

# Seals Swim Club

## King and Queen of Sprints Meet

Davan Pool, 426 Bridge Street  
Westbrook, ME 04098  
November 21 and 22, 2009  
Sanction # ME0910-1121

**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.

**SCHEDULE:** See schedule of events sheet.

**FORMAT: Age Group 12 and Under:** Top 12 finishers advance to console and finals (session IV). Time from trials will determine seeding for consolation and finals.

**Age Group 13 and over:** Top 12 swimmers advance to semifinals (session III), top 6 swimmers in semifinals advance to finals (session V).

*If there are under 18 swimmers per age group there will be a trial and final only.*

Due to the schedule of events, swimmers may compete in 3 individual events only. Relays will be run after the first two sessions only. Each team is allowed two relays / age group; swimmers may swim up an age group.

**ENTRIES:** Meet Entries must be submitted via:

- 1) HY-TEK Commlink diskette with report copy, or
- 2) E-MAIL zipped Commlink file with report text attached
- 3) If computer format is unavailable, teams may submit typed paper entries.
- 4) ENTRY TIMES MUST BE IN SHORT COURSE YARDS.

**DEADLINE:** November 12, 2009. We will mail you confirmation after we receive your entry data.

**EMAIL ENTRIES:** Jim Violette  
[jav17@maine.rr.com](mailto:jav17@maine.rr.com)

**USPS ENTRIES:** Send USPS mailed entries to:  
Jim Violette  
7 Crestwood Drive  
Westbrook, ME 04092-4653

**MEET CONTACT:** Jared Felker (Head Coach)      Dana L. Sone (Meet Director)      John Bliss (Referee)  
(207) 847-3279 home      (207) 893-1926 home      (207) 797-9494  
(207) 632-6914 cell  
[sealsswimming@hotmail.com](mailto:sealsswimming@hotmail.com)      [md.sone6@myfairpoint.net](mailto:md.sone6@myfairpoint.net)      [jmbliss8@msn.com](mailto:jmbliss8@msn.com)

**GENERAL:** All contestants must be 2009 USA registered athletes. Mail ME registrations to Thomas Branch, 249 Palm Street Apt. 2 Bangor, ME 04401-4059. **It is each team's responsibility to make sure the entry and registration information for each of their swimmers is accurate.** 25 yard events will be swum from the blocks to watches.

**SESSION TIMES:**

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

**FEES:** Individual Events: \$4.00 per event for all 10 & under/11-12 events.  
\$5.00 per event for all 13-14/Senior & over events  
Relays: \$12.00 per team  
Paper Entries: \$.50 surcharge per event  
Programs will be available for \$2.00 per session  
There will be a \$2.00 admission fee for spectators.

**PAYMENT:** Please make checks payable to: Westbrook Seals and mail with paper copy of team entries.

**SEEDING:** 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.

**TIME TRIALS:** May be swum if time permits and with the approval of the Meet Referee and Meet Director at the cost of \$3.00 per individual and \$5.00 per relay.

**RULES:** Current USA Swimming rules will govern all competition. Decisions by the meet referee will be final except as stated in the protest section below.

**PROTESTS:** A committee will be formed to handle any protests that arise during the meet. The committee will include the meet directors, the meet referee, a coach and an athlete (not from the same team as the originator of the protest).

**MISCONDUCT:** Any issues of conduct which occur within the meet venue are defined as, but not limited to; violation of safety guidelines, disrespect for meet management personnel, officials or fellow athletes, theft, vandalizing or possession of alcohol, tobacco or illegal drugs. More serious violations may result in legal action by the LSC or local authorities.

**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. Only sit and slide entries during warm-ups except for sprint lanes.
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. 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.

**LIABILITIES:** Hosting Club, Facility, shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

**CELL PHONES, CAMERAS AND OTHER RECORDING DEVICES ARE PROHIBITED FROM THE LOCKER ROOMS!!!!**

**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.

**SCORING:** The meet will not be scored.

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

**FOOD:** Food and beverage will be available during the meet.

**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: [www.sealsswimming.org](http://www.sealsswimming.org).

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November 21 & 22, 2009  
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 21, 2009**

Warm-up 8:00 AM

Start Time 9:05 AM

Event # Women	Age	Event	Event # Men
1	13 and 14	200 Medley Relay	2
3	15 and up	200 Medley Relay	4
5	13 and 14	100 Fly	6
7	15 and up	100 Fly	8
9	13 and 14	100 Back	10
11	15 and up	100 Back	12
13	13 and 14	200 Free	14
15	15 and up	200 Free	16
17	13 and 14	100 Breast	18
19	15 and up	100 Breast	20
21	13 and 14	50 Free	22
23	15 and up	50 Free	24
25	13 and 14	100 IM	26
27	15 and up	100 IM	28
29	13 and 14	200 Free Relay	30
31	15 and up	200 Free Relay	32

**Session #2 Trials****November 21, 2009**

Warm-up 12:00 PM

Start Time 1:05 PM

Event # Women	Age	Event	Event # Men
33	8 and under	25 Fly	34
35	9 and 10	50 Fly	36
37	11 and 12	50 Fly	38
39	8 and under	25 Back	40
41	9 and 10	50 Back	42
43	11 and 12	50 Back	44
45	8 and under	25 Breast	46
47	9 and 10	50 Breast	48
49	11 and 12	50 Breast	50
51	8 and under	25 Free	52
53	9 and 10	50 Free	54
55	11 and 12	50 Free	56
57	8 and under	100 IM	58
59	9 and 10	100 IM	60
61	11 and 12	100 IM	62
63	10 and under	200 Medley Relay	64
65	11 and 12	200 Medley Relay	66
67	10 and under	200 Free Relay	68
69	11 and 12	200 Free Relay	70

**Session #3 Semifinals****November 21, 2009**

Warm-up 5:00 PM

Start Time 6:05 PM

Event # Women	Age	Event	Event # Men
71	13 and 14	100 Fly	72
73	15 and up	100 Fly	74
75	13 and 14	100 Back	76
77	15 and up	100 Back	78
79	13 and 14	200 Free	80
81	15 and up	200 Free	82
83	13 and 14	100 Breast	84
85	15 and up	100 Breast	86
87	13 and 14	50 Free	88
89	15 and up	50 Free	90
91	13 and 14	100 IM	92
93	15 and up	100 IM	94

**Session #4 Console and Final Heats****November 22, 2009**

Warm-up 8:00 AM

Start Time 9:05 AM

Event # Women	Age	Event	Event # Men
95	8 and under	25 Fly	96
97	9 and 10	50 Fly	98
99	11 and 12	50 Fly	100
101	8 and under	25 Back	102
103	9 and 10	50 Back	104
105	11 and 12	50 Back	106
107	8 and under	25 Breast	108
109	9 and 10	50 Breast	110
111	11 and 12	50 Breast	112
113	8 and under	25 Free	114
115	9 and 10	50 Free	116
117	11 and 12	50 Free	118
119	8 and under	100 IM	120
121	9 and 10	100 IM	122
123	11 and 12	100 IM	124

**Session #5 Finals****November 22, 2009**

Warm-up 1:00 PM

Start time 2:05 PM

Event # Women	Age	Event	Event # Men
125	13 and 14	100 Fly	126
127	15 and up	100 Fly	128
129	13 and 14	100 Back	130
131	15 and up	100 Back	132
133	13 and 14	100 Breast	134
135	15 and up	100 Breast	136
137	13 and 14	50 Free	138
139	15 and up	50 Free	140
141	13 and 14	100 IM	142
143	15 and up	100 IM	144