

**2009 Maine Swimming
Bronze, 8 & Under Championships
And Senior Meet
February 20th, 21st and 22nd, 2009**

SANCTIONED BY: Maine Swimming, Inc. Sanction # ME0809-0220

HOSTED BY: Coastal Maine Aquatics

MEET DIRECTOR: Mark Leavitt
Email: mleavitt4@maine.rr.com

MEET REFEREE: John Moreshead

MEET LOCATION:
Donald Richards Pool – Cape Elizabeth High School, 345 Ocean House Road (Route 77), Cape Elizabeth, Maine 04107

FACILITY:
The Donald L. Richards Pool is a 25 yard, six lane pool with non-turbulent lane lines, Colorado Automatic Timing System, and electronic scoreboard with six lane display. Ample parking is available in several lots on the high school campus.

ENTRY DEADLINE:
Entries submitted on Hy-Tek commlink discs must be received either by email attachment or through the mail by Friday, February 6, 2009 at 6:00PM EDT. Entries submitted by hardcopy must be received by Tuesday, February 10, 2009. **Entries submitted after these dates and times will not be accepted. Deck entries will not be allowed.**

ENTRIES AND QUESTIONS: Mark Leavitt
46 Orlando Street
South Portland, ME 04106
E-Mail: mleavitt4@maine.rr.com
Phone 207-767-7249

ENTRY FEES:
Entry Fees are \$3.00 per individual event, \$12.00 per relay and \$6.00 per time trial, payable to Coastal Maine Aquatics. Time Trial payment is expected at the time the Time Trial is requested.

Payment for entries is due within four (4) business days of the entry deadline. Team entries will not be considered official until after the payment is made. One check from each team, payable to “Coastal Maine Aquatics”, will be accepted.

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ENTRY TIMES:

All entries must be specified in short-course yard (25 yard pool) times. Meter times must be converted to yard times. Entries with “NO TIME” will be accepted.

LIABILITY:

Coastal Maine Aquatics and Cape Elizabeth High School shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

FORMATS AND AWARDS:

This is a Closed Meet. Only swimmers who are registered with Maine Swimming Incorporated may participate in this meet. All events are pre-seeded timed finals.

BRONZE: Medals will be awarded to the top six finishers in each event who do NOT achieve Championship meet time standards. Ribbons will be awarded for places 7-12.

Special medals will be awarded to finishers who achieve Championship meet time standards.

8 & UNDER: Medals will be awarded to the top 6 finishers in each event, including relays. Ribbons will be awarded to the 7-12 place finishers in individual events. Trophies will be awarded to the top 6 individual boys and girls for the meet, to the 1st and 2nd place boys and girls teams, and the 1st and 2nd place combined (boys and girls) teams. The combined team winners MUST have both boys and girls who scored in the meet. **Awards for the 8 & Under Championship will be presented at the conclusion of Session 3 and prior to the start of the 500 Free in Session 6 to allow unhindered recognition of the swimmers’ achievements.**

ELIGIBILITY/RULES:

ALL USA SWIMMING RULES APPLY.

All swimmers must be USA Swimming registered. Age is of **February 20, 2009**. *However, if a swimmer’s birthday falls between February 20th and March 5th, that swimmer may compete in the age he/she will be at the time of Winter Championships, provided he/she has not yet made the cut time.* USA Swimming Code shall apply.

It is each team’s responsibility to make sure the entry and registration information for each of their swimmers is accurate. Registration Reconciliation will be done for this meet. All registrations should be sent to Thomas Branch, 249 Palm Street, Apt. 2, Bangor, ME 04401, or emailed to registrations@maineswimming.org.

As directed by the Town of Cape Elizabeth, NO food or beverages, other than water, will be permitted in the pool area. Electronic devices with the ability to take photographs or digital images are prohibited from the locker rooms.

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ENTRY LIMITS:

Swimmers may be entered in no more than five (5) individual events per day, **including Time Trials.** Relay entries do not count against this limit.

DECK CREDENTIALS:

Only certified and Meet registered coaches, session officials, registered USA swimmers, and Meet Staff will be allowed on deck.

PROTESTS:

A committee will be formed to handle protests that arise during the meet. The committee will include the Meet Director, the Meet Referee, a coach and an athlete (not from the same team as the originator of the protest).

WARM UP:

Each team will have one half hour for warm ups prior to each Session. Teams will be assigned a time and lane for warm ups at each session. Assignment list will be available in each coach's packet. Warm ups for the second Session on Saturday and Sunday will start one half hour after the conclusion of the morning events but no earlier than the time listed. Warm ups for the third Session on Saturday and Sunday will start as soon as the second Session of each day concludes.

The "Sit and Slide" rule for warm up entry will be used; entry at the starting block end of the pool is mandatory. Swimmers failing to follow this rule will be disqualified from further participation in the meet. Coaches may start one way sprints in their lanes when ready to do so.

SCORING:

Only the 8 & Under age group will be scored. 16,13,12,11,10,9 and 7,5,4,3,2,1 for individual events, double for relays.

TIME TRIALS:

Time Trials will be offered at the discretion of the meet management. Coaches should request them at the coaches' meeting prior to each session. Time trials will be limited to the events swum at that session.

ADMISSION:

\$2.00 per session. Meet Programs with heat and lane assignments will be available for purchase for a nominal fee. As directed by the Town of Cape Elizabeth, **NO FOOD OR BEVERAGES, OTHER THAN WATER, WILL BE PERMITTED IN THE POOL AREA.**

CONCESSIONS:

Food and beverages will be available for purchase at the CMA Café located in the high school cafeteria. Indoor protected access is available to the Café along with a dining area.

A Vendor will be on site Saturday and Sunday with swimming equipment and accessories for purchase.

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MEET SCHEDULE:

- Session 1: Friday Feb 20 Warm-up 3:00 PM Start 4:00 PM
- Session 2: Saturday, Feb 21
Warm-up 7:30 AM Start 8:30 AM
- Session 3: Saturday Feb 21
Warm-up: No Earlier Than 12:00 PM,
Start: One Hour after warm up begins.
- Session 4: Saturday Feb 21 SENIOR Events
Warm-up: At the Completion of Session 3,
Start: Either 30 Minutes or One Hour Later, Depending on the
number of swimmers entered in this Session.
- Session 5: Sunday Feb 22
Warm-up 7:30 AM Start 8:30 AM
- Session 6: Sunday Feb 22
Warm-up: No Earlier Than 12:00 PM,
Start: One Hour after warm up begins.
- Session 7: Sunday Feb 22 SENIOR Events
Warm-up: At the Completion of Session 6,
Start: Either 30 Minutes or One Hour Later, Depending on the
number of swimmers entered in this Session.

**WE ARE GUESTS OF THE TOWN OF CAPE ELIZABETH AND THE DONALD L.
RICHARDS POOL. SWIMMERS AND SPECTATORS MUST FOLLOW ALL TOWN RULES
OR BE ASKED TO LEAVE THE POOL AREA.**

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SCHEDULE OF EVENTS

Friday February 20, 2009

Session 1

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
1.	NT	SENIOR 400 Medley Relay	NT	2.
3.	NT	SENIOR 100 Fly	NT	4.
5.	NT	SENIOR 200 Breast	NT	6.
7.	NT	SENIOR 100 Free	NT	8.
9.	NT	SENIOR 200 Back	NT	10.
11.	NT	SENIOR 200 IM	NT	12.
13.	NT	SENIOR 200 Free Relay	NT	14.
15.	NT	SENIOR 500 Free	NT	16.
17.	NT	SENIOR 800 Free Relay	NT	18.

Saturday February 21, 2009

Session 2

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
19.	3:11.80	11-12 200 Fly	3:50.10	20.
21.	35.70	10 & U 50 Free	37.20	22.
23.	31.30	11-12 50 Free	33.00	24.
25.	1:46.20	10 & U 100 Breast	2:07.90	26.
27.	1:32.20	11-12 100 Breast	1:43.40	28.
29.	42.20	10 & U 50 Fly	49.70	30.
31.	36.20	11-12 50 Fly	41.80	32.
33.	1:35.00	10 & U 100 Back	1:47.20	34.
35.	1:21.00	11-12 100 Back	1:28.00	36.
37.	3:04.60	10 & U 200 Free	3:22.00	38.
39.	2:33.30	11-12 200 Free	2:47.00	40.
41.	1:31.40	10 & U 100 IM	1:41.50	42.
43.	1:18.80	11-12 100 IM	1:26.90	44.

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**Saturday February 22, 2009
Session 3**

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
45.	NT	8 & U 100 Free	NT	46.
47.	2:22.30 (13-14)	13 & Over 200 Free	2:21.60 (13-14)	48.
	2:13.40 (15 & Over)		2:03.20 (15 & Over)	
49.	NT	8 & U 25 Breast	NT	50.
51.	1:23.90 (13-14)	13 & Over 100 Breast	1:25.50 (13-14)	52.
	1:21.50 (15 & Over)		1:13.50 (15 & Over)	
53.	NT	8 & U 25 Fly	NT	54.
55.	1:14.80 (13-14)	13 & Over 100 Back	1:16.20 (13-14)	56.
	1:10.60 (15 & Over)		1:04.60 (15 & Over)	
57.	NT	8 & U 25 Free	NT	58.
59.	2:53.40 (13-14)	13 & Over 200 Fly	2:46.50 (13-14)	60.
	2:43.00 (15 & Over)		2:36.60 (15 & Over)	
61.	NT	8 & U 100 Medley relay	NT	62.

**Saturday February 22, 2009
Session 3 (Cont.)**

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
63.	29.40 (13-14)	13 & Over 50 Free	28.60 (13-14)	64.
	27.90 (15 & Over)		24.90 (15 & Over)	
65.	6:08.40 (13-14)	13 & Over 400 IM	5:55.00 (13-14)	66.
	5:51.30 (15 & Over)		5:27.80 (15 & Over)	

13 & Over events will be seeded and swum based on entry times but scored as 13-14 and 15 & U age groups.

**2009 Maine Swimming
Bronze, 8 & Under Championships
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**Saturday February 22, 2009
Session 4**

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
67.	NT	SENIOR 200 Medley Relay	NT	68.
69.	NT	SENIOR 200 Free	NT	70.
71.	NT	SENIOR 100 Breast	NT	72.
73.	NT	SENIOR 100 Back	NT	74.
75.	NT	SENIOR 200 Fly	NT	76.
77.	NT	SENIOR 50 Free	NT	78.
79.	NT	SENIOR 400 Free Relay	NT	80.
81.	NT	SENIOR 400 IM	NT	82.

**Sunday February 22, 2009
Session 5**

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
83.	3:03.40	11-12 200 Back	3:26.50	84.
85.	1:43.70	10 & U 100 Fly	1:53.70	86.
87.	1:25.00	11-12 100 Fly	1:46.90	88.
89.	1:21.30	10 & U 100 Free	1:27.10	90.
91.	1:09.90	11-12 100 Free	1:13.60	92.
93.	3:31.40	11-12 200 Breast	3:53.20	94.
95.	42.60	10 & U 50 Back	45.50	96.
97.	37.30	11-12 50 Back	40.60	98.
99.	47.80	10 & U 50 Breast	51.90	100.
101.	42.60	11-12 50 Breast	46.60	102.
103.	3:37.20	10 & U 200 IM	3:52.50	104.
105.	2:56.20	11-12 200 IM	3:13.00	106.
107.	8:35.80 (10 & U)	12 & Under 500 Free	9:02.50 (10 & U)	108.
	7:01.00 (11-12)		7:30.50 (11-12)	

Swimmers in Events 107 and 108 must provide their own Timer and Counter.

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Sunday February 22, 2009

Session 6

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
109.	3:13.40 (13-14)	13 & Over 200 Breast	3:05.80 (13-14)	110.
	2:56.60 (15 & Over)		2:54.10 (15 & Over)	
111.	NT	8 & U 50 Free	NT	112.
113.	1:04.90 (13-14)	13 & Over 100 Free	1:03.10 (13-14)	114.
	1:00.80 (15 & Over)		54.80 (15 & Over)	
115.	NT	8 & U 25 Back	NT	116.
117.	2:45.00 (13-14)	13 & Over 200 Back	2:46.10 (13-14)	118.
	2:37.00 (15 & Over)		2:23.30 (15 & Over)	

Sunday February 22, 2009

Session 6 (Cont.)

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
119.	NT	8 & U 100 IM	NT	120.
121.	2:39.50 (13-14)	13 & Over 200 IM	2:46.00	122.
	2:31.20 (15 & Over)		2:16.50 (15 & Over)	
123.	NT	8 & U 100 Free Relay	NT	124.
125.	1:17.80 (13-14)	13 & Over 100 Fly	1:19.00 (13-14)	126.
	1:10.90 (15 & Over)		1:04.00 (15 & Over)	
127.	6:25.70 (13-14)	13 & Over 500 Free	6:32.90 (13-14)	128.
	6:13.00 (15 & Over)		5:46.70 (15 & Over)	

13 & Over events will be seeded and swum based on entry times but scored as 13-14 and 15 & U age groups.

Swimmers in Events 127 and 128 must provide their own Timer and Counter.

**2009 Maine Swimming
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**Sunday February 22, 2009
Session 7**

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
129.	NT	SENIOR 1000 Free	NT	130.
131.	NT	SENIOR 1650 Free	NT	132.

Swimmers in Events 129, 130, 131, and 132 must be at least 13 years of age as of March 5, 2009 and provide their own Timer and Counter.

We are guests of the Town of Cape Elizabeth's Donald Richards Pool. Swimmers and spectators must follow all Town rules.