

**2010 Maine Swimming, Inc.
Bronze Classic, 8 & Under Championships
And Senior Meet
February 19th, 20th and 21st, 2010**

SANCTIONED BY: Maine Swimming, Inc. Sanction # ME0910-0219

HOSTED BY: Coastal Maine Aquatics

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

MEET REFEREE: Steve Elwell; officialschair@maineswimming.org

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 Wednesday, February 10, 2010 at 6:00PM EST. Entries submitted by hardcopy must be received by Monday, February 8, 2010. **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 \$4.00 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:

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:

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

ALL USA SWIMMING RULES APPLY.

All swimmers must be USA Swimming registered. Age is of **February 19, 2010**. *However, if a swimmer's birthday falls between February 19th and March 11th, 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 fifteen (15) minutes 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.

TIMERS:

Each team is to provide one person to act as a Timer/Relief Timer/Runner for each Session except for Session 7.

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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.

Action Accents will be on site Saturday and Sunday with swimming equipment and accessories for purchase.

MEET SCHEDULE:

- Session 1: Friday Feb 19: Warm-up 3:30 PM Start 4:30 PM
- Session 2: Saturday, Feb 20
Warm-up 7:30 AM Start 8:30 AM
- Session 3: Saturday Feb 20
Warm-up: No Earlier Than 12:00 PM,
Start: One Hour after warm up begins.
- Session 4: Saturday Feb 20 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 21
Warm-up 7:30 AM Start 8:30 AM
- Session 6: Sunday Feb 21
Warm-up: No Earlier Than 12:00 PM,
Start: One Hour after warm up begins.
- Session 7: Sunday Feb 21 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.

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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.

SCHEDULE OF EVENTS

Friday February 19, 2010

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 20, 2010

Session 2

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
19.	3:05.00	11-12 200 Fly	3:01.20	20.
21.	36.00	10 & U 50 Free	38.90	22.
23.	31.90	11-12 50 Free	33.40	24.
25.	1:46.70	10 & U 100 Breast	1:55.70	26.
27.	1:36.40	11-12 100 Breast	1:35.10	28.
29.	43.00	10 & U 50 Fly	47.30	30.
31.	37.80	11-12 50 Fly	38.20	32.
33.	1:46.70	10 & U 100 Back	1:42.90	34.
35.	1:21.10	11-12 100 Back	1:25.80	36.
37.	3:20.20	10 & U 200 Free	3:09.90	38.
39.	2:43.20	11-12 200 Free	2:38.39	40.
41.	1:33.80	10 & U 100 IM	1:41.30	42.
43.	1:20.10	11-12 100 IM	1:23.70	44.

2010 Maine Swimming, Inc.
Bronze Classic, 8 & Under Championships
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February 19th, 20th and 21st, 2010

Saturday February 20, 2010
Session 3

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
45.	NT	8 & U 100 Free	NT	46.
47.	2:25.00 (13-14)	13 & Over 200 Free	2:26.10 (13-14)	48.
	2:21.20 (15 & Over)		2:10.10 (15 & Over)	
49.	NT	8 & U 25 Breast	NT	50.
51.	1:24.10(13-14)	13 & Over 100 Breast	1:24.10 (13-14)	52.
	1:22.00 (15 & Over)		1:14.70 (15 & Over)	
53.	NT	8 & U 25 Fly	NT	54.
55.	1:19.90 (13-14)	13 & Over 100 Back	1:14.90 (13-14)	56.
	1:12.10 (15 & Over)		1:06.20 (15 & Over)	
57.	NT	8 & U 25 Free	NT	58.
59.	2:53.40 (13-14)	13 & Over 200 Fly	2:43.70 (13-14)	60.
	2:48.60 (15 & Over)		2:26.40 (15 & Over)	
61.	NT	8 & U 100 Medley relay	NT	62.
63.	31.00 (13-14)	13 & Over 50 Free	30.70 (13-14)	64.
	28.00 (15 & Over)		25.30 (15 & Over)	
65.	6:10.80 (13-14)	13 & Over 400 IM	5:50.60 (13-14)	66.
	6:01.50 (15 & Over)		5:35.80 (15 & Over)	

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

Saturday February 20, 2010
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.

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**Sunday February 21, 2010
Session 5**

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
83.	3:01.90	11-12 200 Back	3:58.40	84.
85.	1:57.50	10 & U 100 Fly	1:55.20	86.
87.	1:27.20	11-12 100 Fly	1:25.80	88.
89.	1:21.60	10 & U 100 Free	1:29.20	90.
91.	1:13.60	11-12 100 Free	1:13.10	92.
93.	3:26.40	11-12 200 Breast	3:21.70	94.
95.	43.50	10 & U 50 Back	49.20	96.
97.	39.60	11-12 50 Back	39.50	98.
99.	47.80	10 & U 50 Breast	53.60	100.
101.	44.10	11-12 50 Breast	44.30	102.
103.	3:42.70	10 & U 200 IM	3:40.90	104.
105.	3:03.79	11-12 200 IM	3:03.10	106.
107.	8:30.50 (10 & U)	12 & Under 500 Free	8:25.80 (10 & U)	108.
	7:10.80 (11-12)		7:05.50 (11-12)	

Swimmers in Events 109 and 110 must provide their own Timer and Counter.

**Sunday February 21, 2010
Session 6**

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
109.	3:14.60 (13-14)	13 & Over 200 Breast	3:02.40 (13-14)	110.
	3:10.00 (15 & Over)		2:55.10 (15 & Over)	
111.	NT	8 & U 50 Free	NT	112.
113.	1:07.40 (13-14)	13 & Over 100 Free	1:07.00 (13-14)	114.
	1:00.80 (15 & Over)		55.20 (15 & Over)	
115.	NT	8 & U 25 Back	NT	116.
117.	2:51.80 (13-14)	13 & Over 200 Back	2:41.30 (13-14)	118.
	2:47.90 (15 & Over)		2:23.40 (15 & Over)	

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**Sunday February 21, 2010
Session 6 (Cont.)**

Event # GIRLS	No Faster Than	EVENT	No Faster Than	Event# BOYS
119.	NT	8 & U 100 IM	NT	120.
121.	2:43.00 (13-14)	13 & Over 200 IM	2:43.70	122.
	2:39.40 (15 & Over)		2:26.40 (15 & Over)	
123.	NT	8 & U 100 Free Relay	NT	124.
125.	1:19.10 (13-14)	13 & Over 100 Fly	1:13.30 (13-14)	126.
	1:11.80 (15 & Over)		1:05.10 (15 & Over)	
127.	6:51.79 (13-14)	13 & Over 500 Free	6:31.10 (13-14)	128.
	6:16.30 (15 & Over)		5:51.30 (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 129 and 130 must provide their own Timer and Counter.

**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 11, 2010 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.