

**Northeast Conference
Championship Handbook**



February 19-22, 2020

**Nassau County Aquatic Center - Eisenhower Park
East Meadow, NY**

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Championship Personnel

Northeast Conference Staff

Name	Title	Email	Ph: 732-469-0440
Noreen Morris	Commissioner	nmorris@northeastconference.org	Ext 201
Ron Ratner	Assoc. Commissioner/Ext. Relations	rratner@northeastconference.org	Ext 206
Andy Alia	Assoc. Commissioner/Marketing	aalia@northeastconference.org	Ext 204
Benjamin Shove	Assoc. Commissioner/ Sport Services / Swim & Dive Rep.	bshove@northeastconference.org	Ext 203 cell: 917-658-7581
Lisa Archbald	Assoc.. Commissioner/ Compliance	larchbald@northeastconference.org	Ext 202
Caitlin Hughes	Asst. Commissioner, Sport Services	chughes@northeastconference.org	Ext 205 cell: 860-614-8814
Chris Horton	Director, Creative Services	chorton@northeastconference.org	Ext 212 cell: 732-882-9466
Kyle Turner	Asst. Commissioner for New Media	ktturner@northeastconference.org	Ext 210 cell: 603-479-4860
Alexis Watson	Asst. Dir. of Events and Operations	awatson@northeastconference.org	Ext 209 cell: 443-204-2558
Michelle Reina	Digital Media Intern	mreina@northeastconference.org	Ext 209 cell: 908-644-6583
Samantha Barbato	Communications Asst. Swimming & Diving Contact	sbarbato@northeastconference.org	Ext 208 cell: 908-328-4938

Swimming & Diving Championship Quick Reference

Date: Wed. Feb. 19 – Sat. Feb. 22, 2020

Location: Nassau County Aquatic Ctr, 1899 Hempstead Tpke. Eisenhower Park, E. Meadow, NY 11554

Start times: Trials at 10:00 am; Finals at 6:00 pm

2020 Championship Important Deadlines

Rosters Email to Benjamin Shove (bshove@northeastconference.org) by Tues. Feb. 11, around noon
Travel Party Email to Benjamin Shove (bshove@northeastconference.org) by Tues. Feb. 11, around noon
Hotel Contact Email to Benjamin Shove (bshove@northeastconference.org) by Tues. Feb. 11, around noon
Pre-Meet Entries Email to Benjamin Shove bshove@northeastconference.org **AND** purplemommy7@gmail.com on Tues. Feb. 11 around noon

Championship Games Committee

Benjamin Shove, NEC, cell: 917-658-7581

John Spadafina, Sacred Heart Women's Swim Coach: 860-966-0942

Mike Huffman, Head Official: 860-539-9895

Meet Committee will be drawn at random during Coaches Meeting

Timing Service

Be Smartt

Ellen Mace: 609-558-0988; purplemommy7@gmail.com

On site Be Smartt representative: Ellen Mace

Note: any questions on submitting pre-meet entries should be directed to Ellen Mace

Participating Schools

Bryant University

Bill Smith, Director of Athletics

Beth Wandyes, SWA

Katie Cameron, Head Coach

Tristan Hobbes, SID

Patrick O'Sullivan, Athletic Trainer

Central Connecticut State University

Tom Pincince, Interim Director of Athletics

Amy Strickland, SWA

Bill Ball, Head Coach

Tom Pincince, SID

Kathy Pirog, Athletic Trainer

Long Island University

Bill Martinov, Director of Athletics

Casey Snedecor, Interim SWA

Matthew Donovan, Head Coach

Casey Snedecor, SID

Courtney Civitano, Athletic Trainer

Merrimack College

Jeremy Gibson, Director of Athletics

Diane Metcalf, SWA

Erin Cammann, Head Coach

Mike Sullivan, SID

Heather Hanjack, Athletic Trainer

Mount St. Mary's University

Lynne Robinson, Director of Athletics

Justine Miller, SWA

Neil Yost, Head Coach

Matt McCann, SID

Mark Myers, Athletic Trainer

Sacred Heart University

Bobby Valentine, Director of Athletics

Meghan Miller, SWA

John Spadafina, Head Coach

Aaron Gaberman, SID

Leo Katsetos, Athletic Trainer

St. Francis Brooklyn College

Irma Garcia, Director of Athletics

Maggie Martini, SWA

Brian Guidera, Head Coach

Rob DeVita, SID

Andrew Cornicello, Athletic Trainer

Saint Francis University

Susan Robinson Fruchtl, Director of Athletics

Erika Renwick, SWA

Phil Hurley, Head Coach

Kaitlyn Snyder, SID

Terry Bennett, Athletic Trainer

Wagner College

Walt Hameline, Director of Athletics

Jen Sansavero, Interim SWA

Colin Shannahan, Head Coach

Max Rottenecker, SID

Matthew DenBleyker, Athletic Trainer

Championship Policies

Awards, Post-Championship

Awards will be presented shortly after the conclusion of the finals in each event. An awards timeline will be distributed during the Wed. Coaches Meeting. The top three finalists (gold, silver, bronze) will be presented medals at an “awards area” location TBD **immediately after each Finals event**. Gold, silver and bronze medals will be given to the top three finalists in each individual event and to the top three relay teams **immediately after each Finals event**. At the conclusion of the meet, a team trophy will be awarded to the championship team, as well as a second place trophy. Individual plaques for the following will also be awarded:

Outstanding Swimmer #

Outstanding Diver #

Rookie of the Meet #

Coaching Staff of the Year *

To be awarded based upon total points scored during the meet, plus additional points for a Conference record (3), an NCAA B qualifier (4) and an NCAA A qualifier (5).

** As voted upon by the coaches in attendance at the meet.*

All-Conference recognition will be awarded in Swimming & Diving to the top three finishers and top three relay teams in each event and will be announced in the days following the Championship meet.

Student-athletes participating in the swimming and diving championship will receive an NEC commemorative gift. Participant gifts (charcoal color, hoodies) will most likely be mailed to each school’s head coach prior to the Championship.

Backup Timers

Teams will be required to supply backup timers for both the Prelims and the Finals. Lane assignments will be solidified during Wednesday’s Coaches Meeting.

Banners

Team banners/signs will only be hung by NEC/Eisenhower Aquatics personnel. Teams are required to submit their team banners/signs when they arrive on Wednesday.

Camera Usage/Flash Bulbs/ Video Taping Instructions

Media and school personnel only, with proper credentials may photograph/webstream on the pool deck. Any other photographers without press credentials **MUST** film/videotape from the pool balcony.

Reminder: There should be no flash photography at the start of any race.

Coaches Meeting

A mandatory pre-championship meeting to review logistics and procedures for the meet will be held on Wed, Feb. 13 at 2:00 pm in the dance studio (room off of dive well side of the pool).

If you want a specific issue regarding the championship discussed at the meeting, please contact Benjamin Shove at the Northeast Conference office by Wed. Feb. 12.

NOTE: The pre-championship meeting will be limited to issues pertinent to the championship. A coaches' conference call has been scheduled for a later date. to discuss sport-related issues.

Certification of Eligibility

It is the responsibility of each institution to certify that all student-athletes entered to participate in the championship(s) meet all applicable NCAA, Northeast Conference and institutional requirements and are eligible to represent their respective institution in NCAA and NEC competition.

Code of Conduct/Sportsmanship

Each participating institution in this championship has the primary responsibility to cultivate and maintain wholesome conditions and behavior for coaches, athletes and spectators by ensuring maximum sportsmanlike conduct throughout the championship(s). The Conference's code of conduct requires coaches and athletes to conduct themselves in a dignified and courteous manner. Negative comments, insults and physical threats to other individuals (e.g., participants, officials, via social media) will not be tolerated and will lead to immediate ejection from the championship and could lead to additional sanctions from the Conference office (e.g., letter of reprimand, suspension from subsequent NEC competition).

Directions/Drop Off Instructions

Nassau County Aquatic Center
1899 Hempstead Tpke.
Eisenhower Park
East Meadow, NY 11554

Directions to the pool are included below on page 15. Directions from the Long Island Marriott, located at 101 James Doolittle Boulevard, Uniondale, NY 11553, (516) 794-3800

Start out going N on James Doolittle Blvd towards Charles Lindbergh Blvd.; Turn slight right onto Charles Lindbergh Blvd; Take Meadowbrook Pkwy N ramp; Keep left at the fork.; Merge onto Merrick Ave.; Turn left onto NY-24/Hempstead Tnpk.; Turn left onto E. Meadow Ave.; Aquatics Center is located on 1899 Hempstead Tnpk.

Buses and team vans dropping off student-athletes to the aquatics center are instructed to drop off in loop in front of the facility. Bus parking is located in lot #1. Lot #1 is located off Merrick Ave on the other side of the hockey rink facility. (map attached)

Diving

1M (Thurs.) & 3M (Sat.) Diving Prelims (6 dives) and Finals (6 dives) will consist of six optional dives, including one from each of five groups, in any order, without limit on degree of difficulty.

Only the top eight divers from Prelims will advance to Finals (performed at night during the intermission). 1M (Thurs.) & 3M (Sat.) Dive Consolation dives (9-16) will also be performed (immediately after that day's Prelims session competition).

A seven-person scoring panel will be utilized, made up of diving coaches and Championship meet officials.

1M Diving will occur on Thurs. Feb. 19 and 3M Diving will occur on Sat. Feb. 22

Wednesday Schedule

10:00 am – 2:00 pm	Competition pool (10 lanes) available
11:00 am – 2:00 pm	Warmup/down pool (10 lanes) available <i>(note: Competition Pool closes at 2pm for timing equipment install)</i>
10:00 am – 3:00 pm	Dive well available
Noon – 1:30 pm	Dive (Flight A) Warmup
1:30 pm – 3:00 pm	Dive (Flight B) Warmup
2:00	Coaches Meeting
4:30 pm	General Swim warmup & Dive well open for all competitors
6:00 pm	Swim Session begins (200 MR (2 heats), then 800 FR (2 heats))

Thursday Schedule

8:00 am	Competition pool only open for swimmers
8:30 am – 10:00 am	General swim warmup
10:15 am – 11:15 am	1M Dive (Flight B) Warmup
11:15 am – 12:15 pm	1M Dive (Flight A) Warmup
12:15 pm – 12:30 pm	Open 1M Dive Warmup
12:30 pm – 1:45 pm	1M Dive Prelims (6 dives)
2:00 pm (approx.)	1M 9-16 Consolations (6 dives)
4:30 pm	General Swim warmup & Dive well remains open (for Top 1-8)
6:00 pm	Swim Session begins (500 free, 200 IM, 50 Free 1M Finals-Top 8, 200 FR)

Friday Schedule

8:00 am	Competition pool only open for swimmers
8:30 am – 10:00 am	General swim / dive warmup
10:00am – 12:30 pm	Open 3M Dive general warmup
4:30 pm	General Swim warmup & Dive well warmup
6:00 pm	Swim Session begins (400 IM, 100 Fly, 200 Free, 100 Breast, 100 Back, 400 MR)

Saturday Schedule

8:00 am	Competition pool only open for swimmers
8:30 am – 10:00 am	General swim warmup
10:15 am – 11:15 am	3M Dive (Flight A) Warmup
11:15 am – 12:15 pm	3M Dive (Flight B) Warmup
12:15 pm – 12:30 pm	Open 3M Dive Warmup
12:30 pm – 1:45 pm	3M Dive Prelims (6 dives)
2:00 pm	3M 9-16 Consolations (6 dives)
3:00 pm	General warmup for 1,650 competitors
4:20 pm	C heat for 1,650
4:40 pm	B heat for 1,650
5:00 pm	General Swim warmup & Dive well remains open (for Top 1-8)
6:00 pm	Senior recognition, anthem
6:10 pm	Swim Session begins (final heat of 1,650, 200 back, 100 Free, 200 Breast, 200 Fly, 3M Finals-Top 8, 400 FR)

Entries

Swimming entries must be submitted to the Conference office on Tues. Feb. 11 around Noon.

Entries for the NEC Championship must be submitted via HY-TEK software and emailed to:

Benjamin Shove, bshove@northeastconference.org **AND** BeSmartt: purplemommy7@gmail.com. Please email a PDF attachment of the entries to the NEC's Benjamin Shove, bshove@northeastconference.org
Please include your names of divers in your "team manager entry file"

Wednesday's 1M diving entries must be submitted **DURING** the Wed. Feb. 19 Coaches Meeting or earlier.

The 3M diving entries, must be submitted during the day Fri. Feb. 21.

Diving entries should emailed to bshove@northeastconference.org and purplemommy7@gmail.com and be typed in the following format: Diver's Name: dive number (i.e.: 5122D)

An event list, by event number, on the next page, is provided to assist in setting up the meet in your computer to complete your entries. Remember to keep a copy for your team's records also.

Please note the following when submitting your entries...

- Each team may enter as many SAs as they wish but must designate their 18 scorers during the Wed. Coaches meeting. Any athlete competing in a swimming event counts as one scorer and any athlete competing in diving events only counts as 1/3 of a scorer.

- A competitor may swim in a maximum of seven events, of which no more than three may be individual events.

- Swimmers competing in relay only events must be listed on your entries.

- When entering swimmers in the 1,650 yard freestyle, **you must submit 1,650 yard freestyle times** for seeding purposes. Competitors may enter the 1,650 without an entry time (NT).

- Divers must obtain a score from this 2019-20 regular season competition on either board in order to enter the NEC Championship. "No score" entries will be permitted on either 1M or 3M provided the SA has a score on either board from the current season. The USA Swims database must be used for swimming entry time conversions.

- Exhibition swimmers are permitted. They are defined as participants beyond the squad limit of 18. They are not eligible to score points in the meet. Exhibition swimmers **MUST** be designated at the pre-championship coaches' meeting.

Event List By Event Number

Wednesday	Thursday	Friday	Saturday
Event # Event	Event # Event	Event # Event Name	Event # Event Name
1 200 MR	3 500 Free	8 400 IM	14 1,650 Free
2 800 FR	4 200 IM	9 100 Fly	15 200 Back
	5 50 Free	10 200 Free	16 100 Free
	6 1M Dive	11 100 Breast	17 200 Breast
	7 200 FR	12 100 Back	18 200 Fly
		13 400 MR	19 3M Dive
			20 400 FR

Event Start Times

Swimming Trials will start at 10:00 am each day.

Swimming Finals will start at 6:00 pm on Wed., Thurs. Fri. & Sat. Time trials, if necessary, will take place following the swimming Prelims on Thurs. Fri. & Sat.

The C/B 1,650 freestyle consolations will take place before the evening Finals warm-up on Saturday. The Final 1,650 heat (seeded by 1,650 entry times) will be the first event of the Saturday night Finals session.

(For Example: Saturday's C & B 1,650 consolations will take place at 4:20 pm and 4:40 pm, (official warm-up session at 5:00 pm, Final heat of 1,650 free at 6:00 pm.)

The 1M Diving Prelims will start Thurs. approximately 12:30 pm. The six 1M Finals dives (top eight only) will occur during the Thurs. night intermission between the 200 MR & 800 FR. **The 3M Diving Prelims will start on Sat. at 12:30 pm.** The six 3M Finals dives (top eight only) will occur during the Sat. night intermission between the 100 Back and 400 MR.

Facility Information

Built in 1998 for the International Goodwill Games, the Nassau County Aquatic Center in Eisenhower Park regularly hosts major swimming & diving competitions and over the years, dozens of U.S. and world swimming records have been set at the Aquatic Center. The 80,000-square-foot center includes a "stretch" 50-meter pool that is 68 meters long, with three movable bulkheads. There is a diving well with a 10-meter competition diving tower — the only such tower in the New York metropolitan area — and 1- and 3-meter springboards. The NEC conducted its' women's championship at the Nassau County Aquatic Center in 2018 & 2019.

Food Options

<https://www.opentable.com/landmark/restaurants-near-eisenhower-park-berkeley?page=1>

https://www.tripadvisor.com/RestaurantsNear-g47635-d3535628-Eisenhower_Park-East_Meadow_Long_Island_New_York.html

Format

Nine (9) women's teams will compete in the Swimming & Diving championship.

The meet will be held over four days, Wed. Feb. 19 – Sat. Feb. 22, 2019 Prelims will be held starting at 10:00 am each day and Finals will be held starting at 6:00 pm each evening. The NCAA Championship meet three-day format will be followed, with the exception of the 200 MR & 800 FR, taking place Wednesday evening.

Hotel

Each school will be responsible for making its own hotel arrangements. Although, the Conference office staff will stay **Long Island Marriott, located at 101 James Doolittle Boulevard, Uniondale, NY 11553, (516) 794-3800.** PLEASE NOTE: Included in the handbook is a hotel contact form, which will need to be submitted to the NEC by Tues. Feb. 11.

Hospitality

A hospitality room for school administrators, officials and coaching staffs will be located in Rm # 119.

Locker Rooms

Locker rooms and showers will be available on a first-come, first-serve basis. All teams should bring their own towels. **No shaving or face/body paint is allowed in the locker rooms or pool area.**

Media & Meet Results

All requests for media credentials should be directed to Samantha Barbato at the Northeast Conference at 732-469-0440 ext. 208 and sbarbato@northeastconference.org. Championship results / heat sheets / releases will be available as soon as possible after completion of each session (Prelims and Finals) each night. Results will be emailed to Coaches & Sports Information Directors and media outlets following the conclusion of Finals each night and will be posted on the Be Smartt, Inc. website www.besmarttinc.com and the NEC's website, www.northeastconference.org and via the Meet Mobile app. For any media related questions, please contact the NEC office. The Northeast Conference will have complete championship results on its website shortly following the completion of the Championship(s). The Northeast Conference website address is www.northeastconference.org. The Championship twitter feed is: @necswimdive

Medical

Participating institutions are expected to bring their own athletic trainer to the Championship. A first-aid area will be set up on the pool deck for injury evaluations and taping. Modalities will not be available at this site. Water, cups and injury ice will be provided by the LIU & SFBK athletic training staffs. Splinting materials, crutches and OSHA supplies will be available. Visiting teams should bring their own tape, towels, coolers, etc. An EMT & Paramedic will be onsite for all diving practices & diving competitions. **The NEC will provide ice for ice baths. Each school is responsible for bringing its own tubs or small inflatable pools.**

In the event of a medical emergency, SAs will be transported to one of the following hospitals:

Hospital for Special Surgery (HSS) Long Island Outpatient Center
333 Earle Ovington Blvd, Suite 106 ; Uniondale, NY 11553 ; Ph: 516.222.8881

Nassau County Medical Center
2201 Hempstead Tpke ; East Meadow, NY 11554 ; (516) 572-0123

Any medical/athletic training questions can be directed to the NEC's Benjamin Shove, 732-469-0440 ext. 203.

Merchandise & Programs

A merchandise area will be located in upper level hallway between gates B & C of the Aquatics Center. **NEC Championship apparel will be on sale TBA.** Tickets and Championship programs will be available and heat sheets will also be available.

National Anthem/Pre- and Between Session Music

The national anthem will be played/performed prior to the Finals session each night. Student-athletes and/or coaches will be asked to volunteer to perform the anthem. **The Conference office will play appropriate music and has the authority to play/decline playlist requests at any time.**

Noisemakers / Flashing Lights

Artificial noisemakers and flashing lights will not be allowed in the pool area.

Officials

A similar group of officials that have worked past NEC Championships will officiate at Nassau County Aquatics center. Mike Huffman will serve as the head referee, as he has for the past 12 years.

Order of Events

The NEC Championship will follow the NCAA Championship Meet Three-Day Format, with a few adjustments due to the scheduling of diving & relays events. *Please note: All five relays will be Timed Finals.*

Wed. Feb 19 – Timed Finals, 6:00 pm start

200 Medley Relay (2 heats), 6:00 pm

30 minute intermission

800 Free Relay (2 heats)

Thurs. Feb. 20 – Prelims, 10:00 am

500 yard freestyle

200 yard individual medley

50 yard freestyle

20 min. intermission

200 yard free relay

1M Dive Prelims (approx. 12:30)

Thurs. Feb. 20 – Finals, 6:00 pm start

500 yard freestyle

200 yard individual medley

50 yard freestyle

20 min. intermission & 1M Dive Finals (top 8 only) will take place

200 yard free relay

Fri. Feb. 21 – Prelims, 10:00 am

400 yard individual medley

100 yard butterfly

200 yard freestyle

100 yard breaststroke

100 yard backstroke

20 min. intermission

400 yard medley relay

Fri. Feb. 21 – Finals, 6:00 pm start

400 yard individual medley

100 yard butterfly

200 yard freestyle

100 yard breaststroke

100 yard backstroke

20 min. intermission

400 yard medley relay

Sat. Feb. 22 – Prelims, 10:00 am

200 yard backstroke

100 yard freestyle

200 yard breaststroke

200 yard butterfly

20 min. intermission

400 yard freestyle relay

3M Dive Prelims (approx. 12:30pm)

Sat. Feb. 22 – Finals, 6:00 pm start

1,650 yard freestyle – C/B consolations at 4:20 pm & 4:40 pm

1,650 yard freestyle - Last heat of Timed Final, starting at 6:00 pm

200 yard backstroke

100 yard freestyle

200 yard breaststroke

200 yard butterfly

20 min. intermission & 3M Dive Finals (top 8 only) will take place

400 yard freestyle relay

****please note that the pool will be open in between each event for approximately five minutes***

Parking

Buses and team vans dropping off student-athletes to the Aquatics Center are instructed to drop off in loop in front of the facility. Bus parking is located in lot #1. Lot #1 is located off Merrick Ave on the other side of the hockey rink facility. (map attached) All other general parking is located in front of facility or nearby Lot # 1a.

Protest Procedures

The on-site representative of the Conference office, using all appropriate resources available shall serve as the final authority on any changes, additions, deletions and/or interpretation of NEC policy as necessary, during and/or after all NEC championships. The NEC office representative will handle all protests/appeals, after consulting with the head referee and meet committee (to be selected at random during Wednesday's Coaches Meeting). The head referee shall serve as the final authority on any interpretations of the rules of swimming. The NCAA's Appeal Procedure (Rule 8, Article 9, pgs. 108-109) as outlined in the NCAA Swimming & Diving Rule Book will be followed. Appeal forms will be included in the coaches packets distributed at the championship.

Ready Room (Area)

A 'ready area', made available for swimmers participating in each individual Finals event, will be located at a location TBD. 'Finals' participants will walk from the 'ready area' to the blocks prior to the swimmer introductions of the championship heats.

Relays

"A" and "B" relay teams will be allowed. Only "A" relay teams will score in the meet. "B" relay teams will only swim during the Prelims session and cannot score or advance to Finals.

Rosters / Squad Size

Each team may enter a maximum of 18 competitors in the meet. Divers count as 1/3 of a competitor. A competitor may swim in a maximum of seven events, of which no more than three may be individual events. Swimmers competing in relay only events must be listed on entry forms.

Rules

The meet will be governed by the 2019-20 NCAA Men's & Women's Swimming & Diving Rules book, except as altered by the NEC Policy Manual or by any action of the NEC office representative.

Schedule of Events

Wednesday Schedule

10:00 am – 2:00 pm	Competition pool (10 lanes) available
11:00 am – 2:00 pm	Warmup/down pool (10 lanes) available (note: Competition Pool closes at 2pm for timing equipment install)
10:00 am – 3:00 pm	Dive well available
Noon – 1:30 pm	Dive (Flight A) Warmup
1:30 pm – 3:00 pm	Dive (Flight B) Warmup
2:00	Coaches Meeting
4:30 pm	General Swim warmup & Dive well open for all competitors
6:00 pm	Swim Session begins (200 MR (2 heats), then 800 FR (2 heats))

Thursday Schedule

8:00 am	Competition pool only open for swimmers
8:30 am – 10:00 am	General swim warmup
10:15 am – 11:15 am	1M Dive (Flight B) Warmup
11:15 am – 12:15 pm	1M Dive (Flight A) Warmup
12:15 pm – 12:30 pm	Open 1M Dive Warmup
12:30 pm – 1:45 pm	1M Dive Prelims (6 dives)
2:00 pm (approx.)	1M 9-16 Consolations (6 dives)
4:30 pm	General Swim warmup & Dive well remains open (for Top 1-8)
6:00 pm	Swim Session begins (500 free, 200 IM, 50 Free 1M Finals-Top 8, 200 FR)

Friday Schedule

8:00 am	Competition pool only open for swimmers
8:30 am – 10:00 am	General swim / dive warmup
10:00am – 12:30 pm	Open 3M Dive general warmup
4:30 pm	General Swim warmup & Dive well warmup
6:00 pm	Swim Session begins (400 IM, 100 Fly, 200 Free, 100 Breast, 100 Back, 400 MR)

Saturday Schedule

8:00 am	Competition pool only open for swimmers
8:30 am – 10:00 am	General swim warmup
10:15 am – 11:15 am	3M Dive (Flight A) Warmup
11:15 am – 12:15 pm	3M Dive (Flight B) Warmup
12:15 pm – 12:30 pm	Open 3M Dive Warmup
12:30 pm – 1:45 pm	3M Dive Prelims (6 dives)
2:00 pm	3M 9-16 Consolations (6 dives)
3:00 pm	General warmup for 1,650 competitors
4:20 pm	C heat for 1,650
4:40 pm	B heat for 1,650
5:00 pm	General Swim warmup & Dive well remains open (for Top 1-8)
6:00 pm	Senior recognition, anthem
6:10 pm	Swim Session begins (final heat of 1,650, 200 back, 100 Free, 200 Breast, 200 Fly, 3M Finals-Top 8, 400 FR)

Swimming finals will consist of three heats:

Heat One: C Final (non-scoring)

Heat Two: B Final (scoring), consisting of the 9-16 fastest (non-exhibition) swimmers.

Heat Three: Championship Final (scoring), consisting of the 1-8 fastest swimmers.

Note: Student-athletes have 30 minutes from the announcement of finalists to 'scratch' from finals.

Eight lanes will be used for Prelim events.

Eight lanes will be used for Finals events

All ten lanes will be used for the 1,650

Scoring Format

Scoring will follow 2019-20 NCAA championship rules.

Individual events will be scored, top 16, as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay events will be scored, top 16, as follows: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Scratch Box

The scratch box will be located at the computer operator's table. Names of relay competitors must be presented to the computer operator before each relay is contested, preferably at least 15 minutes before the race.

The scratch box will close at the conclusion of the coaches meeting on Wednesday night for Thursday's events. It will close each night at 6:00 pm for the next day's events.

Seeding

Swimmers are to be assigned lanes by the process of seeding. Seeded positions shall be based upon the times submitted on the entry forms. The fastest bona fide time of each entry must be submitted.

Swimmers with no established time for a given event may enter that event without submitting a time (NT). Such swimmers will be seeded in random order behind all other swimmers who have submitted entry times but can swim into position to score team points.

***The 1,650 yard freestyle will be seeded based on swimmers 1,650 yard times.**

Senior Recognition

There will be a senior recognition before Saturday night's Finals. Each team's coach will be asked to hand deliver single, long stem flowers to each of their graduating seniors on the bulkhead, prior the National Anthem. **Please submit your list of graduating seniors to Benjamin Shove with your credential list.** A form is attached at the back of this handbook.

Statistics/Records

The NEC will provide results of each day's events at the end of the day and complete results and a release following the completion of the championship. Race results will also be available to coaches on the pool deck and/or at the official scoring table. In addition, race results will be posted in various spots in the spectator seating area. Race results will also be posted to at www.besmarttinc.com; www.northeastconference.org; and via the Meet Mobile app.

Team Seating

Team seating will be based upon the order of finish in the 2019 Championship. Team seating will be chosen at the coaches meeting on Wednesday. The following will be the order of team seating: BRY, CCSU, SFU, WAG, LIU, SHU, SFBK, MSM & MC.

Timing System

Be Smartt, Inc. will be the official timer of the NEC Swimming & Diving Championship. If you have any questions regarding Hy-Tek, please contact: Be Smartt's Ellen Mace: 609-558-0988; purplemommy7@gmail.com

Tickets

All NEC students with proper institutional I.D. will be admitted free. All other individuals will be charged admissions: Championship All-Session Pass (Adult)-\$20.00; Single-Day Pass (Adult)-\$10.00; Seniors/Kids (8 yrs and younger)-\$5.00; Champs. Pass: (Srs./Kids, 10 & under): \$10.00; Single-Day Pass \$5.00; NEC Students with School ID: Free; * All Wednesday Night competition: Free

Tickets can only be purchased at the event.

Tobacco, Alcohol Policy

The use of any tobacco product on or adjacent to an NEC championship competition site is prohibited. Any use of a tobacco product by any coach or student-athlete discovered by an official or NEC representative at any NEC championship practice or competition shall result in immediate disqualification from the remainder of the championship for the individual committing the violation.

The sale of alcoholic beverages at NEC championships is prohibited unless approved in advance by the Council of Presidents. It is not permissible for alcoholic beverages to be brought to the competition site by spectators, participants, coaches, patrons or facility employees.

Uniforms

Competitors uniforms and swimsuits must be recognized by the standards as per the NCAA Rulebook.

Directions to Pool

Nassau County Aquatic Ctr, 1899 Hempstead Tpke. Eisenhower Park, E. Meadow, NY 11554 (pool address)

Directions:

Take Meadowbrook Parkway North to Exit M3 East/Stewart Avenue. Make a right onto Stewart Avenue and take this until you reach the park.

Or

Take Meadowbrook Parkway South to Exit M3/Stewart Avenue. Make a left onto Stewart Avenue and take this until you reach the park.



2020, Official Travel Party / Credentials List

School _____

Name

1. _____	13. _____	25. _____
2. _____	14. _____	26. _____
3. _____	15. _____	27. _____
4. _____	16. _____	28. _____
5. _____	17. _____	29. _____
6. _____	18. _____	30. _____
7. _____	19. _____	31. _____
8. _____	20. _____	32. _____
9. _____	21. _____	33. _____
10. _____	22. _____	34. _____
11. _____	23. _____	35. _____
12. _____	24. _____	36. _____

Please indicate:

(P) for player/swimmer/competitor;

(C) for coach;

(S) for support staff;

(A) for administrator

(SR) for graduating senior

Note: Administrative passes for each school will be limited to six.

**Please email to the NEC's Benjamin Shove, bshove@northeastconference.org
by Tues. Feb. 11 around Noon.**



2020, List of Senior Swimmers & Divers
(to be recognized Sat. night before Finals)

School: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

**Please email to the NEC's Benjamin Shove, bshove@northeastconference.org
by Tues. Feb. 11 around Noon.**



**Swimming & Diving
2020, Hotel Contact Information Form**

School _____

Name of Hotel Staying at for NEC Championship: _____

City/Town: _____

Coach's Cell Phone Number: _____

Sport Administrator & Sport Admin. Cell Phone: _____

**Please email to the NEC's Benjamin Shove, bshove@northeastconference.org
by Tues. Feb. 11 around Noon.**