

**WESTBROOK SEALS**  
**The Dennis Connolly**  
**(Summer)**  
**SWIM YOUR OWN AGE MEET**  
**July 14-15, 2007**  
**Sanction # ME 0607-0714**

**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:** July 6, 2007 (10 p.m.)

**ENTRY PROCEDURE:**

Entry times must be in short course yards.

<b>MEET CONTACT:</b>	Jared Felker (Head Coach) (207) 847-3279 H (207) 632-6914 C jaredfelker@hotmail.com	Pender J. Lazenby (Meet Director) (207) 797-7924 H (207) 831-2744 C penderjlazenby@yahoo.com
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**EMAIL ENTRIES:** Jim Violette  
[jviolett@maine.rr.com](mailto:jviolett@maine.rr.com)

**USPS ENTRIES:** Send USPS mailed entries to:  
Jim Violette  
7 Crestwood Dr  
Westbrook, Maine 04092-4653

**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 2007  
Entry age will be the swimmer's age on July 14, 2007

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.

**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, the 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 2007  
 14-July 07 to 15-July 07  
 [Ageup: 7/14/07] SC Yards

## Session # 1

Start Time: 9:00 AM – July 14, 2007

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

## Session # 2

Start Time: 1:40 PM – July 14, 2007

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: 9:05 AM – July 15, 2007

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

**Session # 4**

Start Time: 2:10 PM – July 15, 2007

<b>Event # Women</b>	<b>Age</b>	<b>Event</b>	<b>Event #Men</b>
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