

Seacoast Swim Club
Harvest Meet
Sunday, November 16, 2008

- SANCTION:** Maine Swimming, Inc. Sanction Number: ME 0809-1116
- LOCATION:** Greely High School Pool, 303 Main St., Cumberland, Maine
- FACILITY:** The pool is a 5 lane, 25-yard pool with non-turbulent lane lines and Colorado automatic timing system. Bleacher seating is available at the pool.
- SCHEDULE:** See schedule of events page.
- FORMAT:** All events will be time finals. 25 yard event will be swum from the start end of the pool to the shallow end with manual timing in accordance with USA Swimming rules.

For question concerning this meet please contact: Jeff Easterling at jeff@nelma.org

- DECK CREDENTIALS:** **Only certified and meet registered coaches, session officials, registered USA swimmers and Meet Staff will be allowed on deck outside of the spectator seating.**

- ENTRIES:** This meet is recommended for swimmers of all ages. Swimmers are limited to 5 individual events per day. **All swimmers must be registered with USA-Swimming for 2008.**

Entries may be submitted via email in Hy-Tek file format or via USPS. All entries must include the swimmers full name (first, last, middle initial), team name, current USA registration number, and seed time.

All Entries must be received by 6:00 p.m., Friday, November 7, 2008. Seacoast Swim Club is not responsible for undelivered e-mail entries; please follow-up to insure your entries have been received.

E-Mail entries to: jeff@nelma.org

Send USPS entries to: Larissa Boddie
74 Blanchard Road
Cumberland, Maine 04021
Phone: 829-8059

Cell Phones of any kind are prohibited from the locker rooms. All video recording or image capturing devices of any kind are prohibited from the locker rooms.
THERE ARE NO EXCEPTIONS!

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- FEES:** \$2.00 per individual event for HY-TEK computer entries.
\$2.50 per individual event, for all manual (non-computerized) entries.
- Please make checks payable to **Seacoast Swim Club** and mail to address above. (One check per team).
- There will be a \$2.00 admission fee for spectators.
Programs will be available for \$3.00 per session.
- SEEDING:** The meet will be pre-seeded slowest to fastest.
- RULES:** Current USA Swimming rules apply. Decisions by the meet referee are final except as stated in the protest section below.
- SCORING:** Individual Events: 9-7-6-5-4-3-2-1
- AWARDS:** Ribbons will be awarded to the 1st – 8th place in each individual event.
Heat winners will receive a prize.
- 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. 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 director, the meet referee, a coach and an athlete (not from the same team as the originator of the protest). Protests must be submitted as described in the USA rule book.
- LIABILITY:** Seacoast Swim Club, Greely High School, and the Greely School System shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

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Schedule of Events

Warm-ups: **All swimmers shall enter feet first 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.**

Morning Session: Warm-up for **Seniors**: 8:00 a.m. -8:25 a.m.
Warm-up for **10 and Under**: 8:25 a.m. -8:55 a.m.
Start time: 9:00 a.m.

| Girls Event # | Age | Event | Age | Boys Event # |
|---------------|------------|-----------------------|------------|--------------|
| 1 | 10 & Under | 100 Individual Medley | 10 & Under | 2 |
| 3 | Senior | 200 Individual Medley | Senior | 4 |
| 5 | 10 & Under | 50 Backstroke | 10 & Under | 6 |
| 7 | Senior | 200 Backstroke | Senior | 8 |
| 9 | 10 & Under | 50 Butterfly | 10 & Under | 10 |
| 11 | Senior | 200 Butterfly | Senior | 12 |
| 13 | 10 & Under | 50 Breaststroke | 10 & Under | 14 |
| 15 | Senior | 200 Breaststroke | Senior | 16 |
| 17 | 10 & Under | 50 Freestyle | 10 & Under | 18 |
| 19 | Senior | 200 Freestyle | Senior | 20 |

Afternoon Session: Warm-up for **11 – 12**: 12:00 p.m. -12:25 p.m.
Warm-up for **8 & Under**: 12:25 p.m. -12:55 p.m.
Start Time: 1:00 p.m.

| Girls Event # | Age | Event | Age | Boys Event # |
|---------------|-----------|-----------------------|-----------|--------------|
| 21 | 8 & Under | 25 Freestyle | 8 & Under | 22 |
| 23 | 11-12 | 100 Individual Medley | 11-12 | 24 |
| 25 | 8 & Under | 25 Backstroke | 8 & Under | 26 |
| 27 | 11-12 | 100 Backstroke | 11-12 | 28 |
| 29 | 8 & Under | 25 Butterfly | 8 & Under | 30 |
| 31 | 11-12 | 100 Butterfly | 11-12 | 32 |
| 33 | 8 & Under | 25 Breaststroke | 8 & Under | 34 |
| 35 | 11-12 | 100 Breaststroke | 11-12 | 36 |
| 37 | 8 & Under | 50 Freestyle | 8 & Under | 38 |
| 39 | 11-12 | 100 Freestyle | 11-12 | 40 |

All 25 yard events will start from the start end of the pool. Times will be recorded manually using stop watches in accordance with USA Swimming rules.

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