

Seacoast Harvest Meet 2007
Greely High School Pool, Cumberland, Maine
Sunday Oct 28, 2007

SANCTION: Maine Swimming, Inc. Sanction number: ME 0708-1028

FACILITY: Greely High School Pool - a five lane 25-yard pool with non-turbulent lane lines, automatic timing and bleacher seating.

SCHEDULE: See Schedule of Events Sheet.

FORMAT: All events will be timed finals. 25 yard swims will be swum from the start end of pool to shallow end with manual timing.

For questions on the meet contact:

Jeff Easterling

ENTRIES: Meet Entries must be submitted via either:

- 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 paper entries using appropriate entry forms.

The deadline for paper entries is 6:00 pm Friday October 19, 2007

Computer entry information must be received no later than 11:59 pm Wednesday October, 17, 2007

No Deck entries will be accepted.

Send email entries to: jeff@nelma.org

Send USPS mailed entries to:
Jeff Easterling
225 Blanchard Road
Cumberland, Maine 04021
(207)829-6879

Swimmers must be USA-Swimming registered for 2007. Include swimmers' registration number with entries.

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.

Swimmers are limited to 5 (five) individual events per day.
This meet is recommended for swimmers of all ages.

FEES: \$2.00 per individual event for HY_TEK entries.
There is a \$0.50 surcharge, per event, for non HY-TEK entries.

Please make checks payable to **Seacoast Swim Club** and mail with entries. (One check per team, please.)
Programs will be available for \$3.00 per session.
There will be a \$1.00 admission fee for spectators.

SEEDING: The meet will be pre-seeded and deck entries for individual events will not be accepted.

RULES: Current USA Swimming rules with govern all competition.
Decisions by the meet referee will be final.

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.
There is no food allowed in the pool area per Town of Cumberland.

AWARDS: **Individual events:** Ribbons awarded for 1st – 8th place.

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

Directions:

From North: Take 295 to Exit 16; take a left at the Stop sign at the end of the ramp. Take a left onto Tuttle Road (just before Tuttle Rd. Overpass). Take a right onto Tuttle Road. Follow all the way to stop light and take right onto Route 9, Greely High School 500 yards on right. Follow drive way all the way to left. Pool located on left as you enter gray doors.

From South: Take 295 North to Exit 10 Bucknam Rd in Falmouth

Take a Right onto Bucknam Road

Go to second light take a right onto Route 9

Take Route 9 to Cumberland go straight through Traffic light in Cumberland.

Greely High will be on your right hand side about 500 yards.

Need more detailed directions check out

www.seacoastswimclub.org and click on get

Directions to the pool.

Session 1 Warm-up 8:00-8:30 10 & Under/8:30-8:55 13 & Over

Girls Event #	Age	Event	Age	Boys Event #
1	10&Under	100 Individual Medley	10&under	2
3	Open	50 Freestyle	Open	4
5	10&under	50 Breaststroke	10&under	6
7	Open	100 Breaststroke	Open	8
9	10&under	50 Butterfly	10&under	10
11	Open	100 Butterfly	Open	12
13	10& under	50 Backstroke	10& under	14
15	Open	100 Backstroke	Open	16
17	10&under	50 Freestyle	10&under	18
19	Open	100 Freestyle	Open	20

14 and under will get ribbons 1-8 as well as 15 and Over.

Session 2 Warm up 1:00- 1:25 11-12year olds/ 1:25-1:55 8 & Under age group

Girls Event #	Age	Event	Age	Boys Event #
21	8& Under	50 Free	8& Under	22
23	11-12	100 Individual Medley	11-12	24
25	8&Under	25 Backstroke	8& Under	26
27	11-12	50 Backstroke	11-12	28
29	8&Under	25 Butterfly	8&Under	30
31	11-12	50 Butterfly	11-12	32
33	8&Under	25 Breaststroke	8& Under	34
35	11-12	50 Breaststroke	11-12	36
37	8& Under	25 Freestyle	8& Under	38
39	11-12	50 Freestyle	11-12	40

All 25 will start at the Start end of pool and have manual times.