

# TUFFIN UP 2010 February 7, 2010

Sanction: Maine Swimming, Inc. Sanction #: ME 0910-0207

Location: Bath Area Family YMCA  
303 Centre Street  
Bath, Maine 04530

Facility: Maine's only U.S. Swimming certified swimming pool! 8 X 25 yard racing lanes with Daktronics timing equipment. Spectator seating for 400-ish

Events List: later in meet information

Time Trials: No time trials will be offered at this meet.

Format: All events will be timed finals, combined genders and combined ages. Session one events will be contested fastest heat to slowest and session two events will be contested slowest to fastest.

For questions concerning this meet contact Joe Bonnett LRSC Meet Director at [LRSC@Bathymca.org](mailto:LRSC@Bathymca.org). Meet referee will be Bob Russell.

Deck Credentials: Only certified and meet registered coaches, session officials, registered USA swimmers and Meet staff will be allowed on the pool deck.

Entries: This meet is recommended for swimmers of all ages. Swimmers are limited to 5 Individual events per day and one relay. All swimmers must be registered with USA-Swimming.

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

All entries must be received by 6pm January 31. LRSC is not responsible for undelivered email entries; please follow up to insure your entries have been received.

Warm up times: Session 1- 7:30 am warm up 8:30 start  
Session 2- 11am warm up 12 noon start

Event Fee's; \$3 for each individual event and \$6 for each relay. A \$0.50 surcharge will be added to any manual entries. Email entries to [LRSC@Bathymca.org](mailto:LRSC@Bathymca.org)  
Send USPS entries to: Jay Morissette c/o Bath YMCA see address above  
Make checks out to Long Reach Swim Club and mail to above address or bring to meet.

Spectator fee for this meet will be \$2 and programs available for \$2

**Rules:** Current USA Swimming rules apply. Decisions by the meet referee are final except as stated in the protest section that follows.

**Awards:** There will be no awards given at this meet.

**Safety:** Each swimmer must be under the supervision of a current USA swimming certified coach. There is no diving during warm ups (sit and slide as per the rules) unless a lane is designated as a one way sprint lane.

**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 team/s in question. Protests must be submitted as described in the USA rule book.

**Liability:** LRSC/Bath YMCA shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

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.

Session one events will use an age up date based on the swimmers age on the first day of the 2010 MSI Championship Meet.

## EVENT LIST

Session 1- 7:30 am warm up 8:30 start

1. 200 IM 12 and unders
2. 1650 free 13 and olders
3. 500 free 12 and unders
4. 400 IM 13 and olders

Session 2- 11am warm up 12 noon start

5. 200 breaststroke
6. 100 back
7. 50 fly
8. 100 free
9. 50 breaststroke
10. 200 back
11. 100 fly
12. 50 free
13. 100 breaststroke
14. 50 back
15. 200 fly
16. 100 IM
17. 200 medley relay