Jamie Higgins Memorial Meet
Sunday, October 20, 2013
DONALD RICHARDS POOL, CAPE ELIZABETH, ME

SANCTIONED BY: Maine Swimming, Inc., Sanction # ME 1314-1020

HOSTED BY: Coastal Maine Aquatics

MEET DIRECTORS: Matt & Michelle Arpin
Contact for Meet Questions: 207-883-2254 or cmameetdirector@gmail.com

MEET REFEREE: Marie Weferling

MEET LOCATION: Donald Richards Pool 345 Ocean House Road (Route 77)
Cape Elizabeth, Maine 04107

FACILITY: The Donald Richards Pool is a 6 lane 25 yard pool with non-turbulent lane lines, Colorado Timing System, electronic scoreboard with six lane display, the starting end has a depth of 11'6" and the water depth at the end of pool is 3'8". The Donald Richards Pool has not been measured to certify under USA-S rule 104.2.2C(4). Spectator seating for 250. Ample parking is available on several lots around the Cape Elizabeth High School campus.

ENTRIES: All entries must be submitted by e-mail using the **Hy-Tek** format. If you do not have the ability to use Hy-Tek you can submit a hardcopy of your entries by sending us either an e-mail or mailing it to us by the entry deadline**.** If you are submitting Hy-Tek entries, a hard copy back up is required to be sent by mail or as a PDF by e-mail. All forms must have the swimmer's full name (first, middle initial, last) and birth date as they were USA-S registered, current USA-S number, seed times, and events that the swimmer would like to swim. Deck entries will not be allowed.

ENTRY SUBMISSION: E-Mail entry submission: cmameetdirector@gmail.com

Hard copy backup and entry fees**:**
Leanne Gravel, Box 6201 Cape Elizabeth, ME 04107

ENTRY TIMES: All entries must be specified in short-course yard times (25 yard pool). Meter times must be converted to yard times. Entries with "no time" will be accepted.

ENTRY DEADLINE: **Entries must be received no later than 6:00PM, Saturday, October 12, 2013.** All entries will be entered in the order received as space allows. CMA must adhere to MSI Swimming's four hour per session time limit. The host club reserves the right to change the format of the meet in order to make a more efficient meet. Reasons for change could include: to allow more swimmers to swim, to conform to facility capacity limits, or to condense the meet into a smaller time frame. Coaches will be notified of any meet changes.

ENTRY FEES: $3.00 per individual event, $6.00 per relay payable to Coastal Maine Aquatics.

Make checks payable to ***Coastal Maine Aquatics*** **(**TEAMS: PLEASE SEND ONE CHECK FOR YOUR TEAM'S ENTRIES**** and send by regular mail, **no** return receipt. Confirmation of receipt will be by e-mail**.) Checks must be received within four business days of the entry deadline unless other arrangements are made. Team entries will not be considered official until after the payment is made.**

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ENTRY LIMITS: Swimmers may be entered in no more than five (5) individual events and one (1) relay.

ELIGIBILITY: This meet is reserved for swimmers who are properly registered members of Maine Swimming, Inc. before the start of the meet or are registered members of United States Masters Swimming (USMS) and Maine residents. All swimmers must be USA Swimming registered. Age is as of October 20, 2013. **No swimmer will be allowed to participate in the Meet who is not registered prior to the start of the meet.**

USA SWIMMING REGISTRATION: Club athletes may obtain USA-S Registration from your Club Registrar. Unattached athletes may obtain forms and instructions from the Maine Swimming, Inc. 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 **NOT** be allowed. Registration reconciliation will occur for this meet. **It is each team's responsibility to make sure the entry and registration information for each swimmer is accurate.**

TIME TRIALS: Time Trial requests will be considered by Meet Director and Head Referee.

FORMAT & AWARDS: ALL events are pre-seeded timed finals, mixed age and gender. This meet offers three types of events: Jamie Higgins Maximum Time Standard Events, 8 & Under Events and Open Events.

Jamie Higgins Events: These are Maximum Time Standard events and **entry times must be no faster than the times listed** (taken from the *Projected* 2013-14 Maine Time Standards for 11/12 year old boys). NOTE: JH 100 Fly event will utilize the 11/12 GIRLS *Projected* 2013-14 Maine Time Standard.
Participation gifts will be given to athletes entered in any Jamie Higgins Event.

8 & U Events: All 8 & Under Events are offered in Session One.
Participation gifts will be given to athletes entered in any of these events.

Open Events: These events are open to ALL swimmers.
NO awards will be given for participation in Open Events.

ADMISSION: $2.00 per person.

PROGRAM: A complete program will be available for $3.00.

RULES: 2013 USA-S Rules shall apply. Decisions by the meet referee are final except as stated in the protest section below.

MEET POLICIES: Only certified and meet registered coaches, session officials, registered USA-S, USMS swimmers and Meet Staff will be allowed on deck.

All USA Swimming Registered Officials and Coaches are required to display USA Swimming Credentials (USA-S Membership Card) while on deck. This is a Maine Swimming, Inc. Policy. Coaches and Officials must be properly registered and have all certifications up to date in order to be allowed on deck for this meet.

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WARM UP: **Warm up lanes will be assigned after receipt of entries**. A copy of the lane assignment and time will be provided to coaches prior to the meet and in their meet information packets. **"Sit and Slide" entry at the starting block end of the pool is mandatory. Coaches may start one way sprints in their lanes when ready.**

START TIME:

Session I-	7:30	AM Warm-up;	No earlier than	8:20	AM Meet Start
Session II-	12:30	PM Warm-up;	No earlier than	1:20	PM Meet Start

SAFETY: Each participating swimmer must be under the supervision of a USA Swimming certified coach with a current USA-Swimming Coaching Membership. There will be absolutely no diving into the pool except during sprint lane warm-ups and swim event starts. All entry into the pool is from the deep end only. Non-compliance is justification for disqualification from the meet. **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.**

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). Protests must be submitted as described in the 2013 USA-S rules book.

MISCONDUCT: Any issues of misconduct 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, vandalism, or possession of alcohol, tobacco or illegal drugs. More serious violations may result in legal action by the LSC or local authorities. WE ARE GUESTS OF THE TOWN OF CAPE ELIZABETH AND THE DONALD L. RICHARDS POOL. SWIMMERS AND SPECTATORS MUST FOLLOW ALL TOWN RULES OR BE ASKED TO LEAVE THE POOL AREA.

LIABILITY: Coastal Maine Aquatics shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

CONCESSIONS: Food and beverages will be available for purchase at the CMA Café located outside of the pool lobby.

CELL PHONES, CAMERAS AND OTHER RECORDING OR IMAGE CAPTURING DEVICES ARE PROHIBITED FROM LOCKER ROOMS & FROM BEHIND THE STARTING BLOCKS

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SCHEDULE OF EVENTS

ALL EVENTS ARE MIXED AGE & GENDER

Jamie Higgins (JH) Events are Maximum Time Standard Events.
Entry times must be no faster than the times listed.

SESSION I

Warm-up: Begins at 7:30 AM
per schedule to be provided.

Start time: No earlier than 8:20 AM

EVENT	EVENT DESCRIPTION	NO FASTER THAN
1	8 &U 25 FREESTYLE	N/A
2	Open 100 BACKSTROKE	N/A
3	JH 50 BACKSTROKE	**37.99**
4	8 &U 25 BACKSTROKE	N/A
5	Open 100 BREASTSTROKE	N/A
6	JH 50 BREASTSTROKE	**43.79**
7	8 &U 25 BREAST STROKE	N/A
8	Open 500 FREESTYLE	N/A
9	Open 100 BUTTERFLY	N/A
10	JH 50 BUTTERFLY	**37.69**
11	8 &U 25 BUTTERFLY	N/A
12	Open 100 FREESTYLE	N/A
13	Open *RELAY* 200 FREESTYLE	N/A

SESSION II

Warm-up: Begins at 12:30 PM
per schedule to be provided.

Start time: No earlier than 1:20 PM

EVENT	EVENT DESCRIPTION	NO FASTER THAN
14	JH 100 IM	**1:23.19**
15	Open 200 IM	N/A
16	JH 100 FREESTYLE	**1:12.19**
17	Open 50 FREESTYLE	N/A
18	JH 100 BACKSTROKE	**1:22.49**
19	Open 200 BACKSTROKE	N/A
20	JH 100 BREASTSTROKE	**1:33.69**
21	Open 400 IM	N/A
22	JH 100 BUTTERFLY	**1:26.29***
23	Open 200 FREESTYLE	N/A

*11/12 GIRLS 100 Butterfly Projected Time Standard will be utilized for this event.

Participation gifts will be given to swimmers entered in any JH or 8 & Under events.

PLEASE NOTE: Meet Management has the right to start each session up to 30 minutes earlier or later, depending on the number of swimmers entered in the Session. Teams will be notified when warm-up schedule is emailed.