

NBSL Coach and Rep Handbook

Summer 2011

50 NBSL Years

NBSL Philosophy

The NBSL continues to be dedicated to providing a wholesome and fun environment for the swimmers and families in the North Brandywine area. We need the support of all swimmers, coaches, volunteers, family and friends to make each year a great one for our league and for our community. The NBSL philosophy supports sportsmanship and friendly competition amongst all participants and our focus, in whatever role we play, should be to support and follow these principles to the best of our abilities. The NBSL thanks you for your support and we wish you luck in the swim season.

Welcome to the 2011 North Brandywine Swim League Season! As you may have heard, this summer celebrates 50 great years of summer competitive swimming for our league. We are excited to celebrate this milestone with you and your clubs. As a coach or rep in the NBSL, you hold a special attachment to a league that has provided summer competition for area children in Brandywine Hundred for five decades. Thank you for your hard work and your dedication to working with young people.

This offseason we continued to meet to find ways to strengthen our league. Committee teams were established again to improve sharing of best practices among clubs, consolidate information for reps and coaches, and plan the celebratory activities of our 50th anniversary. We hope you will give us feedback as we continuously seek to improve and support you and your swim teams.

Eligibility rules again were reviewed to make sure we are fostering a fair and competitive environment for all clubs and their swimmers. Please take a moment to review the current eligibility rules for 2011. It's important that we make logical choices when it comes to swimmer eligibility. It will be expected that each coach is aware of the NBSL eligibility rules. Please also exercise that good judgment as you build your rosters this month. Any eligibility questions or approvals must be sent to your pool rep who will then forward this to the NBSL Executive Committee.

50 years of accomplishment doesn't just happen by itself. I want to thank each of you for being part of something special and playing an important role as a coach and mentor. The kids you work with today will remember your influence in their lives when they are adults. Your work with young people plays an important role and helps shape the future of our community. Without you we do not have a league. Thank you for your commitment to our swimmers and I wish you the very best this summer. Please do not hesitate to contact me if I can be of assistance.

Have a great summer!

Jim Barnett
NBSL President
barnj30@comcast.net
Cell: 302-383-1887

2011 NBSL SCHEDULE

Date	Red Division Away Home		White Division Away Home		Blue Division Away Home	
Thursday, June 23rd (Friendly Meet)	Shellcrest	Graylyn Crest	Tatnall	Darley	Timberlane	Ashbourne
	High Point	Lane	River Road	Windybush	Del Vets	Arden
	Fair Blue	Crestview	Silverside	Elks	Green Acres	JCC
Tuesday, June 28th	Lane	Crestview	Del Vets	Fair Blue	Tatnall	High Point
	Graylyn Crest	Timberlane	Darley	Shellcrest	JCC	Arden
	Silverside	Green Acres	Windybush	Elks	Ashbourne	River Road
Thursday, June 30th	Timberlane	Silverside	Fair Blue	Shellcrest	JCC	River Road
	Crestview	Graylyn Crest	Elks	Darley	Arden	Tatnall
	Green Acres	Lane	Windybush	Del Vets	High Point	Ashbourne
Tuesday, July 5th	No meets		No meets		No meets	
Thursday, July 7th	Lane	Timberlane	Darley	Windybush	River Road	Arden
	Silverside	Graylyn Crest	Fair Blue	Elks	High Point	JCC
	Green Acres	Crestview	Shellcrest	Del Vets	Ashbourne	Tatnall
Sunday, July 10th	**MANDATORY** Preliminary Entries Due / 5:30 - 7:00PM - Del Vets					
Tuesday, July 12th	Crestview	Timberlane	Darley	Fair Blue	JCC	Tatnall
	Graylyn Crest	Green Acres	Elks	Del Vets	Arden	Ashbourne
	Lane	Silverside	Shellcrest	Windybush	River Road	High Point
Thursday, July 14th	Graylyn Crest	Lane	Windybush	Fair Blue	Arden	Highpoint
	Crestview	Silverside	Elks	Shellcrest	Tatnall	River Road
	Timberlane	Green Acres	Del Vets	Darley	Ashbourne	JCC
Saturday, July 16th	Girls and Boys Preliminary Championships - Graylyn Crest					
Sunday, July 17th	**MANDATORY** Championship Entries Due / 5:30 - 7:00PM Del Vets					
Tuesday, July 19th	No meets		No meets		No meets	
Thursday, July 21st	No meets		No meets		No meets	
Thursday, July 21st	**MANDATORY** Coaches Meeting - 5:30 - 7:00PM Ashbourne					
Friday, July 22nd	18U & 14U Girls and Boys Championships - 5PM Ashbourne					
Saturday, July 23rd	8U to 12U Girls and Boys Championships - 8AM Ashbourne					
Sunday, July 24th	Championships (Rain Date)					

NOTES

* All dual meets start promptly at 6pm.

* If a meet is canceled due to inclement weather, the meet will be made up the next evening. If a pool event has already been scheduled for the next evening, the meet will be swum the next available night.

* Friendly meet - 1) scores do not count but good practice to keep score 2) times count for qualifying for Championships 3) Ribbons will be awarded

North Brandywine Swim League
Order of Events

101	6 & U Boys 25 Freestyle	25	8 & U Boys 25 Breaststroke
102	6 & U Girls 25 Freestyle	26	8 & U Girls 25 Breaststroke
		27	10 & U Boys 25 Breaststroke
1	10 & U Boys 100 Medley Relay	28	10 & U Girls 25 Breaststroke
2	10 & U Girls 100 Medley Relay	29	12 & U Boys 50 Breaststroke
3	12 & U Boys 200 Medley Relay	30	12 & U Girls 50 Breaststroke
4	12 & U Girls 200 Medley Relay	31	14 & U Boys 50 Breaststroke
5	14 & U Boys 200 Medley Relay	22	14 & U Girls 50 Breaststroke
6	14 & U Girls 200 Medley Relay	33	18 & U Boys 50 Breaststroke
7	18 & U Boys 200 Medley Relay	34	18 & U Girls 50 Breaststroke
8	18 & U Girls 200 Medley Relay		
		35	8 & U Boys 25 Backstroke
201	6 & U Boys 25 Breaststroke	36	8 & U Girls 25 Backstroke
202	6 & U Girls 25 Breaststroke	37	10 & U Boys 25 Backstroke
		38	10 & U Girls 25 Backstroke
9	12 & U Boys 100 Individual Medley	39	12 & U Boys 50 Backstroke
10	12 & U Girls 100 Individual Medley	40	12 & U Girls 50 Backstroke
11	14 & U Boys 100 Individual Medley	41	14 & U Boys 50 Backstroke
12	14 & U Girls 100 Individual Medley	42	14 & U Girls 50 Backstroke
13	18 & U Boys 100 Individual Medley	43	18 & U Boys 50 Backstroke
14	18 & U Girls 100 Individual Medley	44	18 & U Girls 50 Backstroke
301	6 & U Boys 25 Backstroke	45	8 & U Boys 25 Butterfly
302	6 & U Girls 25 Backstroke	46	8 & U Girls 25 Butterfly
		47	10 & U Boys 25 Butterfly
15	8 & U Boys 25 Freestyle	48	10 & U Girls 25 Butterfly
16	8 & U Girls 25 Freestyle	49	12 & U Boys 50 Butterfly
17	10 & U Boys 25 Freestyle	50	12 & U Girls 50 Butterfly
18	10 & U Girls 25 Freestyle	51	14 & U Boys 50 Butterfly
19	12 & U Boys 50 Freestyle	52	14 & U Girls 50 Butterfly
20	12 & U Girls 50 Freestyle	53	18 & U Boys 50 Butterfly
21	14 & U Boys 100 Freestyle	54	18 & U Girls 50 Butterfly
22	14 & U Girls 100 Freestyle		
23	18 & U Boys 100 Freestyle	55	8 & U Boys 100 Freestyle Relay
24	18 & U Girls 100 Freestyle	56	8 & U Girls 100 Freestyle Relay
		57	10 & U Boys 100 Freestyle Relay
401	6 & U Boys 25 Butterfly	58	10 & U Girls 100 Freestyle Relay
402	6 & U Girls 25 Butterfly	59	12 & U Boys 200 Freestyle Relay
		60	12 & U Girls 200 Freestyle Relay
		61	14 & U Boys 200 Freestyle Relay
		62	14 & U Girls 200 Freestyle Relay
		63	18 & U Boys 200 Freestyle Relay
		64	18 & U Girls 200 Freestyle Relay

**NORTH BRANDYWINE SWIM LEAGUE
POOL DEPTHS DIVING RULES**

POOL	Depth 1	Start Method	Depth 2	8 and 10 Relay Start	Lanes	Yds or Meters	Comments
Arden	5ft	Blocks	3ft	Start in Water	5	25 Yard	
Ashbourne	L1-2 < 4ft, L3-6 > 4ft	Blocks, Lanes 3 - 6 In water, Lns 1 - 2	39"	Start in Water	6	25 Meter	Lanes 1 & 2 Unofficial
Crestview	7ft	Blocks	3ft	Start in Water	5	25 Yard	
Darley	10ft	Blocks	3ft	Start in Water	5	25 Yard	
Del Vets	9ft	Blocks	3.5ft	Start in Water	5	25 Yard	
Elks	5ft	Blocks	3.5ft	Start in Water	6	25 Meter	
Fair Blue	5ft	Blocks	3.5ft	Start in Water	6	25 Yard	
Graylyn Crest	5ft	Blocks	3.5ft	Start in Water	5	25 Meter	
Green Acres	9ft	Blocks	4ft	Start in Water	6	25 Meter	
High Point	5ft	Blocks	3ft	Start in Water	5	25 Yard	
Holiday Hills	9ft	Dive from Deck	3.5ft	Start in Water	4	25 Yard	
JCC	6ft	Blocks	4ft	Start in Water	6	25 Meter	
Lane	L1 < 4ft, L2-6 4ft 4in	Blocks, Lanes 2 - 6	L1 < 4ft, L2-6 4ft 4in	Start in Water	6	25 Meter	
River Road	5ft	Blocks	3.5ft	Start in Water	6	25 Meter	
Shellcrest	3.5ft	Start in Water	3.5ft	Start in Water	5	25 Yard	
Silverside	5ft	Blocks	3.5ft	Start in Water	6	25 Meter	
Tatnall	10ft	Blocks	3.5ft	Start in Water	4	25 Yard	
Timberlane	6ft	Blocks	3.5ft	Start in Water	4	20 Yard	
Windybush	5ft	Blocks	3.5ft	Start in Water	5	25 Yard	

North Brandywine Swim League (NBSL) looks to the rules and regulations as provided by USS Swimming, unless specified in the NBSL rule book. Under current USS Swimming rules, diving is only allowed in water depths of greater than 4'. The NBSL recommends the following USS Swimming water depth requirements for all competitive meets; however, each club is ultimately responsible for setting the water depth requirements for their particular pool. Visiting clubs are to abide by the requirements set by the home pool.

Less than 4' 0" - swimmers must start from the water

4' 0" or Greater - swimmers may start from blocks up to 29.5" in height (above the surface of the water)

Water depth is measured from 1.0 - 5.0 meters from the edge of the pool.

Please note that these requirements are not in effect for warm-ups. Diving in warm ups should only occur in designated lanes where the water depth is greater than 5 feet.

2011 NBSL QUALIFYING TIMES

25 METERS					
(Yard time * 1.11 USS conversion factor = Meter time)					
GIRLS					
AGE	FREE	BREAST	BACK	FLY	IM*
8&u	24.0	33.0	30.0	30.0	N/A
10&u	19.5	26.0	25.0	23.0	N/A
12&u	39.5	51.0	50.0	50.0	1:33
14&u	1:20	45.0	45.0	41.0	1:36
18&u**	1:15	44.0	40.0	35.0	1:28
BOYS					
AGE	FREE	BREAST	BACK	FLY	IM*
8&u	24.0	35.0	30.0	28.0	N/A
10&u	20.0	26.0	25.0	24.0	N/A
12&u	39.0	51.0	48.0	48.0	1:40
14&u	1:20	45.0	42.0	40.0	1:31
18&u**	1:05	42.0	36.0	35.0	1:21

25 YARDS					
GIRLS					
AGE	FREE	BREAST	BACK	FLY	IM*
8&u	21.6	29.7	27.0	27.0	N/A
10&u	17.6	23.4	22.5	20.7	N/A
12&u	35.6	45.9	45.0	45.0	1:20
14&u	1:08	40.5	40.5	36.9	1:23
18&u**	1:04	39.6	36.0	31.5	1:15
BOYS					
AGE	FREE	BREAST	BACK	FLY	IM*
8&u	21.6	31.5	27.0	25.2	N/A
10&u	18.0	23.4	22.5	21.6	N/A
12&u	35.1	45.9	43.2	43.2	1:26
14&u	1:08	40.5	37.8	36.0	1:18
18&u**	58.3	37.8	32.4	31.5	1:09

The qualifying times listed are to be used to determine which championship event a swimmer may or may not be eligible to participate in. Both meter and yard times have been provided. **ALL CHAMPIONSHIP ENTRIES MUST BE PRESENTED IN METERS.** 25 Yard times are to be multiplied by 1.11 to determine equal meter times. This is a conversion factor provided by USS Swimming. 20 Yard times are to be multiplied by 1.44 to determine meter times.

- * Times listed for I.M.'s are only a guideline. There will be no I.M.'s at preliminaries.
- ** 18 & under swimmers swim only at Championships and a qualifying time is not required. However, the times provided are based on past results for the majority of the 18 and under swimmers and they should be used as a recommended guideline when entering an event at Championships.

To determine Qualifying times from a 20 yard pool please use the other Qualifying Times sheet set up for 20 yard pools.

2011 NBSL QUALIFYING TIMES
TO BE USED FOR 20 YARD POOL
SUCH AS TIMBERLANE

20 yards					
to be used at Timberlane Pool					
GIRLS					
AGE	FREE	BREAST	BACK	FLY	IM*
8&u	16.6	22.8	20.7	20.7	N/A
10&u	13.6	18.0	17.3	16.0	N/A
12&u	27.4	35.3	34.6	34.6	1:04
14&u	55.4	31.2	31.2	28.5	1:06
18&u**	52.0	30.5	27.7	24.2	1:01
BOYS					
AGE	FREE	BREAST	BACK	FLY	IM*
8&u	16.6	24.3	20.8	19.4	N/A
10&u	13.9	18.0	17.3	16.6	N/A
12&u	27.0	35.4	33.3	33.3	1:09
14&u	55.4	31.2	29.2	27.7	1:03
18&u**	45.0	29.2	25.0	24.3	56.1

The qualifying times listed are to be used to determine which championship event a swimmer may or may not be eligible to participate in. 20 yard times have been provided.

ALL CHAMPIONSHIP ENTRIES MUST BE PRESENTED IN METERS.

Please use NBSL conversion chart to convert to meters or multiply times by 1.44.

* Times listed for I.M.'s are only a guideline. There will be no I.M.'s at preliminaries.

** 18 & under swimmers swim only at Championships and a qualifying time is not required.

However, the times provided are based on past results for the majority of the 18 and under swimmers and they should be used as a recommended guideline when entering an event at Championships.

NORTH BRANDYWINE SWIM LEAGUE RULES

- I. Dual Meet Procedure
- II. Duties of Officials
- III. Rules for Swimming the Strokes (USS)
- IV. League Rules
- V. Eligibility to Swim in NBSL Competition

I. Dual Meet Procedures

A. Equipment Needed for Dual Meets

- 1. Electronic Starter or Starter's gun and whistle
- 2. Minimum of six (6) stop watches for five (5) lane pools, seven (7) for six (6) lane pools provided from each pool.
- 3. Lineup sheets, event sheets, place judge pads, DQ cards
- 4. USS Handbook for Swimming Rules and Reference – (Most recent unless otherwise stated in the NBSL Rules.)
- 5. At least four lane dividers so that the pool can be divided into five equal lanes
- 6. Backstroke flags as per USS Handbook
- 7. Starting blocks are recommended
- 8. NBSL League Rules for the Current Year

B. Minimum Number of Officials Needed for Dual Meets

- 1. One (1) Referee (can hold other meet position)
- 2. One (1) Starter
- 3. Two (2) Stroke and Turn Judges (one from each team)
- 4. One (1) Head Timer
- 5. Two (2) Place Judges (one from each team)
- 6. Timers - two (2) per lane (one from each team)
- 7. One (1) Announcer
- 8. Minimum of Two (2)-Scorer-(one from each team)
- 9. One (1) Runner
- 10. Minimum of Two Ribbon Writers (one from each club)

C. Steps in Running a Dual Meet

- 1. Coaches must submit their completed lineups to the scorers by 5:45 with one copy being marked ORIGINAL by the scorer. One alternate is permitted per event including relays. Two official relays are allowed per relay event (with one alternate swimmer per relay team). The same alternate may not be assigned to more than 1 relay team per event. The Head Coach or NBSL Representative must notify the scorer of the intent to use an alternate two events prior to the start of the event.
 - a. A roster of all eligible swimmers must be present at each dual meet. The roster must include swimmer name, swimmer gender and age as of June 1st. The roster must be kept by a team representative (i.e. coach, NBSL rep, team parent) and must be presented to the scoring table by 5:45pm on the day of the dual meet. If a roster cannot be made available at the dual meet, the team may be penalized 7 points. If the roster contains fraudulent information, the team will automatically forfeit the meet and may be imposed additional penalties for the remainder of the year.

NORTH BRANDYWINE SWIM LEAGUE RULES

2. Names should be copied onto event sheets.
3. Event Sheets are given to the announcer who announces the swimmers, then turns the card over to the runner who delivers it to the head timer.
4. The Starter gives the swimmers instructions and then the starting signal.
5. Timers start their watches from the flash or smoke of the Starter's gun. Timers stop their watches upon swimmer finishing race and determine the official time by averaging both watches and rounding up to the nearest hundredth/sec.
6. At the finish of the race, the Head Timer records the times obtained from the Lane Timers on the Event Sheet.
7. The Runner then returns the Event Sheet and the Place Judge slips to the Scorer's table.

Note: To save time, the Announcer should announce the next event while the swimmers in the current event are swimming their last lap.

D. Friendly or Practice Meet

1. Each pool may be assigned a meet against another pool in their division or another division as a friendly or practice meet.
2. The friendly or practice meet will not count in the end of the year NBSL standings.
3. Times and records attained at the NBSL sanctioned practice meet can be counted towards championships and as pool and team records.
4. Team scores will not be announced during, or at the end of the friendly meet unless agreed upon by both pool's NBSL Representatives.

II. Duties of Officials

Coaches, Assistant Coaches, Swimmers, etc., of either competing team shall not be eligible for official duties.

- A. Meet Director/Referee.** Shall be supplied by the home pool. The Referee is in charge of the entire meet, over the coaches, officials, spectators and swimmers. In the case of no assigned Referee, the home team NBSL Representative or designee shall be the Referee. The meet Referee must be announced over the loudspeaker before the meet begins.
1. Insure pool is setup properly. Starting blocks, lane lines, flags, etc.
 2. Determine (and inform) how dual confirmation of relay takeoffs will be determined.
 3. Arrange for qualified officials and assign all officials to their proper positions.
 4. Settle all disputes. The Referee has the discretion to rule on all decisions especially when stroke and turn judges disagree.
 5. Decide on postponements due to any/all circumstances including weather. Upon deciding on canceling or postponing a meet the Referee will determine the time and place to resume the meet. Postponed meets will be resumed at the point where the meet was stopped. The original lineup will be strictly adhered to with no changes to the original sheet. Only those listed on the original may swim. This applies to alternates as well. Postponed meets should be resumed

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the next day when possible. If mutually agreed upon by both club's NBSL representatives and approved by the referee, meets may be rescheduled for a later date. The referee will make the final decision and inform teams, parents, officials, etc over the public address system of the date and time of the rescheduled meet prior to leaving the pool. Both pool NBSL Representatives should keep the official copies of the lineups during the postponement. Please try to wait at least one hour to try to get the meet in before canceling.

6. Ensure lifeguard is in place on lifeguard stand during warm-ups and available during meets. However, it is also recommended that a lifeguard remain on the stand during the dual meet.
7. Discipline - The referee representing the home pool shall be responsible for the maintenance of proper behavior at all times during the meet. The referee has the authority to:
 - a. Challenge a swimmers eligibility
 - b. Challenge the eligibility of officials
 - c. Overrule any decisions by other officials
 - d. Stop the meet to clear pool deck, scores table, etc,
 - e. Determine unsportsmanlike conduct by any person on the pool grounds and to take appropriate action to insure NBSL code of conduct rules are strictly followed!

B. Starter

1. The starter shall have full control of the swimmers from the time they step up on the blocks until they hit the water.
2. Notify swimmers of distance and type of event.
3. Call the swimmers to the blocks. Using the command "take your mark" and discharging a starting mechanism begin the race.
4. Starter shall determine false starts and shall disqualify swimmer after the second false start.
5. False starts – swimmers will be recalled.
6. Dual confirmation of false starts is not required. The starter will determine if there is a false start.

C. Head Timer

1. Assign and instruct timers
2. Start his watch in case one of lane timers fails to start theirs.
3. Write down official times on time sheet for each lane.

D. Place Judges

1. Position them on the side of the pool at the finish end to adequately see the finish.
2. For Relays, the place judges will determine if a swimmer leaves before the incoming swimmer touches the end of the pool. Both place judges must agree with this infraction to disqualify a relay team. This infraction must be communicated to the Starter and a stroke and turn official immediately after the end of the race.
3. Record race result on place sheet and give to runner/head timer
4. All heats must be place judged.

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E. Stroke and Turn Judges

1. Shall have jurisdiction of all swimmers immediately after the starting signal.
2. Signal all disqualifications by raising hand and recording infractions on the proper DQ form and handing it off to the runner/Head Timer. The stroke and turn judge is responsible for making sure the DQ form is handed to the scorers as close to the end of the race as possible.
3. Stroke judges shall determine the legality of each swimmers stroke, turn and finish as per most recent USS Swim Rule Book and NBSL modifications.
4. Inform the coach (and/or swimmer when possible) of the nature of each infraction.
5. Stroke and Turn judges must have a clear view of the entire pool, and walk the length of the pool to stay in proper position.
6. Stroke and turn judges usually act as relay takeoff judges at the non-finish end of the pool to determine the legality of takeoffs. Departing swimmers must remain in contact with the starting platform until the incoming swimmer touches the finish end of the wall. They must disqualify any relay if a swimmer leaves early. The takeoff judge must raise his hand at the end of a race upon determining an illegal start. Takeoff violations must be dual confirmed with the opposing official.
7. Stroke and Turn Judges should wear white shirts as to be more easily identified by each team.
8. If there are other officials in training these officials may not make a separate call, nor may the two officials watch separate lanes, they must act as one official.

F. Timer

1. 2 timers for each lane, one from each club.
2. Timers should stand at the finish end of the assigned lane to best see the finish.
3. Timers should start their watch at the starters signal. Advise head timer if watch malfunctions.
4. Swimmers complete their race when any part of their body contacts the end wall.
5. After determining the official time, by averaging the 2 watches and rounding up to the nearest hundredth, it is given to the Head Timer to record on time card. This applies to all heats, official and unofficial.
6. Watches should be cleared when the starter calls the next heat to the blocks.
7. A parent should step away or switch lanes (i.e. move from lane 4 to lane 5) when their child is swimming. Parent should not time their child.

G. Announcer

1. Before the start of each event, the announcer shall announce the event, lane, and name of swimmer and club affiliation of each competitor.
2. At appropriate intervals, he shall announce the running score. He may make any other announcements as requested by the Meet Director or the Pool Management.

H. Scorers

1. The Scorers (one from each pool) shall:

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- a. Keep the meet moving by having Event Sheets prepared in advance.
- b. Record the order of finish. If Place judges disagree, go to times. Bring any questions immediately to the Referee's attention.
- c. Record finish time for all swimmers and place for each official swimmer in each heat.
- d. Record point scores after each event in a cumulative order so that the final score will be immediately available at the end of the meet. Individual events score 5 points for first, 3 for second and 1 for third. Relays score 5 for first and 2 for second. One team may take the points for both first and second place in both individual and relay events. If a team has three swimmers (or relay teams) in a race they may only take points for first and second place, since there are only 2 official entries per team per event.
- e. Record all disqualifications. Scorers are not to reject or throw out any disqualifications without approval of the Referee.
- f. Record Pool and Team records.
- g. Give finished event sheets to Ribbon Writers.
- h. The **Home Team** shall be responsible for delivering the Meet Summaries to the News Journal. Please provide first initial and last name on all entries.
- i. Team scores may be announced at each stroke change, or at the bottom of the official lineup page, as agreed upon by the two pool's NBSL Representatives. In the case of one team winning by a large margin, the actual score does not need to be read, simply which team won.
- j. Team scores will not be announced during, or at the end of the friendly meet unless agreed upon by both pool's NBSL Representatives.
- k. The only people who are allowed to approach the scorer's table are the NBSL Representatives, coaches, and officials.

Rules for Swimming the Strokes

Please refer to latest USS Handbook for Swimming, available @ USA-Swimming.org.

IV. League Rules

1. USS rules apply to all situations not specifically addressed by the NBSL.
2. No altering order of events.
3. Ages are as of June 1. If birthday is June 1, you move up.
4. Swimmer may enter in 2 official individual events and 1 official freestyle relay and 1 official medley relay. In the Blue division 3 individual events are permitted. Opposing coach may elect the event to disqualify violator(s).
5. Two official entries per event are permitted including relays.
6. Unofficial heats may be conducted at the discretion of the referee.
7. A swimmer may not swim the same event in two different age groups.
8. The first heat is always the official heat.
9. Teams will alternate lanes. The home team gets odd numbered lanes, visiting team even lanes. Before the start of the meet the referee determines the unofficial lane(s).
10. Entries that have been submitted (by 5:45 pm) must include the first initial and last name. (In cases where more than one swimmer has the same initial the full name is required). Entries must be completed in duplicate on NBSL

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forms with one set marked by the scorer as ORIGINAL. No changes are permitted after entries have been turned in. Coaches may list one alternate per event that counts against the legal number of official entries permitted per person. The coach must inform the scorer 2 events prior to the start of that event if an alternate will be used, after which no changes are permitted. Relay entries are subject to the same rules as individual events. Failure to comply with any of these rules will result in a disqualification of that entry.

11. Entry sheets not turned by 5:45 pm should result in a 7-point penalty.
12. Every NBSL swim meet must be held unless approved by the President.
13. In the event of a cancellation or postponement only swimmers listed on the ORIGINAL sheet are allowed to swim. This includes alternates.
14. Supplemental rules governing 6 and under: **(In Dual Meets Only)**
 - a. In **breaststroke** and **butterfly**, swimmers who do not touch with simultaneous two hand touches should not be disqualified. However the finish of the race should not be determined for that swimmer until the second hand touches the wall.
 - b. In the **butterfly** an effort to recover both arms over the water should be in evidence.
 - c. Judges should still inform swimmers and coaches of the "infraction".
 - d. In backstroke, catching of heads is permitted. No swimmer may be helped, by any other person, to gain an unfair advantage.
15. The home team shall provide adequate ribbons for all individual swimmers in every heat, every individual event (except 14 and overs). Ribbons designating first, second, third, fourth place are given to the winners of those places and participant or placement ribbons may be given to all others places. Only First place ribbons are required for relays. The ribbons should be completed at the meet.
16. The referee should settle all disputes. The NBSL may convene to the Exec Rules Committee to arbitrate disputes. Disputes should be submitted in writing.
17. Head to head competition will be the tie breaking mechanism to determine which team moves up/down. When ties involve more than 2 teams, points scored will be the mechanism.
18. The throwing of any person into the pool is prohibited and will result in disqualification of individuals or teams that violate this safety rule.
19. Smoking, alcoholic beverages, and disorderly conduct are prohibited on the deck at all NBSL Swim meets. Persons violating these rules may be banned from all NBSL events.
20. Under the NBSL courtesy policy members of a club hosting an NBSL event are permitted to use the visiting pool during the event. It is the responsibility of the NBSL representative to make their club, board and all employees aware of this policy.
21. The starting/diving policies of each club will be presented at the coaches meeting every year. The NBSL looks to the rules and regulations as provided by USS Swimming, which requires a minimum diving depth of 4 feet, but each club determines their policy based on their individual pool circumstances. Please refer the NBSL pool depth addendum, which provides the specific policy for each club.

NORTH BRANDYWINE SWIM LEAGUE RULES

22. The home team will have the first warm-up. The away team will have the 2nd warm-up (before a dual meet).
23. In the event of inclement weather, the Meet Referee with the NBSL reps from each team; and not the coach, will make the final decision if and when the meet will be rescheduled. Teams should wait at least one hour before postponing a dual meet. If the meet needs to be rescheduled it should be swum the next evening or as soon as possible if there is a scheduled event already for the pool. If the meet needs to be rescheduled and the NBSL reps cannot agree then the meet will be swum the next night.
24. A parent should step away or switch lanes (i.e. move from lane 4 to lane 5) when their child is swimming. Parents should not time their child.
25. An individual cannot get in the pool and assist a swimmer down the lane during an NBSL sanctioned swim meet.

V. Eligibility

The NBSL seeks to provide a fun, family, competitive environment for young swimmers on our member teams. It is expected that each swimmer be a bona fide member of their team.

Recognizing that each club has different requirements for membership and may have different categories of membership within its club, the NBSL will rely on teams to fairly determine eligibility of their swimmers. Please see the full eligibility rules on the NBSL website.

1. A swimmer may only represent one summer recreational club during any season.
2. For NBSL competitions, employees are not eligible to swim for that team unless they were a bona fide member during the previous season.
3. An employee of one club may swim for another club provided they meet all eligibility requirements.
4. Swimmers must compete in at least ~~one~~ two dual meets to be eligible to compete in any championship event.
5. Please see complete eligibility rules as revised for the 2010 swim season.

**** In extraordinary cases, exceptions to these rules may be requested by appealing, in writing, to the Executive Board of the NBSL prior to the start of the dual meet season.

2011 NBSL Championship Entries

The NBSL Preliminary Championships and Championships will be run and scored electronically using the Meet Manager software. Entries must be prepared and submitted on disk or by email.

The meet event files, instructions for use of Team Manager/Team Manager Lite, and a download link for Team Manager Lite can be found in the championship information area on the NBSL website, www.nbslswim.org.

Note for big teams: The TM II Lite software restricts the number of swimmers to 100. Some suggestions for getting around this limitation:

- Only enter swimmers that will be attending championships
- Define a girls team and a boys team separately
- Define a 10&U team and 11&Over team separately

For questions or help with setting up the software or meet entries, contact Mike Phillips 354-2782 (day& evening) or by email, mphillips@curtisswright.com.

Entries must be submitted either on a floppy disk/CD/USB flash drive or by email to mphillips@curtisswright.com. If submitting by email, please send before 4PM on days that entries are due. A hardcopy of the entries must also be provided. TM Lite can print an entry report.

Roster checks to make sure each team has Team Manager running will be by email only this year. Email at least a portion of the team roster to mphillips@curtisswright.com by June 16th.

Entry Timelines

We are attempting to have the following timelines for entries and their reviews. The final timelines will depend on the needs of the print shop that will be used for the programs.

Preliminary Champs

Sunday July 10 – Prelim entries turned in at DelVets. We should be ready by 5:30. If you email the entries, please do so before 4PM.

Prelims will be run as a positive check in meet. Please have all swimmers arrive early and check in. We have to process the no-shows and then produce the heat sheets with heat and lane assignments. **This process goes faster if teams do not submit entries for swimmers that will not show up.**

Champs

Sunday July 17 – Champs entries turned in at DelVets. We should be ready by 5:30. If emailing entries, please do so by 4PM. **Entries must be turned in on Sunday even if Prelims are postponed to Sunday due to weather.**

Thursday July 21 – Champs coaches meeting at Ashbourne 5:30-7. Coaches **MUST** attend this meeting to review entries, Final opportunity for last minute changes (will not be in program) and to pick up pre-meet information.

Changes may not be accepted the day of the Meet. ALL coaches MUST attend the Coaches meeting to ensure all entries are correct.

NBSL PRELIMINARY CHAMPIONSHIPS

GRAYLYN CREST SWIM CLUB

SATURDAY, JULY 16th 2010 2011

Pool Schedule

6:45 AM	Gates Open
6:45 – 7:30	Swimmer Check-In: <u>Mandatory Positive Check-In for ALL Swimmers!!!</u>
7:00 – 8:00	Warm Up
8:20	Final call for the first event
8:30	Meet begins

Coaches & Officials

6:45	Officials report and sign in
7:30 – 8:00	Swimmer Seeding
7:50	Timers meeting with Head Timer
Place Judges and Stroke & Turn meeting with Referee	
8:00	Coaches meeting with meet director (Please attend promptly)

Rules

- 1) All league rules in effect. Swimmer age is as of June 1st.
- 2) Due to the NBSL pool depth addendum, only 5 lanes will be used for the diving events. 6 lanes will be used for all backstroke events.
- 3) All swimmers must have competed in at least two dual meets.
- 4) Swimmers may swim up in age, but may not swim the same stroke in different age groups.
- 5) Swimmer heat and lane assignments will be made on the day of the meet after swimmers have checked in. If a swimmer is not checked in by 7:30, we will do our best to accommodate the swimmer, but due to the nature of this meet, we cannot guarantee the entry. **Therefore, make certain all swimmers arrive for mandatory check-in!**
- 6) Awards for the first ten places.
 - Individual Events: 1 – 6 medals / 7 – 10 ribbons

Only Coaches May Pick Up Awards!

- Participation ribbons will be awarded to all 6U swimmers if they do not finish in the Top 10
- 7) Scoring will be based on the final results as decided by the meet director. Place and time will be determined primarily by the Colorado Timing System.
 - 8) Swimmers are limited to **2 individual** events. Swimmers are permitted to swim in both championship events (prelims and championships) provided they meet the qualifying times for that specific event.
 - 9) Respect and appreciate your NBSL representatives!!!
 - 10) Have Fun!!!

NBSL PRELIMINARY CHAMPIONSHIPS –
GRAYLYN CREST SWIM CLUB
SATURDAY, JULY 16th 2011

Swimmers

- 6:45am - Gates Open, Mandatory Check In for all swimmers begins.

- Swimmer Warm-ups as follows:
 - 7:00am - 7:15am (Lane, Shellcrest, River Road, JCC, Arden, Graylyn Crest)
 - 7:15am - 7:30am (Tatnall, Elks, Silverside, Ashbourne, Green Acres, High Point)
 - 7:30am - 7:45am (Darley, Del Vets, Fair Blue, Timberlane, Crestview, Windybush)
 - 7:45am – 8:00am (Open warmup)

- *** Please note lanes 1 and 2 will be designated as sprint lanes for warm ups***

- First Call – ~8:10am
- Final Call - ~8:20am
- Meet Begins - ~8:30am
- 6U Backstroke Award Presentation (at the completion of the backstroke events)
- Meet Finish - ~1:00pm

Coaches & Officials

- Officials report and sign-in - 6:45am
- Timers meeting with head timer - 7:50am
- Starters/Place Judge/Stroke & Turn Meeting with Meet Referee - 7:50am
- Coaches Meeting with Meet Referee & Scoring Table for final corrections/scratches and any questions - 8:00am
- Relay swimmer names on index cards due to Scoring Table - 8:30am

NBSL PRELIMINARY CHAMPIONSHIP ORDER OF EVENTS

Saturday, July 16th, 2010 2011

Event Description

14 & U Boys 50 Butterfly
14 & U Girls 50 Butterfly
12 & U Boys 50 Butterfly
12 & U Girls 50 Butterfly
10 & U Boys 25 Butterfly
10 & U Girls 25 Butterfly
8 & U Boys 25 Butterfly
8 & U Girls 25 Butterfly

14 & U Boys 50 Backstroke
14 & U Girls 50 Backstroke
12 & U Boys 50 Backstroke
12 & U Girls 50 Backstroke
10 & U Boys 25 Backstroke
10 & U Girls 25 Backstroke
8 & U Boys 25 Backstroke
8 & U Girls 25 Backstroke
6 & U Boys 25 Backstroke
6 & U Girls 25 Backstroke

150-Mixed Relay (6U, 8U, 10U, 12U & 14U)

14 & U Boys 50 Breaststroke
14 & U Girls 50 Breaststroke
12 & U Boys 50 Breaststroke
12 & U Girls 50 Breaststroke
10 & U Boys 25 Breaststroke
10 & U Girls 25 Breaststroke
8 & U Boys 25 Breaststroke
8 & U Girls 25 Breaststroke

14 & U Boys 50 Freestyle
14 & U Girls 50 Freestyle
12 & U Boys 50 Freestyle
12 & U Girls 50 Freestyle
10 & U Boys 25 Freestyle
10 & U Girls 25 Freestyle
8 & U Boys 25 Freestyle
8 & U Girls 25 Freestyle
6 & U Boys 25 Freestyle
6 & U Girls 25 Freestyle

* Note: Actual event order subject to change

Preliminary Championship Meet Format / Rules

- Preliminaries are scheduled for Saturday, July 16th.
 - All league rules are in effect. Swimmers age is as of June 1st.
 - All swimmers must have competed in at least one dual meet.
 - Swimmers may swim up in age, but may not swim the same stroke in different age groups.
 - Swimmers who have **NOT** met a Championships qualifying time for a given stroke can be entered into Preliminaries.
 - Swimmers should not be entered into an event if they cannot consistently swim a stroke.
 - Preliminaries will be run as a dual meet. If a qualifying time is met during an event, it will qualify the swimmer to be entered in Championships on the following weekend.
 - Swimmers are permitted to swim in both championship events (prelims and championships) provided they meet the qualifying times for that specific event. However, swimmers are limited to 2 individual events. For example, a swimmer can be entered into 1) one event at Prelims and one event at Champs or 2) two events at Prelims or 3) two events at Champs.
 - Mixed 150 freestyle relays will be swum at Prelims after the Backstroke events. The mixed relay will consist of a 6U, 8U, 10U, 12U & 14U. Each team can enter two relays.
 - Entry times for swimmers will be due on Sunday, July 11th, with the meet taking place on the Saturday of the same week. Programs may not be provided the day of the meet, but psych sheets will be distributed electronically by the end of the week to all coaches and reps once all the data has been entered. A psych sheet will rank each swimmer per event (no heat or lane assignments), based on the times provided. Additionally, psych sheets will be posted around the pool on the day of the meet.
 - Preliminaries will be run as a positive check-in meet. Swimmer heat and lane assignments will be made on the day of the meet after swimmers have checked in. If a swimmer is not checked in by 7:30am, we will do our best to accommodate the swimmer, but due to the nature of this meet, we cannot guarantee the entry. **Therefore, make certain all swimmers arrive for mandatory check-in!**
 - Warm-ups will begin at approximately 7:15am.
 - Once all swimmers have checked in, heat and lane assignments will be made per event. Several copies will be provided to the coaches and copies will be given to the various officials. Once a full stroke ranking is complete and copies have been provided, the meet will begin.
 - All league stroke and turn rules are in effect. Additionally, dual confirmation of a stroke or turn disqualification will be in effect for all events as Preliminary swimmers at this age sometimes have awkward, but proper, mechanics.
- Special rules will be in effect for 6U swimmers. 6U swimmers may only swim 6U Freestyle and 6U Backstroke at Prelims. 6U who wish to swim Breaststroke or Butterfly may swim as an 8U but will be subject to 8U disqualification rules.
 - A 6U should only be entered into the event if they can consistently swim the stroke. This is no different than any other age or stroke requirements we have today. There WILL BE disqualifications of a 6U event during Preliminaries. Swimmers, who swim the event without being disqualified, and finish in the Top 10, will receive a medal or place ribbon. All other participants will receive a participation ribbon, even if they were disqualified. Third, no 6U events will be swum at Champs, although a 6U who has met an 8U qualifying time can swim at Champs.
- If a coach has a question or an issue during the course of the meet, it should be directed only to the meet referee. The referee will be announced prior to the start of the meet. Additionally, please refer to the NBSL code of conduct for the proper conduct during an NBSL sanctioned event.
 - Awards will be provided for the first ten places. First place through sixth place will receive medals and seventh place to tenth place will receive ribbons. Heat winner ribbons will also be provided. Only coaches may pick up awards.
 - Scoring will be based on the final results as decided by the referee. Place and time will be determined primarily by the Colorado Timing System.
 - Have Fun!

NBSL CHAMPIONSHIPS – ASHBOURNE SWIM CLUB

FRIDAY, JULY 22nd ~~2010~~ 2011

18 & UNDER / 14 & UNDER (GIRLS & BOYS)

Pool Schedule

3:30 PM	Gates Open
4:00	1 st warm-up
4:15	2 nd warm-up
4:30	3 rd warm-up
4:45	Pool Closed
	Division Award Winner Trophy Presentations
4:50	Final call for the first event
5:00	Meet begins

Coaches & Officials

3:45	Officials report and sign in
4:30	Timers meeting with Head Timer

Place Judges and Stroke & Turn meeting with Referee

4:30 Coaches meeting with meet director for final corrections/scratches and any other business.
Relay swimmers names presented at scorers table. (Please attend promptly)

Rules

- 1) All league rules in effect. Swimmer age is as of June 1st.
- 2) Due to the NBSL pool depth addendum, only 4 lanes will be used for the diving events. 6 lanes will be used for all backstroke events.
- 3) All swimmers must have competed in at least one dual meet.
- 4) Swimmers may swim up in age, but may not swim the same stroke in different age groups.
- 5) Awards for the first ten places.
 - Individual Events: 1 – 6 medals / 7 – 10 ribbons
 - Relay Events: 1 -3 medals / 4 – 10 ribbons

Only Coaches May Pick Up Awards!

- 6) Scoring will be based on the final results as decided by the meet director. Place and time will be determined primarily by the Colorado Timing System.
- 7) Only top two swimmers from team will score.
- 8) Swimmers are limited to **2 individual** events and 2 relays. Swimmers are permitted to swim in both championship events (prelims and championships) provided they meet the qualifying times for that specific event.
- 9) Respect and appreciate your NBSL representatives!!!
- 10) Have Fun!!!

NBSL CHAMPIONSHIPS – ASHBOURNE SWIM CLUB
FRIDAY, JULY 22nd ~~2010~~ 2011
18 & UNDER / 14 & UNDER (GIRLS & BOYS)

Swimmers

- 3:30pm - Gates Open

- Swimmer Warm-ups as follows:
4:00pm - 4:15pm (Lane, Shellcrest, River Road, JCC, Arden, Graylyn, Crestview)
4:15pm - 4:30pm (Tatnall, Elks, Silverside, Ashbourne, Green Acres, High Point)
4:30pm - 4:45pm (Darley, Del Vets, Fair Blue, Timberlane, Crestview, Windybush)

*** Please note lanes 5 and 6 will be designated as sprint lanes for warm ups***

- Division Award Winner Trophy Presentations - 4:45pm
- First Call – 4:45pm
- Meet Begins - 5:00pm
- Award Presentations (at completion of the backstroke events)
- Meet Finish - Approximately 9:30pm

Coaches & Officials

- Officials report and sign-in - 3:45pm
 - Timers meeting with head timer - 4:30pm
 - Starters/Place Judge/Stroke & Turn Meeting with Meet Referee - 4:30pm
 - Coaches Meeting with Meet Referee & Scoring Table for final corrections/scratches and any questions - 4:30pm
- Relay swimmer names on index cards due to Scoring Table 4:30 PM.

NBSL CHAMPIONSHIP ORDER OF EVENTS

18 & Under / 14 & Under (Girls and Boys)

Friday, July 22nd, 2010

Event Description

Boys 14 & Under 200 Medley Relay
Girls 14 & Under 200 Medley Relay
Men 18 & Under 200 Medley Relay
Women 18 & Under 200 Medley Relay

Boys 14 & Under 100 IM
Girls 14 & Under 100 IM
Men 18 & Under 100 IM
Women 18 & Under 100 IM

Boys 14 & Under 100 Freestyle
Girls 14 & Under 100 Freestyle
Men 18 & Under 100 Freestyle
Women 18 & Under 100 Freestyle

Boys 14 & Under 50 Breaststroke
Girls 14 & Under 50 Breaststroke
Men 18 & Under 50 Breaststroke
Women 18 & Under 50 Breaststroke

Boys 14 & Under 50 Backstroke
Girls 14 & Under 50 Backstroke
Men 18 & Under 50 Backstroke
Women 18 & Under 50 Backstroke

Boys 14 & Under 50 Butterfly
Girls 14 & Under 50 Butterfly
Men 18 & Under 50 Butterfly
Women 18 & Under 50 Butterfly

Boys 14 & Under 200 Freestyle Relay
Girls 14 & Under 200 Freestyle Relay
Men 18 & Under 200 Freestyle Relay
Women 18 & Under 200 Freestyle Relay

* Note: Actual event order subject to change

NBSL CHAMPIONSHIPS – ASHBOURNE SWIM CLUB

SATURDAY, JULY 23rd ~~2020~~ 2011

8U TO 12U (GIRLS AND BOYS)

Pool Schedule

6:45 AM	Gates Open
7:00	1 st warm-up
7:15	2 nd warm-up
7:30	3 rd warm-up
7:45	Pool Closed
7:50	Final call for the first event
8:00	Meet begins

Coaches & Officials

6:45	Officials report and sign in
7:30	Timers meeting with Head Timer

Place Judges and Stroke & Turn meeting with Referee

7:30 Coaches meeting with meet director for final corrections/scratches and any other business.

Relay swimmers names presented at scorers table. (Please attend promptly)

Rules

- 1) All league rules in effect. Swimmer age is as of June 1st.
- 2) Due to the NBSL pool depth addendum, only 4 lanes will be used for the diving events. 6 lanes will be used for all backstroke events.
- 3) Relay in-water starts are in place for the shallow end of the pool.
- 4) All swimmers must have competed in at least one dual meet.
- 5) Swimmers may swim up in age, but may not swim the same stroke in different age groups.
- 6) Awards for the first ten places.
 - Individual Events: 1 – 6 medals / 7 – 10 ribbons
 - Relay Events: 1 -3 medals / 4 – 10 ribbons

Only Coaches May Pick Up Awards!

- 7) Scoring will be based on the final results as decided by the meet director. Place and time will be determined primarily by the Colorado Timing System.
- 8) Only top two swimmers from team will score.
- 9) Swimmers are limited to **2 individual** events and 2 relays. Swimmers are permitted to swim in both championship events (prelims and championships) provided they meet the qualifying times for that specific event.
- 10) Respect and appreciate your NBSL representatives!!!
- 11) Have Fun!!!

NBSL CHAMPIONSHIPS – ASHBOURNE SWIM CLUB

SATURDAY, JULY 23rd ~~2020~~ 2011

8U TO 12U (GIRLS AND BOYS)

Swimmers

- 6:45am - Gates Open
- Swimmer Warm-ups as follows:
 - 7:00am - 7:15am (Lane, Shellcrest, River Road, JCC, Arden, Graylyn Crest)
 - 7:15am - 7:30am (Tatnall, Elks, Silverside, Ashbourne, Green Acres, High Point)
 - 7:30am - 7:45am (Darley, Del Vets, Fair Blue, Timberlane, Crestview, Windybush)

*** Please note lanes 5 and 6 will be designated as sprint lanes for warm ups***

- Division Award Winner Trophy Presentations - 7:45am
- First Call – 7:45am
- Meet Begins - 8:00am
- Award Presentations (at the completion of the backstroke events)
- Meet Finish - Approximately 2:00pm
- League Trophy Presentations to Meet Champions (1st, 2nd & 3rd place) – 5 minutes after meet finish

Coaches & Officials

- Officials report and sign-in - 6:45am
- Timers meeting with head timer - 7:30am
- Starters/Place Judge/Stroke & Turn Meeting with Meet Referee - 7:30am
- Coaches Meeting with Meet Referee & Scoring Table for final corrections/scratches and any questions - 7:30am
- Relay swimmer names on index cards due to Scoring Table - 7:30am

NBSL CHAMPIONSHIP ORDER OF EVENTS
8 & Under to 12 & Under (Girls and Boys)
Saturday, July 23rd, ~~2010~~ 2011

Event Description

Boys 12 & Under 200 Medley Relay
Girls 12 & Under 200 Medley Relay
Boys 10 & Under 100 Medley Relay
Girls 10 & Under 100 Medley Relay

Boys 12 & Under 100 IM
Girls 12 & Under 100 IM

Boys 8 & Under 25 Freestyle
Girls 8 & Under 25 Freestyle
Boys 10 & Under 25 Freestyle
Girls 10 & Under 25 Freestyle
Boys 12 & Under 50 Freestyle
Girls 12 & Under 50 Freestyle

Boys 8 & Under 25 Breaststroke
Girls 8 & Under 25 Breaststroke
Boys 10 & Under 25 Breaststroke
Girls 10 & Under 25 Breaststroke
Boys 12 & Under 50 Breaststroke
Girls 12 & Under 50 Breaststroke

Boys 8 & Under 25 Backstroke
Girls 8 & Under 25 Backstroke
Boys 10 & Under 25 Backstroke
Girls 10 & Under 25 Backstroke
Boys 12 & Under 50 Backstroke
Girls 12 & Under 50 Backstroke

Boys 8 & Under 25 Butterfly
Girls 8 & Under 25 Butterfly
Boys 10 & Under 25 Butterfly
Girls 10 & Under 25 Butterfly
Boys 12 & Under 50 Butterfly
Girls 12 & Under 50 Butterfly

Boys 8 & Under 100 Freestyle Relay
Girls 8 & Under 100 Freestyle Relay
Boys 10 & Under 100 Freestyle Relay
Girls 10 & Under 100 Freestyle Relay
Boys 12 & Under 200 Freestyle Relay
Girls 12 & Under 200 Freestyle Relay

* Note: Actual event order subject to change

Meet Day Timetable Agreement:

Team name: _____ Date: _____

Coaches name: _____

signature: _____

Pool Rep's name: _____

signature: _____

- I understand that the extra heats will be due to the home team by noon the day of the meet.
- I understand that my pool's extra heats ~~must~~ be presented to the other team on a standard sheet dictated by the NBSL.
- I understand that my pool will provide adequate copies of the extra heats with their lane assignments to the away team and expect the same from them.
- I understand that my team's official lineup will be presented to the scorer's table by 5 PM the day of a meet.
- I understand that changes made to the official lineup after 5:45 PM will not be allowed for any official events.

This does not mean that the coach or NBSL Rep must do all of these things, just be aware that these deadlines must be met by someone responsible on the team. Any special instructions or needs must be discussed well prior to the meet with the other pool's NBSL rep.

If any of these deadlines cannot be met, the other team's NBSL Rep and coaches must be contacted before the meet. We do not want to have to impose penalties*.

These deadlines are meant to make meets easier for the away team and should lead to less stress at the scorer's table.

Thank- you for your attention to this matter.

**If these conditions are not met consistently and meets are being delayed, penalties will be imposed in 2012.*

2011 NBSL Meet Day Standards Committee

Scoring Table Meet Timelines

- Noon: Extra Heats are due to the Home team. Please make sure you have used the approved extra heat sheet provided by the NBSL.
- Before the meet: Extra Heats should be combined and a master heat sheet created, or 2 sheets with each team on one. Each heat should ideally alternate swimmers from each team, until either only one team is left or all swimmers are assigned lanes. No swimmer should have to swim by themselves. In the case of only one extra swimmer in an event, the unofficial swimmer/swimmers from the official heat should be moved into the first unofficial heat.

Girls and boys may be combined, but the official event in each case should be swum before unofficial events.

The home team should then copy the names of the swimmers in the extra heats to the event sheets.

Ideally the home team will also write up their official event sheets also so that when they go to the meet, the away team can begin writing as soon as they get there.

- 5 PM: Scorers should arrive at the scorer's table
Each team's official lineup is due to the scorer's table
- 5:05 PM Away team must have access to official event sheets to begin writing their swimmers names on the sheets. If the home team has not pre-written the event sheets, they may have them back after the Away team is finished,
- 5:45 PM No more changes will be allowed to the official lineup. Entries changed after this time become unofficial.
- 6 PM All event sheets (official and unofficial) should be written up, combined (with the official event first, followed by any unofficial heats) and available to the announcer for the start of the meet.

This timeline is meant to make the scorer's job easier and ease the stress of the visiting team. Please try to do as much of this work before 5 PM so that the meet may start on time and that there are no issues at the scorer's table.

Extra Heats: non-official swimmers written on the NBSL approved Extra Heat Sheets

Official Lineup: List of official swimmer, provide 2 copies, one for each team. Includes all events and all official swimmers.

Event Sheets: Read by the announcer, used by the scorer to report points and results, includes all swimmers in a heat.

Extra Heats:

Extra heats are due to the home pool by noon the day of the meet. The home team should then combine all the heats and make copies of the finished heat sheets for the away team to use in their staging of the kids.

Example:

10 year old girls 25 freestyle: 5 lane pool

Team A

Katy, Steph, Beth, Madison, Karen,

Team B

Lilly, Emma, Ava, Emily, Hannah. Olivia, Sarah, Grace, Lauren

Please fill out the sheets using only your lanes. Never put any lane or heat numbers on the sheet, the person combining the heats will do that.

After extra heats are combined, make sure you make copies for the other team to use for staging their swimmers.

Please help us make the scorer's job easier by following these guidelines. If you have any questions please let your NBSL rep or the NBSL board know and they can help you out.

2011 Extra Heat Sheets

use A,B,C, etc for Heats

Home Team A _____ Vs. Team B _____

Event #		Boy/Girl 25/50/100 Free/Back/Breast/Fly	
Heat	Lane	Swimmer	Time
1	1	Katy	
1	3	Steph	
1	5	Beth	

Team A
- home
has lanes
1,3,5

Event #		Boy/Girl 25/50/100 Free/Back/Breast/Fly	
Heat	Lane	Swimmer	Time
2	1	Madison	
2	3	Karen	

Event #		Boy/Girl 25/50/100 Free/Back/Breast/Fly	
Heat	Lane	Swimmer	Time

Event #		Boy/Girl 25/50/100 Free/Back/Breast/Fly	
Heat	Lane	Swimmer	Time

Event #		Boy/Girl 25/50/100 Free/Back/Breast/Fly	
Heat	Lane	Swimmer	Time

Coaches are required to use this sheet in 2011, extra heats due to Home team by noon on day of meet.

2011 Extra Heat Sheets

use A,B,C, etc for Heats

Home Team A _____ Vs. Team B _____

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Event # 18

Boy/Girl 25/50/100 Free/Back/Breast/Fly

Heat	Lane	Swimmer	Time
1			
1	2	Lilly	
1	4	Emma	

Team B
- away
has lanes
2.4

Event # 18

Boy/Girl 25/50/100 Free/Back/Breast/Fly

Heat	Lane	Swimmer	Time
2	2	Ava	
2	4	Emily	

Event # 18

Boy/Girl 25/50/100 Free/Back/Breast/Fly

Heat	Lane	Swimmer	Time
2	5	Hannah	
3	1	Olivia	

Event # 18

Boy/Girl 25/50/100 Free/Back/Breast/Fly

Heat	Lane	Swimmer	Time
3	2	Sarah	
3	3	Grace	

Event # 18

Boy/Girl 25/50/100 Free/Back/Breast/Fly

Heat	Lane	Swimmer	Time
3	4	Lauren	

Coaches are required to use this sheet in 2011, extra heats due to Home team by noon on day of meet.

2011 Extra Heat Sheets

use A,B,C, etc for Heats

Team A

Event #		Boy/Girl	25/50/100	Free/Back/Breast/Fly	
Heat	Lane	Swimmer			Time

Event #		Boy/Girl	25/50/100	Free/Back/Breast/Fly	
Heat	Lane	Swimmer			Time

Event #		Boy/Girl	25/50/100	Free/Back/Breast/Fly	
Heat	Lane	Swimmer			Time

Event #		Boy/Girl	25/50/100	Free/Back/Breast/Fly	
Heat	Lane	Swimmer			Time

Event #		Boy/Girl	25/50/100	Free/Back/Breast/Fly	
Heat	Lane	Swimmer			Time

Coaches are required to use this sheet in 2011, extra heats due to Home team by noon on day of meet.