

**SEACOAST SWIMMING ASSOCIATION
SEACOAST SEASON OPENER
SPECIALTY MEET**

Jenny Thompson Competition Pool
Dover, NH
June 4-6, 2010

Sanctioned by N.E. Swimming # NE-10-56 (TT)

MEET DIRECTOR: Tim Paiva tim@seacoastswimming.com 603-759-6194

MEET REFEREE: Matt Strong matt.strong@siemans.com (603) 502-7223

ENTRY CHAIR: Marc Jacobs entries@seacoastswimming.com 207-384-7061

MEET FORMAT: The meet will be swum as timed finals. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session, which must be returned no later than 40 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the meet office. (After the entries are received, the Meet Director reserves the right to cut distance events by time, or to swim 2 per lane if necessary.)

SITE: Jenny Thompson Competition Pool at Guppey Park, Dover, New Hampshire. The JTP is an outdoor heated 6 lane, 50 meter pool, with non-turbulent lane lines. Fully-automatic Colorado Electronic timing system with Aqua-Grip touch pads at starting end, and touch pads at both ends of pool. A diving well warm-up and warm-down area will be available throughout the meet. Starting end is five feet deep. Turn end depth is three feet deep. Large spectator area; bring lawn chairs for personal comfort. Directions may be found later in this document. The competition course has not been certified in accordance with 104.2.2C(4).

COURSE: Long course meters (50 meters).

EVENTS and SESSIONS: See attached list.

ELIGIBILITY: All contestants must be 2010 USA Swimming registered athletes. *All swimmers must be registered before the entry is submitted. Teams that enter unregistered swimmers will be subject to a fine of \$100 per unregistered swimmer.* New England teams entering the meet **are required** to check their entries with the online registration check tool on the New England Swimming web site. Please contact the New England Swimming Office for registration information: 47 May St., Needham MA 02492, 781-449-0270, office@neswim.com.

Disabled Swimmers: Contact the Meet referee and meet director before the meet to state your needs.

ENTRY INFORMATION: Entries will be accepted on and after April 16, 2010. Entries received before April 16, 2010 will be considered received on April 16, 2010. Entries must be completed and received by May 21, 2010. If you do an electronic entry, please do not send a hard copy of the entry. Also, include your team initials in the subject of any email relating to this meet. Make checks payable to Seacoast Swimming Association and mail with disclaimer form to: **SSA June 4-6 Meet, c/o 4 Cailey Anna Lane, Dover, NH, 03820.** Entries should be

sent by certified mail, return receipt requested to insure delivery. **All forms must be typed or printed legibly and must contain swimmers' ages and USS numbers.** There will be no refunds for entries accepted, or entries rejected due to improper entry. All swimmers must be registered with USA Swimming before the entry is submitted. *Any swimmer who is entered with incorrect swimmer information, or an incorrect or no ID, or is unregistered, will be scratched from the meet until corrections are made per the New England policy. Seacoast Swimming will reserve 75% of the swims for its own team and any other teams (New England and/or out of district) that it may want to invite to the meet. The other 25% of the swims will be open to other teams to submit entries. If on the first day of acceptance, those meet entries exceed the 25% still available in the meet, there will be a lottery of those teams. The lottery will be run by the New England Office.*

ELECTRONIC ENTRIES: If your team has a computerized entry system using Hy-Tek program, email entry file as an attachment (.cl2 or .sd3 format) to entries@seacoastswimming.com. Insure that team address and contact information are entered correctly in this file as this info will be used as your team contact for meet information. Send all e-mail correspondence regarding this meet to the above e-mail address. For email entries, payment and hardcopy of the entry (optional) (including signed entry cover page and waiver) must be received within four (4) days, excluding Sundays and holidays, of receipt of the email entry. If payment is received within four (4) days, excluding Sundays and holidays, of the email entry, the email receipt date will be considered the date of entry. If payment is received more than four (4) days, excluding Sundays and holidays, after the email entry, the payment receipt date will be considered the date of entry.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 5 events per day, except Friday. See "Friday Distance Events" for details.

ENTRY TIME UPDATES: Entry times may be updated until 7 days before the meet by e-mail file only, provided no new entries are included and no other changes are made to the entry file. Anything but a file identical to the original entry file with times updated will be rejected. If additional entries are to be accepted, a separate file and entry fees must be submitted.

ENTRY CUTS: Entry cuts, if necessary, will be made by the date of receipt. Teams will be notified that they have been accepted or cut from the meet within seven days of receipt of entry. If the meet becomes oversubscribed, a random selection of those entries received on the date the meet becomes oversubscribed will be conducted in accordance with New England Swimming guidelines. Teams that are cut from the meet will have their entry fee returned within four days of being cut.

FRIDAY DISTANCE EVENTS: Any swimmer taking part in an event Friday evening must provide their own timer AND counter.

Swimmers are eligible to swim the 400IM and one freestyle event only. The Meet Director reserves the right to limit the number of heats in Friday evening's distance events. Teams will be notified as soon as possible if we need to limit the heats. Any swimmers who enter the events and get cut will have their fees refunded.

ENTRY FEES: \$4 per event for electronic entries; \$4.50 per entry for entries that must be entered by hand. \$5 for 800 and 1500 freestyles on Friday.

SWIMMER PARTICIPATION FEE: Each entry fee must be accompanied by a \$5 per swimmer, "Swimmer Participation Fee".

ENTRY TIMES: All entries must be in meter times or yard times converted to meter times using the conversion 1.14 times total number of seconds. Please use a coach time in place of an "NT".

PROGRAMS: \$2 per session (\$1 Friday) **ADMISSION:** \$1 per session (No admission on Friday)

SAFETY:

1. 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. **Athletes must, at all times, enter the pool only from the starting block end. This applies to the warm-up area also.**
2. No shaving is permitted at the competition site.
3. No glass containers and no pets are permitted within the confines of Guppy Park.
4. 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.
5. No camera cell phones are permitted in the locker rooms.

RULES: 2010 U.S. Swimming rules will govern all competition and decisions by the meet referee will be final, unless a written protest is lodged within 30 minutes of the heat swum.

TIME TRIALS: Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$5 for individual events and \$20 for relays.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming.

SCORING: The meet will not be scored.

WARMUPS: Warm-ups will be divided. Warm-up schedule will be posted on the web and distributed to each team participating in the meet, the week leading up to the meet. No diving during warm-up except during designated sprint lanes.

DISABLED SWIMMERS: Disabled swimmer forms are available from the New England Swimming Office.

OFFICIALS AND TIMERS: Volunteer officials and timers are appreciated.

REFRESHMENTS: Seacoast Swimming Association will operate a food concession on site.

EQUIPMENT VENDOR: An equipment vendor will be on-site for the duration of the meet.

WEATHER: The Jenny Thompson Pool is an outdoor facility. There are occasional delays due to thunderstorms. In the event of a thunderstorm, ALL athletes, coaches, fans and meet personnel are to report to the adjacent Dover Arena and wait for the "all clear" from the City of Dover

lifeguard staff. Coaches are responsible for the behavior of their swimmers throughout the storm, including at the Arena. The meet management staff will keep in close contact with the Arena and we will make every effort to complete all scheduled events.

MISCELLANEOUS: All coaches should check in with the Clerk of Course upon arrival at the pool to pick up coaches' packets. Coaches are responsible for the behavior of their swimmers at all times. Any damage to the premises or equipment is the responsibility of those doing the damage. Seacoast Swimming Association and the City of Dover assume no responsibility for lost or stolen property. **No glass containers are permitted, no pets are permitted and there is no smoking permitted anywhere in the park.** No one is permitted on deck except, athletes, coaches, and officials.

DIRECTIONS: Take exit 8E off Spaulding Turnpike in Dover. Follow signs for Route 4 East through downtown Dover. Jenny Thompson Competition Pool at Guppy Park is approximately two miles on Route 4 (also known as Portland Ave.), on the left at the top of the hill. Pool phone: 743-6085

PARKING: Ample parking is available at the Guppy Park facility, and on public streets where parking is permitted. Improperly parked cars will be towed at owner's expense.

AWARDS: Custom ribbons for the first six places for all 12 & Under Events, and for the first six places by request for all other events.

LODGING: Information is available on the Seacoast Site,
<http://www.seacoastswimming.com/CommonFiles/HotelList.htm>

EVENTS SCHEDULE		
FRIDAY		
WARM-UP 4:00 PM, MEET 4:45 PM		
WOMEN		MEN
1	400 IM	2
3	400 FREE	4
5	800 FREE	6
7	1500 FREE	8
SATURDAY		
MORNING WARM-UP 7:00 AM, MEET 8:00 AM		
13-14 WOMEN		13-14 MEN
9	200M BACK	10
15	100M FLY	16
21	100M BREAST	22
25	200M FREE	26
9-10 WOMEN		9-10 MEN
11	50M BACK	12
17	50M FLY	18
23	100M BREAST	24
27	100M FREE	28
8&U WOMEN		8 & U MEN
13	50M BACK	14
19	50M FLY	20
AFTERNOON WARM-UP APPROXIMATELY 12:30 PM, MEET 1:30 PM*		
SENIOR WOMEN		SENIOR MEN
29	200M BACK	30
33	100M FLY.	34
37	100M BREAST	38
41	200M FREE	42
11-12 WOMEN		11-12 MEN
31	50M BACK	32
35	50M FLY	36
39	100M BREAST	40
43	100M FREE	44

SUNDAY
MORNING WARM-UP 7:00 AM, MEET 8:00 AM

13-14 WOMEN

45	100M FREE
51	200M BREAST
57	50M FREE
61	100M BACK
65	200M FLY

13-14 MEN

46
52
58
62
66

9-10 WOMEN

47	50M FREE
53	50M BREAST
59	100M BACK
63	100M FLY

9-10 MEN

48
54
60
64

8&U WOMEN

49	50M FREE
55	50M BREAST

8&U MEN

50
56

AFTERNOON WARM-UP APPROXIMATELY 12:30 PM, MEET 1:30 PM*

SENIOR WOMEN

67	100M FREE
71	200M BREAST
75	50M FREE
79	100M BACK
83	200M FLY

SENIOR MEN

68
72
76
80
84

11-12 WOMEN

69	50M FREE
73	50M BREAST
77	100M BACK
81	100M FLY

11-12 MEN

70
74
78
82

*Specific warm-up schedule and afternoon start times will be posted on the Seacoast web site at seacoastswimming.com after the meet is seeded and timed.

Seacoast Swimming Association
Seacoast Season Opener
Team Specialty Meet

Jenny Thompson Competition Pool, Dover, NH

June 4-6, 2010

Sanctioned by NE Swimming # NE-10-56 (TT)

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

ENTRY FEES

_____ Individual Electronic Entries @ \$4 = \$ _____

_____ Individual Non-Electronic Entries @ \$4.50 = \$ _____

_____ Swimmer Participation Fee @ \$5 = \$ _____

Total: \$ _____

Make check payable to: **Seacoast Swimming Association**

Mail entries and check to:
SSA June 4-6 Meet Entries
c/o 4 Cailey Anna Lane
Dover, NH 03820

Entry Deadline: May 21, 2010
*For e-mailed entries, this form and payment
must be received within four business days
of your entry e-mail.*

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, 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 and Seacoast Swimming Association for any and all injuries suffered by him/her at said meet. **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.**

Signature of Authorized Team Official

Date