

Hello Coaches, Swimmers, and Parents,

I just wanted to add a letter of explanation of how and what the King and Queen of Sprints meet will be run. This meet is a little different than any meet you have been to in the State of Maine. When designing the meet, I wanted to offer a competition that follows the Olympic format for the 13 and over and a championship format for the 12 and under.

For our 12 and under this meet will be a trials and finals meet, which means that all swimmers will swim in the trials on Saturday. The top 12 swimmers will come back to swim in a consolation and championship final on Sunday.

For the 13 and over, all swimmers will swim in the Preliminaries on Saturday morning. The top 12 swimmers in each event will then come back Saturday night for the Semifinals. The top 6 swimmers from the Semifinals will come back on Sunday for the championship final.

The winner of each event will be awarded a t-shirt that says that they are the King or Queen of the event. Our goal is to run a high energy meet, which is challenging and different. I invite all of you to participate and hope you have fun.

Thanks and See you there,
Jared Felker
Head Coach Westbrook Seals

Seals Swim Club
King and Queen of Sprints Meet
Davan Pool, 426 Bridge Street Westbrook, ME 04098
November 17 & 18, 2007
Sanction # ME 0708-1017

Meet Director: Dana Sone (md.sone6@verizon.net, 207-893-1926)

Meet Referee: Steve Elwell (SanctionME@roadrunner.com), 207-784-2140)

Meet Chairperson: Jim Violette (jviolett@maine.rr.com, cell: 207-776-3561, home: 207-797-4106)

Head Coach: Jared Felker (sealsswimming@hotmail.com, cell: 207-632-6914, home: 207-847-3279)

MEET FORMAT: All events are sprints. Due to the schedule of events, swimmers thirteen and older may swim up to 3 events, swimmers twelve and under may swim 5 events. 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.

FACILITY: The Davan Pool is a 6-lane, 25-yard pool with non-turbulent lane lines. Fully-automatic Colorado System 5 electronic timing with touch pads at the Start/Finish end of the pool. Each lane has an electronic time display. There are no touch pads at the turn end of the pool, finish end for 25 yard events. The start end of the pool is 10 feet deep; the turn end of the pool is 3 feet deep. All 25 yard events will start from the start (10 feet deep end) of the pool with swimmers times recorded by volunteer timers. There will be at least 2 watches per lane for the 25 yard events. The pool is located inside the Westcott Junior High School at 426 Bridge Street, Westbrook, ME. The entrance door is at the rear of the building.

COURSE: Short course yards (25 yards).

EVENTS and SESSIONS: See attached list.

ELIGIBILITY: All contestants must be 2007 USA Swimming registered athletes.

ENTRY INFORMATION: Entries will be accepted on and after October 31, 2007. Entries must be received no later than November 12, 2007. *Make checks payable to: Westbrook Seals.* Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson: **Jim Violette, 7 Crestwood Drive, Westbrook, ME 04092-4653**. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. All entries must include a completed and signed entry cover sheet and waiver.

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 jviolett@maine.rr.com. Please check that your team name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry (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 TIME UPDATES: Entry times may be updated until 5 days prior to the first day of the meet. No new entries will be accepted after the November 12, 2007 entry deadline. Entry time updates should be sent via email to the entry chairperson at jviolette@maine.rr.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

ENTRY FEES: Electronic entries: \$2.00 for individual events. Non-electronic entries: \$3.00 for individual events.

ENTRY TIMES: All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times.

PROGRAMS: \$1.00 per session.

ADMISSION: \$1.00 per session.

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:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes.
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer is required to notify the deck referee before he/she enters the water. The referee will make an effort to assign a registered coach to supervise the swimmer for warm-up.
5. No cameras of any kind will be permitted in the locker rooms.
6. No cell phones are permitted in the locker rooms.

RULES: 2007 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.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All Officials, Coaches and Meet Marshall's on the pool deck must display their USA Swimming registration card at all times. Individuals working the meet as timers, announcing or any other duties deemed necessary by the deck referee will also be allowed on deck during the meet. All other individuals without a USA Swimming registration card and not providing a swim meet function will be removed from the pool deck.

SCORING: The meet will not be scored.

AWARDS: T-shirts will be awarded to the top finisher in each individual event.

FOOD: A concession stand will be in operation on Saturday. Drinks and snacks will available Sunday.

MISCELLANEOUS: Seals Swim Club assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: There is ample parking available in the parking lot adjacent to the Wescott Middle School.

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

King and Queen of Sprints

November 17 and 18, 2007

Westbrook, ME 04098

SESSION TIMES:

Start Time:	Warm Ups: no <u>later</u> than
Session 1 - 9:05 AM	8:05 AM
Session 2 - 1:05 PM	12:05 PM
Session 3 - 5:05 PM	4:05 PM
Session 4 - 9:05 AM	8:05 AM
Session 5- 2:05 PM	1:05 PM

***Preliminaries:** All swimmers*

***Semi finals and Console heats:** Top 12 finishers in each event*

***Finals:** Top 6 swimmers in each event*

Schedule of Events

Session #1 Preliminaries

Warm-up 8:00 AM

Start Time 9:05 AM

November 17, 2007

Max: 3 Events

Event # Women	Age	Event	Event # Men
1	13 and 14	100 Fly	2
3	15 and up	100 fly	4
5	13 and 14	100 Back	6
7	15 and up	100 Back	8
9	13 and 14	100 Breast	10
11	15 and up	100 Breast	12
13	13 and 14	50 Free	14
15	15 and up	50 Free	16
17	13 and 14	100 IM	18
19	15 and up	100 IM	20

Session #2 Trials
 Warm-up 12:00 PM
 Start Time 1:05 PM

November 17, 2007
 Max: 5 Events

Event # Women	Age	Event	Event # Men
21	8 and under	25 Fly	22
23	9 and 10	50 Fly	24
25	11 and 12	50 Fly	26
27	8 and under	25 Back	28
29	9 and 10	50 Back	30
31	11 and 12	50 Back	32
33	8 and under	25 Breast	34
35	9 and 10	50 Breast	36
37	11 and 12	50 Breast	38
39	8 and under	25 Free	40
41	9 and 10	50 Free	42
43	11 and 12	50 Free	44
45	8 and under	100 IM	46
47	9 and 10	100 IM	48
49	11 and 12	100 IM	50

Session #3 Semi Finals
 Warm-up 5:00 PM
 Start Time 6:05 PM

November 17, 2007

Event # Women	Age	Event	Event # Men
1 - Semi Final	13 and 14	100 Fly	2 - Semi Final
3 - Semi Final	15 and up	100 Fly	4 - Semi Final
5 - Semi Final	13 and 14	100 Back	6 - Semi Final
7 - Semi Final	15 and up	100 Back	8 - Semi Final
9 - Semi Final	13 and 14	100 Breast	10 - Semi Final
11 - Semi Final	15 and up	100 Breast	12 - Semi Final
13 - Semi Final	13 and 14	50 Free	14 - Semi Final
15 - Semi Final	15 and up	50 Free	16 - Semi Final
17 - Semi Final	13 and 14	100 IM	18 - Semi Final
19 - Semi Final	15 and up	100 IM	20 - Semi Final

Session #4 Console and Final Heats**November 18, 2007**

Warm-up 8:00 AM

Start Time 9:05 AM

Event # Women	Age	Event	Event # Men
21 - Console & Final	8 and under	25 Fly	22 - Console & Final
23 - Console & Final	9 and 10	50 Fly	24 - Console & Final
25 - Console & Final	11 and 12	50 Fly	26 - Console & Final
27 - Console & Final	8 and under	25 Back	28 - Console & Final
29 - Console & Final	9 and 10	50 Back	30 - Console & Final
31 - Console & Final	11 and 12	50 Back	32 - Console & Final
33 - Console & Final	8 and under	25 Breast	34 - Console & Final
35 - Console & Final	9 and 10	50 Breast	36 - Console & Final
37 - Console & Final	11 and 12	50 Breast	38 - Console & Final
39 - Console & Final	8 and under	25 Free	40 - Console & Final
41 - Console & Final	9 and 10	50 Free	42 - Console & Final
43 - Console & Final	11 and 12	50 Free	44 - Console & Final
45 - Console & Final	8 and under	100 IM	46 - Console & Final
47 - Console & Final	9 and 10	100 IM	48 - Console & Final
49 - Console & Final	11 and 12	100 IM	50 - Console & Final

Session #5 Finals**November 18, 2007**

Warm-up 1:00 PM

Start time 2:05 PM

Event # Women	Age	Event	Event # Men
1 - Final	13 and 14	100 Fly	2 - Final
3 - Final	15 and up	100 Fly	4 - Final
5 - Final	13 and 14	100 Back	6 - Final
7 - Final	15 and up	100 Back	8 - Final
9 - Final	13 and 14	100 Breast	10 - Final
11 - Final	15 and up	100 Breast	12 - Final
13 - Final	13 and 14	50 Free	14 - Final
15 - Final	15 and up	50 Free	16 - Final
17 - Final	13 and 14	100 IM	18 - Final
19 - Final	15 and up	100 IM	20 - Final