

Maine Swimming Inc.
Junior Olympic Trials Meet 2016
Hosted by Long Reach Swim Club

Bath Area Family YMCA 303 Centre Street, Bath Maine 04530

March 12-13, 2016

Sanctioned by MSI #ME-1516-0312

Meet Director: Jay Morissette (lsrc@bathymca.org)

Meet Referee: Nicole Viele (bnviele@gmail.com)

Entry Chairperson: Jay Morissette (lsrc@bathymca.org) 207-443-4112

Admin Official: Francie Tolan/Todd Marco

Safety Monitor: Brian Savage

SCHEDULE:

	Saturday	Sunday
Warm-up	8:00 AM	8:00 AM
Prelims Start	9:00 AM	9:00 AM
Warm-up	No earlier than 3:00 PM	2:00 PM
Finals Start	No earlier than 4:00 PM	3:00 PM

Specific start times will be designated after all entries are received

SITE: The Bath Y pool is an eight lane 25-yard pool with 6-foot-wide lanes and has non-turbulent lane lines. The timing system includes a fully-automatic Daktronics Time Systems electronic timing system with touchpads at the finish end of the pool with single-line electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 9 feet deep; and the turn end of the pool is 4 feet deep. There is overlooking bleacher seating. The competition course has been certified in accordance with 104.2.2c (4). Certification is on file with USA Swimming.

MEET FORMAT: The meet will be run as trials/finals with select events and all 10 & under events being timed finals. 11 & over 200 breast/back and fly will be timed finals swum with the finals session. *These 200 evening events will be skipped in the morning session and will be swum in number order in the evening session.* They will also be swum mixed gender/age. The prelim events (11 & older) will be swum combined age and gender, and will be circle seeded. The fastest 8 trials swimmers by gender and age group (11/12, 13/14, 15 & older) in a prelim event will advance to finals. The timed final events will also be run mixed age and gender swimming slowest to fastest. **Swimmers may only enter into events in which they currently do not have a JO qualifying time.** There is no qualifying period for JO Championships so if your swimmer has **EVER** achieved a JO cut time in an event in their current age group, they are not eligible to swim that event at the JO Trials Meet. **Any swimmers who makes a JO cut in prelims will be scratched from finals.**

*****Any Maine swimmer achieving a JO qualifying time will be allowed to enter that event for this season's JO's. In all events, any Maine swimmer finishing in the top 2 of their gender and age, regardless of time swum, will also be allowed to enter that event for that seasons JO's. If teams from outside the LSC attend, the top 2 Maine swimmers in each event will be allowed to enter JOs even if they do not achieve the qualifying time.*****

Coaches will be able to pick up heat sheets for each event at the computer table.

COURSE: Short course yards (25 yards)

RESERVE THE RIGHT TO MAKE CHANGES: Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Jay Morissette.

MEET COMMITTEE/JURY: 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 jury but not vote. 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 2016 USA Swimming Rulebook.

WEATHER PROTOCOL: 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.

ELIGIBILITY All swimmers must be 2016 registered swimmers with United States Swimming. Club athletes may obtain USA-S Registration from your Club Registrar. Unattached athletes may obtain forms and instructions from the Maine Swimming website; www.maineswimming.org. Swimmers may register with Mary Ellen Tynan, 10 Kirsi Circle, Westford, MA 01886: meswimoffice@gmail.com. Age is determined by the age of the swimmer on the first day of the meet.

All coaches on deck must be registered with USA Swimming and display their coach membership cards or deck pass upon request. If unable to show proof of registration, coaches will be removed from the pool deck..

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. 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.

Deck Registrations will not be allowed. Registration reconciliation will be done for this meet.

REGISTRATIONS: All swimmers must be registered with USA Swimming before the first day of the start of the meet. Any swimmer who has entered a meet and does not register by 11:59 PM on the day before the first day of the meet is subject to a \$20 fine for each offense and will be scratched from the meet.

DISABILITY SWIMMERS: Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee and meet director of any disability prior to competition.

EVENTS: See event list.

ENTRY INFORMATION:

Final date of entry acceptance: Monday, March 7 2016 at 11:59. PM - Deck entries will be accepted on a case by case basis in existing heats and empty lanes.

Make checks payable to Maine Swimming Inc
Mail payment to:

Mary Ellen Tynan, 10 Kirsi Circle, Westford, MA 01886

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry

chairperson at lpsc@bathymca.org. Please check that your team name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy (including swimmers registration id #) of the entry must be received by: March 10, 2016.

CUT PROTOCOL: In the event the meet is over-subscribed, to comply with the 4-hour rule entries may be cut by:

1. Outside LSC entries would be cut
2. Last entries received, first entries cut.

ENTRY LIMITS: Swimmers may enter as many events in which they do not have a JO qualifying time they wish, but they may only compete in a maximum of 3 events per day.

ENTRY FEES: Electronic entries:

\$4.00 for all timed finals

\$5.00 for trials/finals

Non-electronic entries: \$5.00 for individual events/\$6.00 for trials/finals

Swimmer participation fee: \$10.

ENTRY TIMES: All entries must be specified in short-course yard times, No converted times. Time reconciliation will be done for this meet.

TIME TRIALS: Time trials will not be offered.

SCRATCH PROTOCOL: All declarations to scratch a prelim or timed final event needs to be completed by 5:30 pm on the night prior to those events. Scratches for Saturday can be emailed to lpsc@bathymca.org. **Put Team Name and SCRATCH in the subject of the email.** There will be a scratch box and scratch sheets located at the control table for Sunday scratches. If a swimmer does not scratch by the scratch deadline and they have more than 3 events in a day, they will be scratched from the last event.

1. Coaches and swimmers are expected to understand the scratch rules before the meet begins.
2. Any swimmer who fails to compete in a prelim event heat in which he/she is entered and has not been scratched will be barred from further competition for that day. The swimmer or they coach must confirm their intention to swim the following day with the Admin Official by the scratch deadline for that day.
3. Any swimmer who competes in an preliminary heat and qualifies for finals and fails to notify the Admin Official of his/her intention to withdraw from finals within 30 minutes of the posting of the results and qualifiers for that event, and does not compete nor is excused by the Meet Referee, will be barred from all subsequent competition in the meet.

ADMISSION: \$2.00 per session

PROGRAMS: \$2.00 per session

WARM-UPS: All swimmers shall enter feet first using the sit and slide method at the starting end of the pool. Sprint lanes will be announced during the warm up period. Head-first dives are allowed in sprint lanes only. There will ALWAYS be at least 1 lane available for circle swim during the warm up periods. Coaches are urged to limit this lane to older swimmers. If it is deemed "not working" then the lane will be shut down.

OFFICIALS: If you know that you will be attending this meet, please email the Meet Referee and let her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome.

SAFETY:

1. No shaving is permitted at the competition site.
2. No glass containers are permitted within the facility.
3. No food is allowed on the pool deck.
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. All entry into the pool is from the deep end only -- the sit and slide method is required. Non-compliance is justification for disqualification from the meet.
6. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
7. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

RULES: Current USA Swimming rules will govern all competition. Decisions by the Meet Referee will be final unless a written protest is lodged within 30 minutes of the heat swum. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee for further review and/or action.

SAFE SPORT: The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to an official, the Referee or the Meet Director to be resolved.

PHOTOGRAPHY: PHOTOGRAPHERS ON DECK: As per Maine Swimming policy, only coaches are allowed to take video and photographs from the pool deck. There will be no video or photographs from behind the starting block. Use of audio or visual recording devices, including cell phones, 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

DECK ACCESS: Only 2016 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their current 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 Maine Swimming.

TIMERS: Volunteer timers from all teams are greatly appreciated. Please come on deck when you arrive and sign-in with the Head Timer.

SCORING: The meet will not be scored.

AWARDS: Medals will be awarded for finishers in 1st-3rd place and ribbons for those finishers in 4th-8th place.

FOOD: A concession stand will be in operation for the duration of the meet.

LIABILITY: The Bath YMCA, LRSC, Maine Swimming, Inc. and USA Swimming shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

MISCONDUCT: Any issues of conduct which occur within the meet venue are defined as, but not

limited to, violation of safety guidelines; disrespect for meet management personnel, officials or fellow athletes; theft; vandalizing or possession of alcohol, tobacco or illegal drugs. More serious violations may result in legal action by the LSC or local authorities.

JO Trials - Event List

Day 1 Session 1

8 AM warm-up – 9AM start

Event #	Title
1	Mixed 10 & under 200 freestyle (timed final)
2	Mixed 11 & over 200 freestyle
3	Mixed 12 & under 100 IM (timed final)
4	Mixed 10 & under 100 butterfly (timed final)
5	Mixed 11 & over 100 butterfly
6	Mixed 12 & under 50 breaststroke (timed final)
7	Mixed 11 & over 200 breaststroke (timed final swum at finals)
8	Mixed 11 & over 100 backstroke
9	Mixed 10 & under 100 backstroke (timed final)
10	Mixed 11 & over 50 freestyle
11	Mixed 10 & under 50 freestyle (timed final)
12	Mixed 11 & over 400 IM (timed final)

Day 1 Session 2 – FINALS

3PM warm-up – 4PM start

Event #	Title
2a	Girls 11-12 200 freestyle
2b	Boys 11-12 200 freestyle
2c	Girls 13-14 200 freestyle
2d	Boys 13-14 200 freestyle
2e	Girls 15 & over 200 freestyle
2f	Boys 15 & over 200 freestyle
5a	Girls 11-12 100 butterfly
5b	Boys 11-12 100 butterfly
5c	Girls 13-14 100 butterfly
5d	Boys 13-14 100 butterfly
5e	Girls 15 & over 100 butterfly
5f	Boys 15 & over 100 butterfly
7	Mixed 11 & over 200 breaststroke (timed final)
8a	Girls 11-12 100 backstroke
8b	Boys 11-12 100 backstroke
8c	Girls 13-14 100 backstroke
8d	Boys 13-14 100 backstroke
8e	Girls 15 & over 100 backstroke
8f	Boys 15 & over 100 backstroke
10a	Girls 11-12 50 freestyle
10b	Boys 11-12 50 freestyle
10c	Girls 13-14 50 freestyle
10d	Boys 13-14 50 freestyle
10e	Girls 15 & over 50 freestyle
10f	Boys 15 & over 50 freestyle

Day 2 Session 3**8 AM warm-up – 9AM start**

Event #	Title
13	Mixed 12 & under 50 butterfly (timed final)
14	Mixed 11 & over 200 backstroke (timed final swum at finals)
15	Mixed 11 & over 100 breaststroke
16	Mixed 10 & under 100 breaststroke (timed final)
17	Mixed 11 & over 100 freestyle
18	Mixed 10 & under 100 freestyle (timed final)
19	Mixed 12 & under 50 backstroke (timed final)
20	Mixed 11 & over 200 butterfly (timed final swum at finals)
21	Mixed 11 & over 200 IM
22	Mixed 10 & under 200 IM (timed final)
23	Mixed Open 500 freestyle (timed final)

Day 2 Session 4 – FINALS**2PM warm-up – 3PM start**

Event #	Title
14	Mixed 11 & over 200 backstroke (timed final)
15a	Girls 11-12 100 breaststroke
15b	Boys 11-12 100 breaststroke
15c	Girls 13-14 100 breaststroke
15d	Boys 13-14 100 breaststroke
15e	Girls 15 & over 100 breaststroke
15f	Boys 15 & over 100 breaststroke
17a	Girls 11-12 100 freestyle
17b	Boys 11-12 100 freestyle
17c	Girls 13-14 100 freestyle
17d	Boys 13-14 100 freestyle
17e	Girls 15 & over 100 freestyle
17f	Boys 15 & over 100 freestyle
20	Mixed 11 & over 200 butterfly (timed final)
21a	Girls 11-12 200 IM
21b	Boys 11-12 200 IM
21c	Girls 13-14 200 IM
21d	Boys 13-14 200 IM
21e	Girls 15 & over 200 IM
21f	Boys 15 & over 200 IM