

# SOLO Aquatics

## NES Gold Championship

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

March 07-10, 2024

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

### CONTACT INFORMATION:

ROLE	NAME	EMAIL	PHONE
Meet Director	Paul Mueller	<a href="mailto:SOLOAquaticsMeets@gmail.com">SOLOAquaticsMeets@gmail.com</a>	978-289-2524
Meet Referee	Ken Galica	<a href="mailto:KennethGalica@gmail.com">KennethGalica@gmail.com</a>	978-289-2524
Entry Chairperson	Paul Mueller	<a href="mailto:SOLOAquaticsMeets@gmail.com">SOLOAquaticsMeets@gmail.com</a>	978-289-2524
Admin. Official	Greg Gower	<a href="mailto:ggowern@gmail.com">ggowern@gmail.com</a>	978-289-2524
Safety Monitor	Nicole Ciancarelli	<a href="mailto:SOLOAquaticsMeets@gmail.com">SOLOAquaticsMeets@gmail.com</a>	978-289-2524

### SESSIONS:

DATE	SESSION	WARM-UP	START
Thursday, March 07	Distance Timed Finals	4:30-5:00 PM	5:05 PM
Friday, March 08	11-18 Prelims/10&U Timed Finals	7:30-8:40 AM	8:45 AM
Friday, March 08	11-18 Finals	3:30-4:10 PM	4:15 PM
Saturday, March 09	11-18 Prelims/10&U Timed Finals	7:30-9:00 AM	9:05 AM
Saturday, March 09	11-18 Finals	4:00-4:40 PM	4:45 PM
Sunday, March 10	11-18 Prelims/10&U Timed Finals	7:30-9:00 AM	9:05 AM
Sunday, March 10	11-18 Finals	4:00-4:40 PM	4:45 PM

**\*NOTE: These times have been updated from the initial Meet Information Packet.**

### COACHES' BRIEFING:

- The **Session Timeline** has been altered from its initial posting. **NOTE: the 11-12 Prelims and 10&Under sessions have been combined with the 13-18 Prelims sessions into a single session each day.** Please refer to the schedule above as well as the "Session Timelines" PDF for details.
- We will **allow Spectators in the Gallery** during the meet; we will **not broadcast** the competition.
- SOLO **strongly encourages** all individuals who enter the pool area and are **unvaccinated to wear a mask** at all times if they are not in the midst of a race. Anyone who is vaccinated is encouraged to wear a mask based on your personal preference, informed by your personal level of risk, as well as your level of contact with someone at high risk for severe illness.
- SOLO will be abiding by [the current CDC COVID-19 Protocols](#). Any Athlete that **tests positive** for COVID-19 must be **scratched immediately**.
- This meet will utilize a **modified** version of the USA Swimming National Championships Scratch Rules for Finals only. Coaches and swimmers are expected to understand the Scratch procedures. **All Scratches (for 11-18 Prelims events as well as 10&Under Timed Finals events) are due at 6:00 PM the evening before the session in which the event will be swum.** Athletes who do not plan to swim in Finals should scratch regardless of their seeding for the Finals session.

- Athletes competing Thursday must provide their own **Lane Timer(s)** and **Counter**. Athletes must be **“Positively Checked-In”** no later than **4:40 PM**.
- Athletes participating in the 11-18 **1000 Freestyle** on **Sunday** must provide their own **Lane Timer(s)** and **Counter**. Athletes must be **“Positively Checked-In”** no later than **12:00 PM (noon)**.
- All Finals Warm-Up will be General/Open format, with the final 10 minutes of each session being a Controlled Warm-Up. Lanes 1 and 8 will be “Pace Lanes,” Lanes 2 through 7 will be One-Way Sprint Lanes.” It is the discretion of the Meet Referee to create more Pace and Sprint lanes. **Please limit the athletes participating in the Finals Warm-Up Session to athletes participating in the Finals session only.** The Competition Pool will open after each Award Break for warm-up/warm-down. Athletes are expected to behave appropriately and follow the directions of the Lifeguard in charge of the area. The Competition Pool will remain open for 15 minutes for Warm-Down following the conclusion of the Finals events.
- Please let the **Meet Referee** or the **Deck Referee** know when a swimmer will **“No Show”** an event.
- Phillips Exeter Academy is on Spring Break. Facilities may be closed; the best situation for parking is “on-street” around campus.
- There will be a vendor (Fine Designs) selling merchandise on Saturday and Sunday.
- Coaches must coordinate with each other and the Meet Director to ensure all Athletes can prepare for their races safely and effectively, including **the newly enacted “Sit-And-Slide” Entry protocols**.
- Coaches attending the meet should complete this form: **<https://form.jotform.com/240494822803053>**
- There will be a brief and virtual Coaches' Meeting on Wednesday (03/06) at 7:30 PM. Please register here: **[https://us02web.zoom.us/meeting/register/tZludOCtrzsrGtWtYBmcMfKspEN\\_khO\\_MjYG](https://us02web.zoom.us/meeting/register/tZludOCtrzsrGtWtYBmcMfKspEN_khO_MjYG)**
- Local Medical Facility: **[Exeter Hospital \(5 Alumni Dr, Exeter, NH 03833\)](#)**
- Search for **“2024 NE SOLO Gold Championship”** to follow the competition on **MeetMobile**.