

Iron SEALS Meet

Davan Pool, 426 Bridge Street Westbrook, ME 04098

May 18, 2008

Sanction #: ME0708-0518

Meet Director: Dana Sone (md.sone6@verizon.net, 207-893-1926)

Meet Referee: Steve Elwell (westbrookseals@roadrunner.com, 207-784-2140)

Meet Chairperson: Jim Violette (jviolett@maine.rr.com, cell: 207-776-3561, home: 207-797-4106)

Head Coach: Jared Felker (sealsswimming@hotmail.com, cell: 207-632-6914, home: 207-847-3279)

MEET FORMAT: This meet is for 13 year olds and up, the events are 500, 400 IM, and 1650. Twelve year olds and under may compete if they have the following cut times for one or more of the following events: 1650 (25:00.99), 400 IM (6:30.99) and 500 (6:40.99). Timers will be provided for all events we do ask that each swimmer have their own counters. **Positive check in closes at 8:30**, anyone not checked in will be scratched from the meet. Events will be seeded fastest to slowest, seeding will take place at close of check in (8:30 AM).

FACILITY: The Davan Pool is a 6-lane, 25-yard pool with non-turbulent lane lines. Fully-automatic Colorado Time Systems electronic timing with touch pads at the finish end of the pool with single-line electronic display. There are no touch pads at the turn end of the pool. The finish end of the pool is 10 feet deep; the turn end of the pool is 3 feet deep. The pool is located inside the Westcott Junior High School at 426 Bridge Street, Westbrook, ME. The entrance door is at the rear of the building.

COURSE: Short course yards (25 yards).

EVENTS and SESSIONS: See attached list.

ELIGIBILITY: All contestants must be 2008 USA Swimming registered athletes.

ENTRY INFORMATION: Entries will be accepted on or after **May 1, 2008**. **Entries must be received no later than May 12th** we will mail you confirmation after we receive your entry data. *Please Make checks payable to: **Westbrook Seals***. Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson: **Jim Violette 7 Crestwood Drive Westbrook, ME 04092-4653**. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. All entries must include a completed and signed entry cover sheet and waiver.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at jviolett@maine.rr.com. Please check that your team name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received within four (4) days, excluding Sundays and holidays, of receipt of the email entry. If payment is received within four (4) days, excluding Sundays and holidays, of the email entry, the email receipt date will be considered the date of entry. If payment is received more than four (4) days, excluding Sundays and holidays, after the email entry, the payment receipt date will be considered the date of entry.

ENTRY TIME UPDATES: Entry times may be updated until 5 days prior to the first day of the meet. **No new entries will be accepted after the May 14th entry deadline**. Entry time updates should be sent via email to the entry chairperson at jviolette@maine.rr.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

ENTRY FEES: Electronic entries: \$2.00 for individual events. Non-electronic entries: \$2.50 for individual events.

ENTRY TIMES: All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times.

PROGRAMS: \$1.00

ADMISSION: \$1.00

WARMUPS: The pool will open for warm-ups one-hour before the beginning of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. No shaving is permitted at the competition site.
2. No glass containers are permitted within the facility.
3. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
4. No camera cell phones are permitted in the locker rooms.

RULES: 2008 USA Swimming rules will govern all competition. Decisions by the meet referee will be final unless a written protest is lodged within 30 minutes of the heat swum.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by Maine Swimming, Inc..

SCORING: The meet will not be scored.

AWARDS: Trophies will be awarded to the top male and female swimmers, as well as runners up. Top swimmers will be determined by their cumulative times in all three events. To be eligible for top swimmer, competitors must complete all three events.

FOOD: Drinks and snacks will be available during the meet.

MISCELLANEOUS: Seals Swim Club assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: There is ample parking available in the parking lot adjacent to the Wescott Middle School.

DIRECTIONS: Directions to the Davan Pool can be found at our website: sealsswimming.org

Iron SEALS Meet

Sunday, May 18, 2008

Schedule of Events

Warm-ups start at 8:00am

Positive check in at 8:30

Start time 9:05am

Event # Women	Event	Event # Men
1	500 Free	2
3	400 IM	4
5	1650 Free	6

Swimmers must provide their own counters.
Timers will be provided.