

Updated Team Info

March Madness at MIT Hosted by North Shore Swim Club

Friday 3/20/26

1. **Distance session** - Warm up: 4:00-4:30pm, Meet Start 4:35pm

Saturday 3/21/26

1. **10 & U and 13 & O Prelims** - Warm up 1: 7:00 AM, Warm up 2: 7:20 AM, Warm up 3: 7:40 AM, Meet Start 8:05 AM
2. **Finals and 11-12** - 11-12 Warm up: 3:30 PM, Finals Warm up: 3:55 PM, Specialized Warm up: 4:20 PM, Meet Start: 4:35 PM

Sunday 3/22/26

1. **10 & U and 13 & O Prelims** - Warm up 1: 7:00 AM, Warm up 2: 7:25 AM, Meet Start 7:55 AM
2. **Finals and 11-12** - 11-12 Warm up: 3:30 PM, Finals Warm up: 3:55 PM, Specialized Warm up: 4:20 PM, Meet Start: 4:35 PM

Additional Information

- **Officials:** Our head referee for the meet is Rick Martins, rmaintins551@gmail.com. We would love any help possible from your officials. Please have your officials touch base with Rick on their availability.
- **Scratches:** Each Preliminaries session will be pre-seeded by computer based on pre-scratches that are due by **6:00 PM the previous evening**. For 11-12 swimmers we will give each team a 11-12 scratch sheet during the morning sessions due by 12:30pm.
- **Warm Up Assignments** - Attached
- **Timing** -
 - Friday night distance all swimmers must supply their own timers.
 - Morning & Finals sessions - NSSC parents will be handling all timer duties for the morning sessions. All swimmers must supply their own timers for the 400 IM and 500 Freestyle.

Vendor - Destination Athlete will be in the lobby by the stairs all day Saturday selling shirts, sweatshirts and swim equipment!

Zesiger Pool Rules- Please help us maintain a high caliber event by following facility rules.

- No lawn/coaches/directors chairs, or helium balloons in the building.
- No glass on deck.
- Shoes must be worn beyond the aquatic center locker room and gallery.
- No food or coolers on deck. Drinks in plastic containers only.
- Athletes, Coaches, and Spectators are restricted to the Aquatic Center and Main Lobby.
- Please bring bags on deck and do not leave belongings in the locker room.
- Clean up your team area after each session.
- Deck changing is not allowed at any time!
- Use of audio or visual recording devices including cell phones are not permitted on deck. Only professional media representatives who have been credentialed through the meet director and MIT will be allowed equipment on deck.

ENTRANCE - 2nd floor via north gallery spiral staircase. Doors to the pool will open 30 minutes before first warm up for coaches, volunteers and officials, and 15 minutes before first warm up for athletes. Spectators will be allowed into the pool at the start of warm up.

COACHES HOSPITALITY- there will be no food allowed on deck. North Shore Swim Club will provide timers, officials and coaches with a hospitality area throughout the meet.

FACILITY DAMAGE- Facility damage will be charged back to the responsible team. Teams are responsible for the cleanliness of the area that they choose to sit.

ACCIDENT/ INCIDENTS- MIT will need to fill out an accident report. Lifeguards will handle all in water emergencies as well as minor injuries. EMS will be called in the event of a serious injury. Emergency response time is approximately 5 minutes.

EMERGENCY EVACUATION: An alarm will sound. Lifeguards and customer service staff will direct evacuation. Athletes will exit at deck level through the locker room or south west corner near the teaching pool. Spectators will exit the gallery and proceed down the closest stairwell. All athletes, coaches and spectators must exit the building. Meet will resume once the facility is safe.

DIRECTIONS/PARKING –

- Directions can be found here: <https://www.mitrecsports.com/visit/parking-and-directions/>
- **Parking:** Please use metered street locations or the Westgate parking lot located at: 282 Vassar Street. Attached is a campus map to help with parking!
- **NOTE:** Cambridge often updates traffic patterns, parking availability and restrictions. MIT has several construction projects which have changed the campus in the past two years.
- Please follow any local or state traffic laws when parking on campus. Any vehicles that are not parked in a designated spot or in a fire lane are subject to be ticketed or towed at the owner's expense.

HOSPITAL- MIT EMS will transport injured persons to a local hospital. The number for MIT EMS is (617) 253-1212.

If you have any questions, feel free to contact me.

Thank you!

Michelle Greenwalt
North Shore Swim Club
Meet Administrator