

# 2009 Groundhog Meet

## Sunday, February 1st

Harold A. Paulson Pool  
Riverton Community Center  
1600 Forest Avenue  
Portland, ME 04103

**SANCTION:** Maine Swimming, Inc. Sanction number: **0809-0201**

**FACILITY:** Harold Paulson Pool is a 6 lane, 25 meter pool with Colorado Timing System and 6 lane displays with seating for 200 spectators. The Riverton Community Center also has a cafeteria for equipment sales and the Porpoise Café.

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

**MEET DIRECTOR** Chas Foehl, 874-4787 or [cfoehl@maine.rr.com](mailto:cfoehl@maine.rr.com)

**ENTRIES:** Meet Entries must be submitted via email:  
1) HY-TEK zip file, and  
2) attached Entry report in Word format

If HyTek is not available, Team may submit entries via email with swimmer name, USA Registration number, age, events and entry times with yard or meter indicated.

The deadline for manual entries is 6:00 pm Monday, January 26th  
Hy-Tek entries must be received no later than 11:59 pm  
Wednesday, January 28<sup>th</sup>.  
No Deck entries will be accepted.

Send email entries to: [bcaton@maine.rr.com](mailto:bcaton@maine.rr.com)  
If you have questions about your files or entries you may reach  
Betty Caton at 878-3614.

- ENTRIES:** Swimmers must be USA-Swimming registered for 2008-09. 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. \$6.00 per relay entry.  
**There is a \$0.50 surcharge, per event, for non HY-TEK entries.**
- PAYMENT:** Please make checks payable to Portland Porpoises Swim Club and mail to Chas Foehl, PPSC, 254 Clifton Street Portland Maine 04103 (One check per team, please.)
- 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. The sit and slide method is required. Swimmers must enter and exit the pool through the locker rooms. There is no food allowed in the pool area. Non-compliance is justification for disqualification from the meet.
- Protests:** A committee will be formed to handle and 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).
- Liability:** Hosting Club, Facility, shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

**Cell Phones of any kind and all video recording or image capturing devices of any kind are prohibited from the locker rooms.**

**THERE ARE NO EXCEPTIONS!**

**AWARDS:** A special Groundhog award will be given to each participant.

**OTHER:** Food and beverage will be available at the Porpoise Café.  
Swim equipment will also be available for sale.  
Programs will be available for \$3.00 per session.  
There will be a \$1.00 admission fee for spectators.

**Session 1 – Sunday Morning**

**Warm-Ups 8:00 AM**

**Start 9:00 AM**

<b>Girl's Event #</b>	<b>Age</b>	<b>Event</b>	<b>Boy's Event #</b>
<b>1</b>	<b>11&amp;12</b>	<b>200 Free Relay</b>	<b>2</b>
<b>3</b>	<b>Open</b>	<b>200 Free Relay</b>	<b>4</b>
<b>5</b>	<b>Open</b>	<b>200 Fly</b>	<b>6</b>
<b>7</b>	<b>Open</b>	<b>100 Fly</b>	<b>8</b>
<b>9</b>	<b>11 &amp; 12</b>	<b>100 Fly</b>	<b>10</b>
<b>11</b>	<b>Open</b>	<b>200 Breast</b>	<b>12</b>
<b>13</b>	<b>Open</b>	<b>100 Breast</b>	<b>14</b>
<b>15</b>	<b>11 &amp; 12</b>	<b>100 Breast</b>	<b>16</b>
<b>17</b>	<b>Open</b>	<b>200 Free</b>	<b>18</b>
<b>19</b>	<b>11 &amp; 12</b>	<b>100 Free</b>	<b>20</b>
<b>21</b>	<b>Open</b>	<b>200 IM</b>	<b>22</b>
<b>23</b>	<b>11 &amp; 12</b>	<b>100 IM</b>	<b>24</b>
<b>25</b>	<b>Open</b>	<b>200 Back</b>	<b>26</b>
<b>27</b>	<b>Open</b>	<b>100 Back</b>	<b>28</b>
<b>29</b>	<b>11 &amp; 12</b>	<b>100 Back</b>	<b>30</b>
<b>31</b>	<b>Open</b>	<b>400 Med. Relay</b>	<b>32</b>
<b>33</b>	<b>11 &amp; 12</b>	<b>200 Med. Relay</b>	<b>34</b>

**Session 2 – Sunday Afternoon**

**Warm-Ups 1:00 PM**

**Start 2:00 PM**

<b>Girl's Event #</b>	<b>Age</b>	<b>Event</b>	<b>Boy's Event #</b>
<b>35</b>	<b>10 &amp; Under</b>	<b>100 Free Relay</b>	<b>36</b>
<b>37</b>	<b>8 &amp; Under</b>	<b>50 Free</b>	<b>38</b>
<b>39</b>	<b>10 &amp; Under</b>	<b>100 Free</b>	<b>40</b>
<b>41</b>	<b>8 &amp; Under</b>	<b>25 Fly</b>	<b>42</b>
<b>43</b>	<b>10 &amp; Under</b>	<b>50 Fly</b>	<b>44</b>
<b>45</b>	<b>8 &amp; Under</b>	<b>25 Back</b>	<b>46</b>
<b>47</b>	<b>10 &amp; Under</b>	<b>50 Back</b>	<b>48</b>
<b>49</b>	<b>8 &amp; Under</b>	<b>25 Breast</b>	<b>50</b>
<b>51</b>	<b>10 &amp; Under</b>	<b>50 Breast</b>	<b>52</b>
<b>53</b>	<b>10 &amp; Under</b>	<b>100 IM</b>	<b>54</b>
<b>55</b>	<b>10 &amp; Under</b>	<b>200 IM</b>	<b>56</b>
<b>57</b>	<b>10 &amp; Under</b>	<b>200 Med. Relay</b>	<b>58</b>

\*Results will be separated by age groups; 8 & Under and 9-10 Year Olds