

WESTBROOK SEALS
The Dennis Connolly
(Winter)
SWIM YOUR OWN AGE MEET
January 14 & 15, 2006
Sanction # ME 0506-0114

FACILITY: Davan Pool provides 6 competition lanes. Lane lines are non-turbulent lines. Colorado Timing System, with electronic scoreboard.

SCHEDULE: See Schedule of Events Sheet.

FORMAT: Swimmers will only compete against other swimmers "their own age" (except for the 15 & over category).

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.

DEADLINE: Computer entry information must be received no later than 11:59 pm Thursday, January 5, 2006. Paper entries to be in by Tuesday, January 3, 2006

ENTRY PROCEDURE:
Entry times must be in short course yards.

MEET CONTACT:	Jared Felker (Head Coach) (207) 847-3279 H (207) 632-6914 W jaredfelker@hotmail.com	Pender J. Lazenby (Meet Director) (207) 797-7924 H (800) 284-5989 W penderjlazenby@yahoo.com
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EMAIL ENTRIES: Bruce Johnson
BLJohnson@unumprovident.com

USPS ENTRIES: Send USPS mailed entries to:

Bruce Johnson
120 Summit Street
Portland, Maine 04103

SCORING: First=20 points, Second=17 points, Third=16 points and so on down to one point.

GENERAL: Swimmers must be USA-Swimming registered for 2006
Entry age will be the swimmer's age on January 14, 2006

Entries must be submitted by team with all competing swimmers included in each entry submission.

In the event the meet is over-subscribed entries may be cut on the basis of last entry received, first cut.

25 yard events will be swum from the blocks to watches.

SESSION TIMES:

Start Time:	Warm Ups: no later than:
Session 1 - 9:05 AM	8:05 AM
Session 2 - 1:40 PM	12:40 PM
Session 3 - 9:00 AM	8:00 AM
Session 4 - 2:10 PM	1:10 PM

FEES: Computer entries: \$2.00 per individual event.
There will be a .50 per event surcharge for paper entries.
Programs will be available for \$3.00 per session.
There will be a \$1.00 admission fee for spectators.

PAYMENT: Please make checks payable to **Westbrook Seals** and mail with paper copy of team entries.
One check per team, please.

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.

RULES: Current USA Swimming rules will govern all competition. Decisions by the Meet Referee will be final.

PROTESTS: A committee will be formed to handle any protests that arise during the meet. The committee will include the Meet Director, a Meet Referee, a coach, and an athlete.

SAFETY: Each participating swimmer must be under the supervision of a USA-Swimming certified coach with a current USA-Swimming 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.
Swimmers must enter and exit the pool through the locker rooms.

AWARDS: Trophies will be awarded to the top six female swimmers and to the top six male swimmers, overall, in each age group.

LODGING: Names of local area hotels can be provided if needed.

OTHER: Food and beverage will be available during the meet

Schedule of Events

Swim Your Own Age Summer 2006
14 January 06 to 15 January 06
[Ageup: 1/14/06] SC Yards

Session # 1

Start Time: 9:05 AM – January 14, 2006

Event # Women	Age	Event	Event #Men
1	11-11	100 Fly	2
3	6-6	25 Fly	4
5	7-7	25 Fly	6
7	8-8	25 Fly	8
9	9-9	50 Fly	10
11	10-10	50 Fly	12
13	11-11	100 Back	14
15	6-6	25 Back	16
17	7-7	25 Back	18
19	8-8	25 Back	20
21	9-9	50 Back	22
23	10-10	50 Back	24
25	11-11	100 Free	26
27	6-6	50 Free	28
29	7-7	50 Free	30
31	8-8	50 Free	32
33	9-9	100 Free	34
35	10-10	100 Free	36

Session # 2

Start Time: 1:40 PM – January 14, 2006

Event # Women	Age	Event	Event #Men
37	12-12	100 Breast	38
39	13-13	100 Breast	40
41	14-14	100 Breast	42
43	15 & O	100 Breast	44
45	12-12	50 Free	46
47	13-13	50 Free	48
49	14-14	50 Free	50
51	15 & O	50 Free	52
53	12-12	100 IM	54
55	13-13	200 IM	56
57	14-14	200 IM	58
59	15 & O	200 IM	60

Session # 3

Start Time: 9:00 AM – January 15, 2006

Event # Women	Age	Event	Event #Men
61	11-11	100 Breast	62
63	6-6	25 Breast	64
65	7-7	25 Breast	66
67	8-8	25 Breast	68
69	9-9	50 Breast	70
71	10-10	50 Breast	72
73	11-11	50 Free	74
75	6-6	25 Free	76
77	7-7	25 Free	78
79	8-8	25 Free	80
81	9-9	50 Free	82
83	10-10	50 Free	84
85	11-11	100 IM	86
87	6-6	100 IM	88
89	7-7	100 IM	90
91	8-8	100 IM	92
93	9-9	100 IM	94
95	10-10	100 IM	96

Session # 4

Start Time: 2:10 PM – January 15, 2006

Event # Women	Age	Event	Event #Men
97	12-12	100 Fly	98
99	13-13	100 Fly	100
101	14-14	100 Fly	102
103	15 & O	100 Fly	104
105	12-12	100 Back	106
107	13-13	100 Back	108
109	14-14	100 Back	110
111	15 & O	100 Back	112
113	12-12	100 Free	114
115	13-13	100 Free	116
117	14-14	100 Free	118
119	15 & O	100 Free	120