



# 2023 CRA Winter Invitational

Boston Sports Institute  
900 Worcester St, Wellesley, MA 02482  
December 7-10, 2023

Held under the sanction of USA Swimming/New England: NE24-1207CRA



|                |                 |  |              |
|----------------|-----------------|--|--------------|
| Meet Director  | Dan Warner      | <a href="mailto:danwarner1955@gmail.com">danwarner1955@gmail.com</a>             | 978-852-3985 |
| Meet Referee   | Derek Helmer    | <a href="mailto:Dhelmer1970@gmail.com">Dhelmer1970@gmail.com</a>                 | 978-833-0763 |
| Entry Chair    | Dan Warner      | <a href="mailto:danwarner1955@gmail.com">danwarner1955@gmail.com</a>             | 978-852-3985 |
| Admin Official | Jessica Workman | <a href="mailto:jessworkman.swim@gmail.com">jessworkman.swim@gmail.com</a>       | 802-238-2326 |
| Safety Monitor | Ryan Pitcairn   | <a href="mailto:ryan@charlesriveraquatics.com">ryan@charlesriveraquatics.com</a> | N/A          |

## SESSIONS:

| Date                       | Session Name       | Warm up        | Start   |
|----------------------------|--------------------|----------------|---------|
| Thursday December 7, 2023  | Distance           | 4:30-5:10 PM   | 5:15 PM |
| Friday, December 8, 2023   | 11 & Over Prelims  | 7:00-8:25 AM   | 8:30 AM |
| Friday, December 8, 2023   | 10 & Under Prelims | 12:30-12:55 PM | 1:00 PM |
| Friday, December 8, 2023   | Finals             | 4:45-5:55 PM   | 6:00 PM |
| Saturday, December 9, 2023 | 11 & Over Prelims  | 7:00-8:25 AM   | 8:30 AM |
| Saturday, December 9, 2023 | 10 & Under Prelims | 12:30-12:55 PM | 1:00 PM |
| Saturday, December 9, 2023 | Finals             | 4:45-5:55 PM   | 6:00 PM |
| Sunday December 10, 2023   | 11 & Over Prelims  | 7:00-8:25 AM   | 8:30 AM |
| Sunday December 10, 2023   | 10 & Under Prelims | 12:30-12:55 PM | 1:00 PM |
| Sunday December 10, 2023   | Finals             | 4:15-5:15 PM   | 5:20 PM |

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. **Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.**

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| <b>IMPORTANT DEADLINES</b> | First date of entry: October 27, 2023<br>Final date of entry: November 24, 2023<br>Payment deadline: Within 4 days of entry acceptance   |
| <b>SITE</b>                | The Boston Sports Institute Competition Pool is a 10-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully automatic Colorado Time Systems electronic timing system with touchpads at the finish end of the pool with a full electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 12.5 feet deep; the turn end of the pool is 7 feet deep. Attached to the main pool is an area that is available for warm-up and warm-down, with 3 25-yard lanes. Additionally, the facility's teaching pool (3 lanes) will also be available for warm-up and warm-down. Spectator seating is 300. The pool is located inside the Boston Sports Institute Athletic Complex, 900 Worcester Street, Wellesley MA 02482. Please enter through the main entrance at the front of the building. Directions may be found later in this document.<br><br>The competition course has been certified in accordance with 104.2.2C(4), the copy of such file is on file with USA Swimming. |

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| <b>FORMAT:</b>   | <p>The meet will be swum as preliminaries and finals, with the exception of events 400 yards and longer, as well as all relays, which will be swum as timed finals. For the preliminaries/final events, the 10 &amp; Under and 11-12 events will each advance 1 heat of 10 swimmers to finals, and the 13-14 and 15 &amp; Over events will each advance 2 heats of 10 swimmers to finals.</p> <p>For all individual preliminaries and timed finals events, the 13-14 and 15 &amp; Over age groups will swim together, seeded by time. Events will be separated into 13-14 and 15 &amp; Over age groups for finals, as well as for scoring and awards purposes.</p> <p>All preliminaries and timed final events, individual and relay, will be seeded fastest to slowest. On Thursday evening, each event will alternate heats women/men.</p> <p>The 13 &amp; Over 400 Yard Individual Medley (Friday) and 500 Yard Freestyle (Saturday) will be timed finals events. The fastest overall heat of each gender (age groups combined) will swim during the evening finals session. The remaining heats will swim at the conclusion of the preliminaries session, alternating heats women/men.</p> <p>All relays will swim during the preliminaries sessions.</p> <p>During evening finals sessions, all heats will report directly to the blocks. For 13-14 and 15 &amp; Over events, the B-Final will swim before the A-Final. All B-Finals will be announced in the water, while all A-Finals will be announced behind the blocks.</p> <p>Swimmers may compete in a maximum of 3 individual events per day, including time trials.</p> <p>Swimmers must provide their own timers for events 400 yards and longer. No events will swim with more than one swimmer per lane.</p>   |
| <b>SCRATCHES</b> | <p>This meet will utilize a modified version of the USA Swimming National Championships scratch rule. All events, including relays are “scratch-only”; no positive check-in will be utilized. The scratch deadline for Thursday’s events is 3:00 PM Thursday. The scratch deadline for Friday’s events is 5:45 PM Thursday. The scratch deadline for Saturday’s events is 6:30 PM Friday. The scratch deadline for Sunday’s events is 6:30 PM Saturday. Scratches may be submitted via email to <a href="mailto:danwarner1955@gmail.com">danwarner1955@gmail.com</a> or made on deck with the Administrative Referee at the meet.</p> <p>For any preliminaries any timed finals events, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in will be barred from all further individual and relay events of that day. The application of this penalty should pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day’s events. The Meet Referee has the discretion to waive the penalty in the case of illness, injury, and/or other circumstances beyond the control of the swimmer.</p> <p>Scratches from finals will be conducted in accordance with articles 207.11.6D and 207.11.6E in the USA Swimming rules, with the only deviation concerning the penalties for failure to compete: Failure to compete in the finals round of a prelim/finals event, without properly scratching, will result in the swimmer being barred from all further competition for the remainder of the Meet, including relays. In the event that the swimmer has no further competition from which to be penalized, a \$100 fine will apply. Scratches from finals must be made with the Administrative Referee; email scratches from finals will not be accepted.</p> <p>A swimmer not originally announced or posted as qualifying for finals, who is seeded in a final due to the scratch of another swimmer, will not be penalized for failing to swim in that final; however, swimmers finishing within the top forty (40) are asked to scratch from finals if they do not intend to swim, so that the Administrative Referee will be able to properly seed the meet for finals.</p> |

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| <b>COURSE</b>              | SCY  |
| <b>ELIGIBILITY</b>         | <ul style="list-style-type: none"> <li>● All swimmers must be currently registered as athlete members of United States Swimming before 5:00 pm on the day before the first day of the meet. New England swimmers must have proof of age on file by the above deadline in order to compete.</li> <li>● Age is determined by the age of the swimmer on the first day of the meet.</li> <li>● Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>● Coaches must be registered before the start of the meet.</li> <li>● If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach, or a member club submitting the entry.</li> <li>● Deck registrations will NOT be accepted.</li> <li>● In order to enter any event in the meet, a swimmer must have achieved the qualifying standard for that event. Relay-only swimmers are not permitted in this meet. Time trial-only swimmers are not permitted in this meet.</li> </ul> |
| <b>DISABILITY SWIMMERS</b> | <ul style="list-style-type: none"> <li>● Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>● The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>  |
| <b>ENTRY POLICY</b>        | <p>100% Invitational</p> <ul style="list-style-type: none"> <li>● The meet host may allocate 100% of splashes for the meet.</li> <li>● 25% of the splashes allocated must be allocated to New England Swimming teams, excluding the meet host. The meet host must make a reasonable effort at the time of allocation to solicit interest from New England Swimming teams to meet this requirement. Should insufficient New England Swimming teams express interest at the time of allocation, the meet host may proceed with allocating these reserved splashes to out-of-LSC teams.</li> <li>● If a specified allocation of splashes is granted to a team and agreed upon in writing between the meet host and attending team, the attending team is financially responsible for that allocation if unused, unless the meet host is able to substitute other participants to fill the unused splashes.</li> </ul>   |
| <b>CUT PROTOCOL</b>        | <p>If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format using the following cut protocols in any order deemed necessary:</p> <ul style="list-style-type: none"> <li>● Teams may be asked to cut each athlete to no more than two fewer events per day than the maximum allowed.</li> <li>● Entries may be cut by time or to a specific number of heats for specified events.</li> <li>● Teams may be asked to cut relay events.</li> <li>● If deck scratches allow a reasonable timeline, the swimmers can be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet.</li> </ul>   |
| <b>ENTRIES</b>             | <ul style="list-style-type: none"> <li>● Electronic entries should be emailed as an attachment to the entry chairperson. Please check that your team's name, address, and contact information are listed correctly in this file.</li> <li>● For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received within 4 days of written acceptance into the meet.</li> <li>● Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>   |

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|                    | <ul style="list-style-type: none"> <li>● Mail completed signed entry cover page and waiver, and payment to the entry payment chair:<br/>Charles River Aquatics,<br/>C/O Chantal Kokaram<br/>80 Cross Street<br/>Ashland, MA 01721</li> <li>● Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled. This fine is payable to "Charles River Aquatics". Late payment of entry fees may result in future exclusion from meets hosted by our club.</li> <li>● <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> <li>● Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. <i>Your entry is considered received only if you receive an acknowledgement.</i></li> <li>● All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.</li> <li>● All entry times must be entered in the specified meet course.</li> <li>● Athletes may enter as many events as they qualify but may only compete in 3 individual events/day, including time trials.</li> <li>● <b>ENTRY TIME UPDATES:</b> Entry times may be updated until the Monday prior to the first day of the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chair. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded)</li> </ul> |
| <b>RELAYS</b>      | <ul style="list-style-type: none"> <li>● Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets.</li> <li>● Teams may enter as many relays as desired; however, no relay-only swimmers will be permitted.</li> <li>● All relay swimmers must be officially entered into the meet.</li> <li>● Unattached swimmers may not participate in any relays.</li> </ul>   |
| <b>TIME TRIALS</b> | Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trial information, schedule, and deadlines will be communicated in advance of the meet. It is likely that time trials may be conducted throughout the duration of the 10 & under sessions. Time trials are only available to swimmers participating in the meet; time trial-only swimmers are not permitted.   |
| <b>FEES</b>        | <ul style="list-style-type: none"> <li>● Trials/finals events: \$6.00</li> <li>● Distance events (events 400 yards and over): \$10.00</li> <li>● Relays: \$20.00</li> <li>● Time Trials: \$10.00 for individual events, \$40 for relays</li> <li>● Swimmer Participation Fee: \$25.00 per swimmer</li> <li>● NES Travel Fee: \$1.00 per swimmer (to be included in the check and the host team will send to NE Swimming)</li> </ul>   |
| <b>ADMISSIONS</b>  | <ul style="list-style-type: none"> <li>● No charge</li> </ul>   |
| <b>MEET MOBILE</b> | <b>MEET MOBILE HEAT SHEETS</b> Meet Mobile heat sheets will be offered free of charge. The Meet Mobile heat sheet includes smart phone access to all heat sheets for the whole meet, including last minute changes and re-seeds.  |

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|                     | <b>MEET MOBILE:</b> Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.  |
| <b>WARM-UP</b>      | The pool will open for warm-ups as designated on the event list. The pool will close five minutes before the beginning of each session. Any warm-up assignments will be communicated in advance of the meet. The 3-lane area and teaching pool (3 lanes) will be available during the meet for warm-up and warm-down.<br><b>See “Safety” for Warm-up safety guidelines.</b>  |
| <b>AWARDS</b>       | Place 1-3 high point special awards for all age groups. No team scoring.   |
| <b>SCORING</b>      | All individual events will be scored to 10 places, 11-9-8-7-6-5-4-3-2-1.   |
| <b>LEGAL SPLITS</b> | <p><b>Individual Events:</b> Preferably, legal splits should be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party should supply an additional timer(s) on the lane for the split, if necessary, to ensure an accurate time. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course. Optionally, a legal split may be requested after the event using a legal split form when using a fully automatic timing system. The Admin Official has discretion to either grant or deny the request after reviewing the available evidence. Backstroke legal splits must be requested in advance to ensure a legal finish.</p> <p><b>LEGAL SPLITS – Relays:</b> All lead-off splits for relays are automatically loaded into SWIMS and do not require additional watches for validation unless there are no touchpads present, or the second swimmer starts in the water. If there are no touchpads, or the second swimmer starts in the water, a legal split form with three watches will be required for entry into SWIMS. Timers must be positioned over the lane at the end of the racing course. It is recommended that coaches report lead-off time discrepancies to the Administrative Referee or Administrative Official.</p>  |
| <b>SWIMWEAR</b>     | Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under <u>Tech Suit Restriction for 12-and-Under Swimmers</u> .  |
| <b>RULES</b>        | <ul style="list-style-type: none"> <li>● The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>● Operation of a <b>DRONE</b>, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>● <b>PHOTOGRAPHY:</b> As per New England Swimming policy, professional photographers contracted by Charles River Aquatics, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests.</li> <li>● <b>VIDEO STREAMING:</b> All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE.</li> <li>● Deck Changing is <b>PROHIBITED</b>.</li> </ul> |

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|                   | <ul style="list-style-type: none"> <li>● An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>● According to New England Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>● In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>   |
| <b>SAFETY</b>     | <ul style="list-style-type: none"> <li>● No shaving is permitted at the competition site.</li> <li>● No glass containers are permitted within the facility.</li> <li>● Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.</li> </ul> <p><b>● WARM UP SAFETY:</b></p> <ul style="list-style-type: none"> <li>● Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time.</li> <li>● For all warm-up sessions, swimmers must utilize a “sit and slide”/ “three-point” entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding, feet-first, into the pool.</li> <li>● During competition, when entering the warm-up/warm-down area, a “sit and slide”/ “three-point” entry is required at all times.”</li> <li>● In extraordinary cases, due to bulkheads and other pool designs, it may be determined that it is unsafe or impossible for swimmers to perform the required sit and slide entry. In such extremely rare cases, the sit and slide rule may be modified. Exceptions to the sit and slide rule shall only be made when performing the sit and slide entry poses risk of injury to swimmers and/or risk damaging or ripping of swimsuits. An exception to the sit and slide rule shall only be made when the Safety Monitor, Meet Director, and Meet Referee have evaluated the risks and unanimously determined that the use of the sit and slide entry poses such great risk as to be unsafe. In these cases, the Safety Monitor, Meet Director, and Meet Referee must determine and agree upon an alternative safety plan to ensure swimmer safety.</li> </ul> |
| <b>SAFE SPORT</b> | <ul style="list-style-type: none"> <li>● The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</li> <li>● The Minor Athlete Abuse Prevention Policy (<a href="http://www.usaswimming.org/maapp">www.usaswimming.org/maapp</a>) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.</li> <li>● Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport.</li> <li>● Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> </ul>   |

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|                                   | <ul style="list-style-type: none"> <li>● For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a>.</li> <li>● All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing.</li> <li>● Any athlete who turns 18 on or after December 7, 2023, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after December 7, 2023, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.</li> </ul> |
| <b>FACILITY RULES</b>             | <b><u>Charles River Aquatics now requires a Team Liability Release for all meets. A link will be sent to all coaches prior to the meet and must be submitted online prior to team's arrival at the facility.</u></b>   |
| <b>CHANGES TO MEET</b>            | Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, <u>Patrick Johnstone</u> . Any change to the meet format after the meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.  |
| <b>WEATHER/ FACILITY PROTOCOL</b> | If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. Cancellation of the meet, or a session, is the decision of the Meet Director, Meet Referee and the Meet Jury.  |
| <b>MEET JURY</b>                  | The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the Meet Jury but not vote. When possible, the three members shall be from separate teams. The Meet Jury will decide all issues of eligibility, and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.  |
| <b>DECK ACCESS</b>                | Only current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck and will be fined by New England Swimming of \$100 to the coach, and \$200 to the coach's club.  |
| <b>OFFICIALS</b>                  | Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. Walk-on officials may not be accepted to limit the number of people on the deck.   |
| <b>GENERAL</b>                    | Any additional information will be sent to teams in the meet brief before the meet.  |
| <b>DIRECTIONS</b>                 | <a href="#">Click here for directions and parking information.</a>   |
| <b>HOTELS</b>                     | Refer to meet dedicated website.   |
| <b>EVENTS</b>                     | See event schedule below.  |

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| <b>WAIVERS</b> | USA Swimming, Inc., New England Swimming, Inc., and Charles River Aquatics cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. |
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# 2023 CRA Winter Invitational

Boston Sports Institute  
900 Worcester St, Wellesley, MA 02482  
December 7-10, 2023

Held under the sanction of USA Swimming/New England: NE23-\_\_\_\_\_



## Event Schedule

THURSDAY, DECEMBER 7, 2023

Distance Warm Up 4:30-5:10 PM / Start 5:15 PM

| Girls E # | 11-12 Cut Time | 13-14 Cut Time | 15 & O Cut Time | Event                           | 15 & O Cut Time | 13-14 Cut Time | 11-12 Cut Time | Boys E# |
|-----------|----------------|----------------|-----------------|---------------------------------|-----------------|----------------|----------------|---------|
| 1         | 6:07.59        |                |                 | 11-12 500 Freestyle (# TF)      |                 |                | 6:00.59        | 2       |
| 3         |                | 11:37.69       | 11:21.31        | 13 & O 1000 Freestyle (# TF)    | 10:23.17        | 11:12.31       |                | 4       |
| 5         | 5:22.59        |                |                 | 11-12 400 IM (# TF)             |                 |                | 5:13.79        | 6       |
| 7         |                | 19:32.69       | 18:44.41        | 13 & Over 1650 Freestyle (# TF) | 17:46.26        | 18:06.79       |                | 8       |

FRIDAY, DECEMBER 8, 2023

11&O Prelims Warm Up 7:00-8:25 AM / Start 8:30 AM

| Girls E # | 11-12 Cut Time | 13-14 Cut Time | 15 & O Cut Time | Event   | 15 & O Cut Time | 13-14 Cut Time | 11-12 Cut Time | Boys E# |
|-----------|----------------|----------------|-----------------|---|-----------------|----------------|----------------|---------|
| 9         |                | NT             |                 | 13 & Over 200 Med. Relay                          |                 | NT             |                | 10      |
| 11        | NT             |                |                 | 11-12 200 Med. Relay                              |                 |                | NT             | 12      |
| 13        |                | 2:07.24        | 2:01.02         | 13 & Over 200 Freestyle                           | 1:49.85         | 2:00.69        |                | 14      |
| 15        | 2:19.00        |                |                 | 11-12 200 Freestyle                               |                 |                | 2:15.43        | 16      |
| 17        |                | 1:16.96        | 1:12.71         | 13 & Over 100 Breaststroke                        | 1:05.85         | 1:13.55        |                | 18      |
| 19        | 1:23.14        |                |                 | 11-12 100 Breaststroke                            |                 |                | 1:21.09        | 20      |
| 21        |                | 31.30          | 30.88           | 13 & Over 50 Butterfly                            | 29.19           | 30.09          |                | 22      |
| 23        | 32.59          |                |                 | 11-12 50 Butterfly                                |                 |                | 32.01          | 24      |
| 25        |                | 2:23.93        | 2:15.72         | 13 & Over 200 Back                                | 2:03.99         | 2:15.80        |                | 26      |
| 27        | 2:32.99        |                |                 | 11-12 200 Back                                    |                 |                | 2:25.99        | 28      |
| 29        |                | 5:07.55        | 4:50.90         | 13 & Over 400 IM (# TF)<br>(Top 10 during finals) | 4:31.37         | 4:46.18        |                | 30      |

FRIDAY, DECEMBER 8, 2023

10&U Prelims Warm Up 12:30-12:55 PM / Start 1:00 PM

| Girls E # | Cut Time | Event                       | Cut Time | Boys E # |
|-----------|----------|-----------------------------|----------|----------|
| 31        | NT       | 10 & Under 200 Medley Relay | NT       | 32       |
| 33        | 2:46.10  | 10 & Under 200 Freestyle    | 2:43.98  | 34       |
| 35        | 1:39.39  | 10 & Under 100 Breaststroke | 1:37.42  | 36       |
| 37        | 40.35    | 10 & Under 50 Butterfly     | 40.33    | 38       |
| 39        | 1:25.74  | 10 & Under 100 Backstroke   | 1:26.36  | 40       |

FRIDAY, DECEMBER 8, 2023

Finals Warm Up 4:45-5:55 PM / Start 6:00 PM

| Girls E # | Event  | Boys E # |
|-----------|--|----------|
| 33        | 10 & Under 200 Freestyle                       | 34       |
| 13        | 13 & Over 200 Freestyle                        | 14       |
| 15        | 11-12 200 Freestyle                            | 16       |
| 35        | 10 & Under 100 Breaststroke                    | 36       |
| 17        | 13 & Over 100 Breaststroke                     | 18       |
| 19        | 11-12 100 Breaststroke                         | 20       |
| 37        | 10 & Under 50 Butterfly                        | 38       |
| 21        | 13 & Over 50 Butterfly                         | 22       |
| 23        | 11-12 50 Butterfly                             | 24       |
| 39        | 10 & Under 100 Backstroke                      | 40       |
| 25        | 13 & Over 200 Back                             | 26       |
| 27        | 11-12 200 Back                                 | 28       |
| 29        | 13 & Over 400 IM (# TF) (Top 10 during finals) | 30       |

SATURDAY, DECEMBER 9, 2023

11&O Prelims Warm Up 7:00-8:25 AM / Start 8:30 AM

| Girls E # | 11-12 Cut Time | 13-14 Cut Time | 15 & O Cut Time | Event  | 15 & O Cut Time | 13-14 Cut Time | 11-12 Cut Time | Boys E # |
|-----------|----------------|----------------|-----------------|--|-----------------|----------------|----------------|----------|
| 41        |                | 2:27.62        | 2:16.99         | 13 & Over 200 Individual Medley                          | 2:04.39         | 2:16.59        |                | 42       |
| 43        | 2:41.22        |                |                 | 11-12 200 Individual Medley                              |                 |                | 2:34.07        | 44       |
| 45        |                | 27.54          | 26.02           | 13 & Over 50 Freestyle                                   | 23.49           | 25.48          |                | 46       |
| 47        | 29.24          |                |                 | 11-12 50 Freestyle                                       |                 |                | 28.15          | 48       |
| 49        |                | 1:06.52        | 1:02.98         | 13 & Over 100 Backstroke                                 | 57.95           | 1:03.01        |                | 50       |
| 51        | 1:14.06        |                |                 | 11-12 100 Backstroke                                     |                 |                | 1:11.82        | 52       |
| 53        |                | 36.49          | 35.99           | 13 & Over 50 Breaststroke                                | 33.19           | 33.99          |                | 54       |
| 55        | 38.49          |                |                 | 11-12 50 Breaststroke                                    |                 |                | 37.62          | 56       |
| 57        |                | 1:04.99        | 1:01.99         | 13 & Over 100 Butterfly                                  | 56.83           | 1:01.99        |                | 58       |
| 59        | 1:13.46        |                |                 | 11-12 100 Butterfly                                      |                 |                | 1:10.79        | 60       |
| 61        |                | 5:37.96        | 5:19.78         | 13 & Over 500 Freestyle (# TF)<br>(Top 10 during finals) | 4:59.93         | 5:23.81        |                | 62       |

SATURDAY, DECEMBER 9, 2023

10&U Prelims Warm Up 12:15 -12:55 PM / Start 1:00 PM

| Girls E # | Cut Time | Event                            | Cut Time | Boys E # |
|-----------|----------|----------------------------------|----------|----------|
| 63        | 3:17.99  | 10 & Under 200 Individual Medley | 3:15.59  | 64       |
| 65        | 35.19    | 10 & Under 50 Freestyle          | 34.49    | 66       |
| 67        | 47.49    | 10 & Under 50 Breaststroke       | 48.59    | 68       |
| 69        | 1:39.09  | 10 & Under 100 Butterfly         | 1:39.99  | 70       |

SATURDAY, DECEMBER 9, 2023

Finals Warm Up 4:45-5:55 PM / Start 6:00 PM

| Girls E # | Event   | Boys E # |
|-----------|---|----------|
| 63        | 10 & Under 200 Individual Medley                      | 64       |
| 41        | 13 & Over 200 Individual Medley                       | 42       |
| 43        | 11-12 200 Individual Medley                           | 44       |
| 65        | 10 & Under 50 Freestyle                               | 66       |
| 45        | 13 & Over 50 Freestyle                                | 46       |
| 47        | 11-12 50 Freestyle                                    | 48       |
| 49        | 13 & Over 100 Backstroke                              | 50       |
| 51        | 11-12 100 Backstroke                                  | 52       |
| 67        | 10 & Under 50 Breaststroke                            | 68       |
| 53        | 13 & Over 50 Breaststroke                             | 54       |
| 55        | 11-12 50 Breaststroke                                 | 56       |
| 69        | 10 & Under 100 Butterfly                              | 70       |
| 57        | 13 & Over 100 Butterfly                               | 58       |
| 59        | 11-12 100 Butterfly                                   | 60       |
| 61        | 13 & Over 500 Freestyle (# TF) (Top 10 during finals) | 62       |

**SUNDAY, DECEMBER 10, 2023****Prelims Warm Up 7:00-8:25 AM / Start 8:30 AM**

| Girls E # | 11-12 Cut Time | 13-14 Cut Time | 15 & O Cut Time | Event                           | 15 & O Cut Time | 13-14 Cut Time | 11-12 Cut Time | Boys E # |
|-----------|----------------|----------------|-----------------|---------------------------------|-----------------|----------------|----------------|----------|
| 71        | NT             |                |                 | 11-12 200 Freestyle Relay       |                 |                | NT             | 72       |
| 73        |                | NT             | NT              | 13 & Over 200 Freestyle Relay   | NT              | NT             |                | 74       |
| 75        | 2:52.19        |                |                 | 11-12 200 Breaststroke          |                 |                | 2:52.09        | 76       |
| 77        |                | 2:45.39        | 2:37.65         | 13 & Over 200 Breaststroke      | 2:23.93         | 2:36.61        |                | 78       |
| 79        | 1:03.95        |                |                 | 11-12 100 Freestyle             |                 |                | 1:02.60        | 80       |
| 81        |                | 57.37          | 55.79           | 13 & Over 100 Freestyle         | 50.65           | 55.41          |                | 82       |
| 83        | 34.27          |                |                 | 11-12 50 Backstroke             |                 |                | 33.39          | 84       |
| 85        |                | 32.15          | 31.50           | 13 & Over 50 Backstroke         | 29.50           | 30.50          |                | 86       |
| 87        | 1:13.92        |                |                 | 11-12 100 Individual Medley     |                 |                | 1:12.17        | 88       |
| 89        |                | 1:09.09        | 1:08.59         | 13 & Over 100 Individual Medley | 1:06.99         | 1:07.99        |                | 90       |
| 91        | 2:34.29        |                |                 | 11-12 200 Butterfly             |                 |                | 2:30.39        | 92       |
| 93        |                | 2:26.92        | 2:17.76         | 13 & Over 200 Butterfly         | 2:06.89         | 2:17.70        |                | 94       |

**SUNDAY, DECEMBER 10, 2023****10&U Prelims Warm Up 12:15 -12:55 PM / Start 1:00 PM**

| Girls E # | Cut Time | Event                            | Cut Time | Boys E # |
|-----------|----------|----------------------------------|----------|----------|
| 95        | NT       | 10 & Under 200 Freestyle Relay   | NT       | 96       |
| 97        | 1:17.99  | 10 & Under 100 Freestyle         | 1:17.28  | 98       |
| 99        | 39.99    | 10 & Under 50 Backstroke         | 40.99    | 100      |
| 101       | 1:25.99  | 10 & Under 100 Individual Medley | 1:28.44  | 102      |

**SUNDAY, DECEMBER 10, 2023****Finals Warm Up 4:15-5:15 PM / Start 5:20 PM**

| Girls E # | Event                            | Boys E # |
|-----------|----------------------------------|----------|
| 75        | 11-12 200 Breaststroke           | 76       |
| 77        | 13 & Over 200 Breaststroke       | 78       |
| 97        | 10 & Under 100 Freestyle         | 98       |
| 79        | 11-12 100 Freestyle              | 80       |
| 81        | 13 & Over 100 Freestyle          | 82       |
| 99        | 10 & Under 50 Backstroke         | 100      |
| 83        | 11-12 50 Backstroke              | 84       |
| 85        | 13 & Over 50 Backstroke          | 86       |
| 101       | 10 & Under 100 Individual Medley | 102      |
| 87        | 11-12 100 Individual Medley      | 88       |
| 89        | 13 & Over 100 Individual Medley  | 90       |
| 91        | 11-12 200 Butterfly              | 92       |
| 93        | 13 & Over 200 Butterfly          | 94       |

**ALL RELAYS ARE TIMED FINALS AND WILL BE SWUM DURING PRELIMS.**

# Event cut by time if required

(TF) - TIMED FINAL



## 2023 CRA Winter Invitational

Boston Sports Institute  
900 Worcester St, Wellesley, MA 02482  
**December 7-10, 2023**

Held under the sanction of USA Swimming/New England: NE23-



## Entry Payment and Liability Release Form

|  |   |
|--|---|
| <b>CONTACT INFO</b>  | CLUB NAME:  |
|  | CONTACT NAME:<br>CONTACT EMAIL<br>LIST UNATTACHED SWIMMERS:                                     |
| <b>ENTRY FEES</b>  | Trials/Finals Event Entries @ \$6.00 _____ = \$ _____   |
|  | Distance events @ \$10.00 _____ = \$ _____  |
|  | Relays @ \$20.00 each _____ = \$ _____  |
|  | Swimmer Participation Fee: # athletes _____ @ \$ 25.00 = \$ _____                               |
|  | NE Travel Surcharge: # athletes _____ @ \$1.00 each = \$ _____                                  |
|  | <b>TOTAL DUE:</b> \$ _____  |
| <b>PAYMENT</b>   | Make checks payable to: Charles River Aquatics  |
|  | Send to: Charles River Aquatics,<br>C/O Chantal Kokaram<br>80 Cross Street<br>Ashland, MA 01721 |
|  | Payment deadline: within 4 days of confirmed entry acceptance                                   |
| <b>WAVER:</b>  | <b>LIABILITY RELEASE</b>  |
| <p>Any swimmer whose entry is accepted will, for him/herself, his/her theirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming Inc, Charles River Aquatics and Boston Sports Institute for any and all injuries suffered by him/her at said meet, including Covid 19. In submitting this entry, the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming.</p> <hr/> <hr/> |   |
| <p>Signature of Authorized Team Official</p>   |   |
| <p>Date</p>  |   |