

Westbrook Seals Swim Club

November to Remember/ King and Queen of Sprints Meet

November 15 and 16, 2014

Davan Pool, 426 Bridge Street Westbrook, ME 04092

Sanction # **ME1415-1115**

FACILITY: The Davan Pool is a 6-lane, 25-yard pool with non-turbulent lane lines. Fully-automatic Colorado Time Systems electronic timing with touch pads at the finish end of the pool with single-line electronic display. There are no touch pads at the turn end of the pool. The finish end of the pool is 10 feet deep; the turn end of the pool is 3 feet deep. The pool is located inside the Westbrook Community Center at 426 Bridge Street, Westbrook, ME. The entrance door is at the side of the building.

SCHEDULE: See schedule of events sheet.

FORMAT: Age Group 12 and Under: Top 12 finishers advance to console and finals (session IV). Time from trials (Session II) will determine seeding for finals.

SCRATCHES: Coaches are responsible of reporting any scratches to the meet director. *Once results are posted, coaches must report any finalist scratches for 12 and under swimmers after the trials on Saturday (session #2).*

Age Group 13 and over: Each swim in session 1, 3 and 4 will be a timed final.

PLEASE NOTE: For Session #3 (1650 freestyle), swimmers must provide own timers.

Due to the schedule of events, swimmers may compete in 3 individual events only per session, and any relays. Relays will be run during the first two sessions only. Each team is allowed two relays / age group; swimmers may swim up an age group. 25 yard events will be swum from the blocks to watches.

ENTRIES: Meet Entries must be submitted via:

- 1) HY-TEK Commlink diskette with report copy, or
- 2) E-MAIL zipped Commlink file with report text attached
- 3) If computer format is unavailable, teams may submit typed paper entries.
- 4) ENTRY TIMES MUST BE IN SHORT COURSE YARDS.

DEADLINE: November 8, 2014. We will mail you confirmation after we receive your entry data.

EMAIL ENTRIES: Jim Violette

jav17@maine.rr.com

USPS ENTRIES and Checks:

Send USPS mailed entries and checks to: Westbrook Seals

P.O. Box 909 Westbrook, ME 04098.

Any team that fails to send payment, can be scratched from the meet at the discretion of the Entry Chairperson. On deck entries may be allowed at the discretion of the meet director. Payment from the team or swimmer of those on deck entries is required prior to those entries being accepted.

MEET CONTACT:

John Smith (Head Coach); (207) 712-0068 cell, sealsswimming@yahoo.com

John Bliss (Referee); (207) 797-9494 home, jmbliss8@msn.com

Bill Stone (Meet Director); (207) 885-0002 home, wstone@scarborough.k12.me.us

ELIGIBILITY: This meet is open to any swimmer who is a properly registered member of USA-S before the start of the meet or is a registered member with United States Masters Swimming (USMS). Age is as of November 15th, 2014.

USA-S REGISTRATION: Club athletes may obtain USA-S Registration from your Club Registrar. Unattached athletes may obtain forms and instructions from the Maine Swimming Web Site; www.maineswimming.org. Direct registration questions to the Maine Swimming, Inc. Membership/Registration Chair, Thomas Branch, 207-712-0877 or registrations@maineswimming.org. Deck Registrations will be allowed. Registration reconciliation will be done for this meet. **It is each team's responsibility to make sure the entry and registration information for each of their swimmers is accurate.**

MEET POLICY: All USA Swimming Registered Officials and Coaches are required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck. **Coaches must be properly registered and have all certifications up to date in order to be allowed on deck for this meet.** Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

FEES: Individual Events: \$4.00 per event for all 12 and under events. \$3.00 per event for all 13-14/Senior & over events Relays: \$6.00 per team (\$1.50 per swimmer) Paper Entries: \$.50 surcharge per event

Programs will be available for \$3.00 per session There will be a \$2.00 admission fee for spectators.

PAYMENT: Please make checks payable to: *Westbrook Seals* and mail with paper copy of team entries.

SEEDING: The meet will be pre-seeded. Deck entries will be accepted at the discretion of the Meet Referee on a space available basis only. There will be no re-seeding of any heat.

TIME TRIALS: May be swum if time permits and with the approval of the Meet Referee and Meet Director at the cost of \$3.00 per individual and \$5.00 per relay.

RULES: Current USA Swimming rules will govern all competition. Decisions by the meet referee will be final except as stated in the protest section below.

PROTESTS: A committee will be formed to handle any protests that arise during the meet. The committee will include the meet directors, the meet referee, a coach and an athlete (not from the same team as the originator of the protest).

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.

WARMUPS: The pool will open for warm-ups one-hour before the beginning of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received.

SAFETY:

Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. No shaving is permitted at the competition site. No glass containers are permitted within the facility. 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.

No camera or cell phones are permitted in the locker rooms and behind the starting blocks. Non-compliance is justification for disqualification from the meet or removal from the facility. **Any swimmer entered in the meet must be certified by a USA-S 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.**

Evacuation Procedure: In case of an emergency/fire alarm and the building must be cleared, all occupants must leave immediately through the nearest exits. Safety staff will clear the pool and all athletes will be instructed to evacuate the building. Each team's personnel will be required to account for all athletes present for the session. It is recommended that athletes have appropriate clothing on deck available to them to bring outside until the building is deemed safe to reenter.

LIABILITIES: Hosting Club, Facility, shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

CELL PHONES, CAMERAS AND OTHER RECORDING DEVICES ARE PROHIBITED FROM THE LOCKER ROOMS AND FROM BEHIND THE STARTING BLOCKS!!!

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 asked to leave the pool deck.

SCORING: The meet will not be scored.

AWARDS: Awards will be given to top finishers in each finals race in session 4.

FOOD: Food and beverage will be available during the meet.

PARKING: There is ample parking available in the parking lot adjacent to the Westbrook Community Center.

DIRECTIONS: Directions to the Davan Pool can be found at our website:
www.sealsswimming.org.

SESSION TIMES:

King and Queen of Sprints November 15 and 16, 2014

Start Time: Warm Ups: no earlier than

Session 1 - 9:05 AM **8:00 AM**

Session 2 – 1:30 PM **12:30:00 PM**

Session 3 – 8:30 AM **8:00 AM**

Session 4 – NO earlier than 11:05 a.m. **No earlier than 10 a.m.**

For 12 and unders -

Session 2 Preliminaries: All swimmers

For SESSION 4 for 12 and unders -

*Consoles and Finals: Top 12 swimmers from Saturday in each event
(1 heat of Consoles/ 1 heat of finals)*

For 13 and older -

Session #1- timed finals

Session #4 – Mixed event open seeding

Schedule of Events Session #1

Warm-up 8:00 AM Start Time 9:05 AM

November 15, 2014

Event # Women	Age	Event	Event # Men
1	Open 13 and older	200 Medley Relay	2
3	13 and 14	200 Free	4
5	15 and up	200 Free	6
7	13 and 14	100 Free	8
9	15 and up	100 Free	10

11	13 and 14	200 IM	12
13	15 and up	200 IM	14
15	Open 13 and older	200 Free Relay	16

Session #2 Trials

November 15, 2014

Warm-up 12:30 PM Start Time 1:30 PM

Event # Women	Age	Event	Event # Men
17	8 and under	25 Fly	18
19	9 and 10	50 Fly	20
21	11 and 12	50 Fly	22
23	8 and under	25 Back	24
25	9 and 10	50 Back	26
27	11 and 12	50 Back	28
29	8 and under	25 Breast	30
31	9 and 10	50 Breast	32
33	11 and 12	50 Breast	34
35	8 and under	25 Free	36
37	9 and 10	50 Free	38
39	11 and 12	50 Free	40
41	8 and under	100 IM	42
43	9 and 10	100 IM	44
45	11 and 12	100 IM	46

47	10 and under	200 Medley Relay	48
49	11 and 12	200 Medley Relay	50

Session #3

November 16, 2014

Warm Up 8 a.m. Start 8:30 a.m.

Event #	Age	Event
51	OPEN Mixed	1650 Free

Session #4

November 16, 2014

Warm up no earlier than 10 a.m.

Warm ups will be 1½ hours

Start time TBD after 1650

52	8 and under	25 Fly	53
54	9 and 10	50 Fly	55
56	11 and 12	50 Fly	57
58	OPEN 13 and Older Mixed	100 Fly	
59	8 and under	25 Back	60
61	9 and 10	50 Back	62
63	11 and 12	50 Back	64
65	OPEN 13 and older Mixed	100 Back	
66	8 and under	25 Breast	67

68	9 and 10	50 Breast	69
70	11 and 12	50 Breast	71
72	OPEN 13 and older Mixed	100 Breast	
73	8 and under	25 Free	74
75	9 and 10	50 Free	76
77	11 and 12	50 Free	78
79	OPEN 13 and older Mixed	50 Free	
80	8 and under	100 IM	81
82	9 and 10	100 IM	83
84	11 and 12	100 IM	85