, 15-18). • There will be no team scoring. 																																		
SCORING	<p>The meet will be scored for each of the above identified individual age group as follows:</p> <table border="1"> <tr> <td>PLACE</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>POINTS</td> <td>20</td> <td>17</td> <td>16</td> <td>15</td> <td>14</td> <td>13</td> <td>12</td> <td>11</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> </table>	PLACE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	POINTS	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
PLACE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																			
POINTS	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1																			
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> <p>RELAY EVENTS: All lead-off splits for relays are automatically loaded into SWIMS and do not require additional watches for validation unless there are no touchpads present, or the second swimmer starts in the water. If there are no touchpads, or the second swimmer starts in the water, a legal split form with three watches will be required for entry into SWIMS. Timers must be positioned over the lane at the end of the racing course. It is recommended that coaches report lead-off time discrepancies to the Administrative Referee or Administrative Official.</p>																																		
SWIMWEAR	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 .																																		
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. 																																		

	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● 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. ● The Meet Director will enact the facility EAP if a medical emergency occurs. ● The facility has a functioning AED on the premises. <p>WARM UP SAFETY:</p> <ul style="list-style-type: none"> ● 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.
SAFE SPORT	<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

	<p>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.</p> <ul style="list-style-type: none"> ● For information on how to report other alleged violations, including without limitation the USAS Code of Conduct 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 March 7, 2024, 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 age 18 on or after March 7, 2024, 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.
CHANGES TO MEET	Once a meet is sanctioned, changes can be made to the Meet Information before the meet only with the approval of the Technical Chair, Patrick Johnstone . 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.
WEATHER/FACILITY PROTOCOL	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.
MEET JURY	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.
DECK ACCESS	Only current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. Please follow all posted signs as well as the directions of PEA facility personnel. All non-athletes on the pool deck must produce proof of their valid USA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a 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. Walk-on officials may not be accepted to limit the number of people on the deck. Officials meetings will be at least 45 minutes prior to the start of a session or conducted virtually in the days before the meet.
TIMING ASSIGNMENT	According to New England Swimming policy, Solo Aquatics will make timing assignments for this meet based on the size of a team's entry. Please be cooperative and punctual. We need the full cooperation of all teams, large and small, to adequately run this meet. All teams will be given timing/work assignments based on the number of entries. Teams treating this meet as a team travel meet need to assure that they have enough parental workers at the meet to fulfill their team obligation. The timing assignments will be posted on the web page with ample time to get workers. Teams will provide their own timers for any events 400 yards or longer.
"NO SHOW" WORKERS	If a team does not provide the timers, it has been assigned at a championship meet, the team will be fined \$100 per incident and will not be allowed to enter swimmers in another New England meet until the fine(s) is paid. This can be appealed to the Admin Review Board of New England Swimming and is enforced only if the meet management has properly assigned timers based on the number of swimmers a team has entered in the meet.

GENERAL	<ul style="list-style-type: none"> ● Coaches' Hospitality will be available through the Concessions using a provided wrist-band. ● No Concession Stand will be available. ● No vendor or swim shop will be available.
DIRECTIONS	Search for the “George H. Love Gymnasium” in your GPS device/app.
HOTELS	<ul style="list-style-type: none"> ● Hampton Inn & Suites (59 Portsmouth Ave, Exeter, NH 03833, 1-603-658-5555) ● Fairfield Inn & Suites by Marriott (138 Portsmouth Ave, Exeter, NH 03833, 1-603-772-7411)
WAIVERS	USA Swimming, Inc., New England Swimming, Inc., and M.F. Swimming, LLC. cannot prevent you or your children from becoming exposed to, contracting, or spreading COVID-19 while participating in USAS/NES sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USAS/NESwimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

2024 NE SOLO GOLD CHAMPIONSHIPS

Roger A. Nekton Pool
Phillips Exeter Academy
62 Court Street
Exeter, NH 03833

March 7-10, 2024

Held under the sanction of USA Swimming/New England: NE24-0307SOLO

Events List

Thursday, March 7

Distance		
<i>Warm-Up 4:30-5:30 PM Meet Start 5:35 PM</i>		
GIRLS	EVENTS	BOYS
101	9-10 500 Freestyle	102
103	11-18 1650 Freestyle	104

Friday, March 8

13-18 Prelims		
<i>Warm-Up 7:30-8:30 AM Meet Start 8:35 AM</i>		
GIRLS	EVENTS	BOYS
201	13-14 Mixed 400 Medley Relay	201
202	15-18 Mixed 400 Medley Relay	202
205	13-18 100 Breast	206
207	13-18 200 Free	208
209	13-18 100 Fly	210
203	13-18 400 IM	204

11-12 Prelims, 10&U Timed Finals		
<i>Warm-Up 12:00-1:00 PM Meet Start 1:05 PM</i>		
GIRLS	EVENTS	BOYS
211	11-12 Mixed 200 Medley Relay	211
212	10&U Mixed 200 Medley Relay	212
213	11-12 100 Breaststroke	214
215	10 & U 100 Breaststroke	216
217	11-12 200 Freestyle	218
219	10&U 200 Freestyle	220
221	11-12 100 Butterfly	222
223	10 & U 100 Butterfly	224
225	8&U 25 Breaststroke	226
227	11-12 50 Backstroke	228
229	10&U 50 Backstroke	230
231	11-12 400 IM (TF)	232

11-18 Finals		
<i>Warm-Up 4:30-5:30PM Meet Start 5:35PM</i>		
WOMEN	EVENTS	MEN
203a	13-14 400 IM	204a
203b	15-18 400 IM	204b
213	11-12 100 Breaststroke	214
205a	13-14 100 Breaststroke	206a
205b	15-18 100 Breaststroke	206b
217	11-12 200 Freestyle	218
207a	13-14 200 Freestyle	208a
207b	15-18 200 Freestyle	208b
221	11-12 100 Butterfly	222
209a	13-14 100 Butterfly	210a
209b	15-18 100 Butterfly	210b
227	11-12 50 Backstroke	228

Saturday, March 9

13-18 Prelims		
<i>Warm-Up 7:30-8:30 AM Meet Start 8:35 AM</i>		
GIRLS	EVENTS	BOYS
301	13-14 400 Free Relay	302
303	15-18 400 Free Relay	304
307	13-18 200 IM	308
309	13-18 50 Free	310
311	13-18 100 Back	312
313	13-18 200 Fly	314
305	13-18 500 Free	306

11-12 Prelims, 10&U Timed Finals		
<i>Warm-Up 12:00-1:00 PM Meet Start 1:05 PM</i>		
GIRLS	EVENTS	BOYS
315	11-12 200 Medley Relay	316
317	10&U 200 Medley Relay	318
319	11-12 200 IM	320
321	10&U 200 IM	322
323	11-12 50 Free	324
325	10&U 50 Free	326
327	11-12 100 100 Back	328
329	10&U 100 Back	330
331	11-12 200 Butterfly	332
333	8&U 25 Fly	334
335	11-12 50 Breast	336
337	10&U 50 Breast	338
339	11-12 500 Free (TF)	340

11-18 Finals		
<i>Warm-Up 4:30-5:30PM Meet Start 5:35PM</i>		
WOMEN	EVENTS	MEN
305a	13-14 500 Free	306a
305b	15-18 500 Free	306b
319	11-12 200 IM	320
307a	13-14 200 IM	308a
307b	15-18 200 IM	308b
323	11-12 50 Free	324
309a	13-14 50 Free	310a
309b	15-18 50 Free	310b
327	11-12 100 Back	328
311a	13-14 100 Back	312a
311b	15-18 100 Back	312b
331	11-12 200 Fly	332
313a	13-14 200 Fly	314a
313b	15-18 200 Fly	314b
335	11-12 50 Breast	336

Sunday, March 10

13-18 Prelims		
<i>Warm-Up 7:30-8:30 AM Meet Start 8:35 AM</i>		
GIRLS	EVENTS	BOYS
401	13-14 400 Medley Relay	402
403	15-18 400 Medley Relay	404
405	13-18 200 Back	406
407	13-18 100 Free	408
409	13-18 200 Breast	410
411	13-18 1000 Free	412

11-12 Prelims, 10&U Timed Finals		
<i>Warm-Up 12:00-1:00 PM Meet Start 1:05 PM</i>		
GIRLS	EVENTS	BOYS
413	10&U 200 Free Relay	414
415	11-12 200 Free Relay	416
417	8&U 25 Back	418
419	11-12 50 Fly	420
421	10&U 50 fly	422
423	11-12 200 Back	424
425	8&U 25 Free	426
427	11-12 100 Free	428
429	10&U 100 Free	430
431	11-12 200 Breast	432
433	10&U 100 IM	434
435	11-12 100 IM	436
437	10&U Mixed 200 Free Relay	438
439	11-12 1000 Free (TF)	440

11-18 Finals*Warm-Up 4:30-5:30PM | Meet Start 5:35PM*

WOMEN	EVENTS	MEN
419	11-12 50 Fly	420
405a	13-14 200 Back	406a
405b	15-18 200 Back	406b
423	11-12 200 Back	424
407a	13-14 100 Free	408a
407b	15-18 100 Free	408b
427	11-12 100 Free	428
409a	13-14 200 Breast	410a
409b	15-18 200 Breast	410b
431	11-12 200 Breast	332
435	11-12 100 IM	436
441	13-14 Mixed 400 Free Relay	442
443	15-18 Mixed 400 Free Relay	444
445	11-12 Mixed 200 Free Relay	446

ENTRY PAYMENT AND LIABILITY RELEASE FORM

2024 NE SOLO GOLD CHAMPIONSHIPS

Roger A. Nekton Pool
Phillips Exeter Academy
62 Court Street
Exeter, NH 03833

March 7-10, 2024

Held under the sanction of USA Swimming/New England: NE24-0307SOLO

CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL: CONTACT CELL PHONE: LIST UNATTACHED SWIMMERS:
ENTRY FEES	Individual Timed Final Events - 200 yards and shorter (@ \$6/event): _____ = \$ _____ Individual Timed Final Events - 400 yards and longer (@ \$10/event): _____ = \$ _____ Individual Trials-Finals Events (@ \$10/event): _____ = \$ _____ Relay Events (@ \$25.00/event): _____ = \$ _____ Swimmer Participation Fee (@ \$30.00/athlete) _____ = \$ _____ NE Travel Surcharge (@ \$2.00/athlete) _____ = \$ _____ TOTAL DUE _____ \$ _____
PAYMENT	Make Checks Payable To: M.F. Swimming, LLC. Send To: M.F. Swimming, LLC.; 27 Currierville Road; Newton, NH 03820 Payment Deadline: March 4, 2024
WAIVER	<p>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., M.F. Swimming, LLC., SOLO Aquatics, and Phillips Exeter Academy 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>