

MAINE SWIMMING, INC.
Maine All Star Eagles, Maine All Star Lobsters, Maine All Star Bears
Intrastate All Star Meet
November 8th, 2008

- Sanction:** Maine Swimming Sanction # ME0809-1108
- Location:** Edwin Gamble Pool, Bath Area Family YMCA, Bath, Maine
- Facility:** Edwin Gamble Pool provides up to eight 25 yard competition lanes, plus warm-up/cool-down pool, non-turbulent lane lines, Daktronics Automatic Timing System with electronic scoreboard. Hy-Tek Meet Manager 2.0 will be used to compile results.
- Entries:** Entries will be done by the All Star Team Coaches
- Coaches:** Maine All Star Eagles will be coached by Leanne Gravel/Jay Morissette.
Maine All Star Lobsters will be coached by Jim Willis/Tom Manduca.
Maine All Star Bears will be coached by Butch Babin/Jared Felker.
- Entry Limit:** 3 individual entries per swimmer and relays
- Meet Director:** Chris Branch
- Meet Referee:** John Moreshead
- Programs:** \$3.00
- Seeding:** Maine All Star Eagles Lanes 3 & 6, Maine All Star Bears Lanes 5 & 7
and Maine All Star Lobsters Lanes 2 & 4
- Time Trials:** No Time Trials will be offered at this meet.
- Officials:** There will be an officials sign in sheet on the deck by the pool office and an officials' meeting will be held prior to the meet.
- Deck Credentials:**
Only certified and meet registered coaches, session officials, registered USA swimmers and Meet Staff will be allowed on deck.
- Questions:** Chris Branch; 207-657-6487, meetdirector@maineswimming.org
Laura Branch; 207-657-6487, campcoordinator@maineswimming.org
- Warm-ups:** All swimmers shall enter feet first using the sit and slide method at the starting end of the pool. Sprint lanes will be announced during the warm up period. Headfirst dives are allowed in sprint lanes only.
- Start Times:** Warm-up: 4:00 P.M.

Meet Start: 5:00 P.M.

Scoring: Individual Events: 6-4-3-2-1-0 Relays: 8-4-0

Awards: No Awards will be given out.

Protests: A meet jury will adjudicate any non-actual competition protest including the issue of misconduct.

Misconduct: any issues of conduct which occur within the meet venue are defined as, but not limited to; violation of safety guidelines, disrespect for meet management personnel, officials or fellow athletes, theft, vandalizing or possession of alcohol, tobacco or illegal drugs. More serious violations may result in legal action by the LSC or local authorities.

Liability: Maine Swimming and Bath Family YMCA shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

**CELL PHONES, CAMERAS AND OTHER RECORDING DEVICES ARE
PROHIBITED FROM THE LOCKER ROOMS!!!!**

EVENTS SCHEDULE

Saturday November 8th, 2008

Warm-ups: 4:00 P.M.

Start: 5:00 P.M.

<u>GIRLS</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS</u>
1	10 & Under 200 Medley Relay	2
3	11-12 200 Medley Relay	4
5	13 & Over 200 Medley Relay	6
7	12 & Under 200 Free	8
9	13 & Over 200 Free	10
11	12 & Under 200 IM	12
13	13 & Over 200 IM	14
15	Open 200 Breast Relay	16
17	10 & Under 50 Fly	18
19	11-12 50 Fly	20
21	12 & Under 100 Back	22
23	13 & Over 100 Back	24
25	10 & Under 50 Breast	26
27	11-12 50 Breast	28
29	Open 200 Fly Relay	30
31	8 & Under 50 Free	32
33	9-10 50 Free	34
35	11-12 50 Free	36
37	13-14 50 Free	38
39	15 & Over 50 Free	40
41	Open 400 Medley Relay	42
43	12 & Over 500 Free	44
45	Open 200 Back Relay	46
47	12 & Under 100 Breast	48
49	13 & Over 100 Breast	50
51	10 & Under 100 Free	52
53	11-12 100 Free	54
55	13 & Over 100 Free	56
57	10 & Under 50 Back	58
59	11-12 50 Back	60
61	12 & Under 100 Fly	62
63	13 & Over 100 Fly	64
65	10 & Under 100 IM	66
67	11-12 100 IM	68
69	10 & Under 200 Free Relay	70
71	11-12 200 Free Relay	72
73	13 & Over 200 Free Relay	74