

Seals Swim Club

King and Queen of Sprints Meet

Davan Pool, 426 Bridge Street Westbrook, ME 04098
November 22 & 23, 2008
Sanction # ME0809-1122

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: All events are sprints. Due to the schedule of events, swimmers may compete in 3 individual events only. Relays will be run after the first two sessions only: two relays/ team/ age group, swimmers may swim up an age group. The meet will be pre-seeded. Deck entries will be accepted at the discretion of the Meet Referee on a space available basis only. There will be no re-seeding of any heat.

PROTESTS: A committee will be formed to handle any 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). Registration reconciliation will be done for this meet. **It is each team's responsibility to make sure the entry and registration information for each of their swimmers is accurate.**

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. Mail registrations to Lu Ryan, 19 Jameco Mill Road Scarborough, ME 04074-8215. Seeding will be age as of November 22, 2008.

ENTRY INFORMATION: Entries will be accepted on and after October 31, 2008. Entries must be received no later than November 12, 2008 **we will mail you confirmation after we receive your entry data.** *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. Registration reconciliation will be done for this meet. **It is each team's responsibility to make sure the entry and registration information for each of their swimmers is accurate.**

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 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 November 12, 2008 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: \$2.00 per session.

ADMISSION: \$1.00 per session.

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. All swimmers shall enter feet first using the sit and slide method at the starting end of the pool.

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 cameras or 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 asked to leave the pool deck.

LIABILITY: Westbrook SEALS and Westcott Junior High School shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

SCORING: The meet will not be scored.

AWARDS: T-shirts will be awarded to the top finisher in each individual event.

FOOD: A concession stand will be in operation on Saturday. Drinks and snacks will available Sunday.

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

**King and Queen of Sprints
November 22&23, 2008
Westbrook, ME 04098**

SESSION TIMES:

Start Time:	Warm Ups: no <u>later</u> than
Session 1 - 9:05 AM	8:00 AM
Session 2 - 1:05 PM	12:00 PM
Session 3 - 6:05 PM	5:00 PM
Session 4 - 9:05 AM	8:00 AM
Session 5 - 2:05 PM	1:00 PM

Preliminaries: All swimmers

Semi finals and Console heats: Top 12 finishers in each event

Finals: Top 6 swimmers in each event

Schedule of Events

Session #1 Preliminaries

November 22, 2008

Warm-up 8:00 AM

Start Time 9:05 AM

Event # Women	Age	Event	Event # Men
1	13 and 14	100 Fly	2
3	15 and up	100 fly	4
5	13 and 14	100 Back	6
7	15 and up	100 Back	8
9	13 and 14	100 Breast	10
11	15 and up	100 Breast	12
13	13 and 14	50 Free	14
15	15 and up	50 Free	16
17	13 and 14	100 IM	18
19	15 and up	100 IM	20
21	13 and 14	200 Medley Relay	22
23	15 and up	200 Medley Relay	24
25	13 and 14	200 Free Relay	26
27	15 and up	200 Free Relay	28

Session #2 Trials
 Warm-up 12:00 PM
 Start Time 1:05 PM

November 22, 2008

Event # Women	Age	Event	Event # Men
29	8 and under	25 Fly	30
31	9 and 10	50 Fly	32
33	11 and 12	50 Fly	34
35	8 and under	25 Back	36
37	9 and 10	50 Back	38
39	11 and 12	50 Back	40
41	8 and under	25 Breast	42
43	9 and 10	50 Breast	44
45	11 and 12	50 Breast	46
47	8 and under	25 Free	48
49	9 and 10	50 Free	50
51	11 and 12	50 Free	52
53	8 and under	100 IM	54
55	9 and 10	100 IM	56
57	11 and 12	100 IM	58
59	10 and under	200 Medley Relay	60
61	11 and 12	200 Medley Relay	62
63	10 and under	200 Free Relay	64
65	11 and 12	200 Free Relay	66

Session #3 Semifinals
 Warm-up 5:00 PM
 Start Time 6:05 PM

November 22, 2008

Event # Women	Age	Event	Event # Men
67	13 and 14	100 Fly	68
69	15 and up	100 Fly	70
71	13 and 14	100 Back	72
73	15 and up	100 Back	74
75	13 and 14	100 Breast	76
77	15 and up	100 Breast	78
79	13 and 14	50 Free	80
81	15 and up	50 Free	82
83	13 and 14	100 IM	84
85	15 and up	100 IM	86

Session #4 Console and Final Heats**November 23, 2008**

Warm-up 8:00 AM

Start Time 9:05 AM

Event # Women	Age	Event	Event # Men
87	8 and under	25 Fly	88
89	9 and 10	50 Fly	90
91	11 and 12	50 Fly	92
93	8 and under	25 Back	94
95	9 and 10	50 Back	96
97	11 and 12	50 Back	98
99	8 and under	25 Breast	100
101	9 and 10	50 Breast	102
103	11 and 12	50 Breast	104
105	8 and under	25 Free	106
107	9 and 10	50 Free	108
109	11 and 12	50 Free	110
111	8 and under	100 IM	112
113	9 and 10	100 IM	114
115	11 and 12	100 IM	116

Session #5 Finals**November 23, 2008**

Warm-up 1:00 PM

Start time 2:05 PM

Event # Women	Age	Event	Event # Men
117	13 and 14	100 Fly	118
119	15 and up	100 Fly	120
121	13 and 14	100 Back	122
123	15 and up	100 Back	124
125	13 and 14	100 Breast	126
127	15 and up	100 Breast	128
129	13 and 14	50 Free	130
131	15 and up	50 Free	132
133	13 and 14	100 IM	134
135	15 and up	100 IM	136