

Seals Swim Club
The Dennis Connolly
(Winter)
SWIM YOUR OWN AGE MEET
Davan Pool, 426 Bridge Street
Westbrook, ME 04098
January 16-17, 2010
Sanction # ME 0910-0116

FACILITY: Davan Pool provides 6 competition lanes. Lane lines are non-turbulent lines. Colorado Timing System, with electronic scoreboard.

SCHEDULE: See Schedule of Events Sheet.

FORMAT: Swimmers will only compete against other swimmers "their own age" (except for the 6 & under category and the 15 & over category). Swimmers may swim 3 events per day.

SCORING: First=20 points, Second=17 points, Third=16 points and so on down to one point.

AWARDS: Trophies will be awarded to the top six female swimmers and to the top six male swimmers, overall, in each 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: January 8, 2010

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

EMAIL ENTRIES: Jim Violette
jav17@maine.rr.com

USPS ENTRIES: Send USPS mailed entries to:
Jim Violette
7 Crestwood Dr
Westbrook, Maine 04092-4653

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.

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.

GENERAL: All contestants must be 2010 USA Swimming registered athletes. Send registrations to Thomas Branch, 249 Palm Street Apt. 2 Bangor, ME 04401-4059 or contact Thomas at registrations@maineswimming.org.

In the event the meet is over-subscribed entries may be cut on the basis of last entry received, first cut.

25 yard events will be swum from the blocks to watches.

SESSION TIMES:

Start Time:	Warm Ups: no <u>later</u> than:
Session 1 - 9:05 AM	7:30 AM
Session 2 - 1:40 PM	12:40 PM
Session 3 - 9:05 AM	7:30 AM
Session 4 - 2:10 PM	1:10 PM

FEES: Computer entries: \$3.00 per individual event.
There will be a .50 per event surcharge for paper entries.
Programs will be available for \$3.00 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. Referee reserves the right to combine heats to benefit swimmers. This is a timed final meet.

RULES: Current USA Swimming rules will govern all competition. Decisions by the meet referee will be final.

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.

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. Sprint lanes will be announced during the warm up period. Headfirst dives are allowed in sprint lanes only.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way 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.
5. No camera or cell phones are permitted in the locker rooms.
6. Non-compliance is justification for disqualification from the meet or removal from the facility.

LODGING: Names of local area hotels can be provided if needed.

OTHER: Food and beverage will be available during the meet

Schedule of Events

Swim Your Own Age Winter 2010
January 16 & 17 2010
[Ageup: 1/16/10] SC Yards

Session # 1

Start Time: 9:05 AM – January 16, 2010

Event # Women	Age	Event	Event #Men
1	11-11	100 Breast	2
3	Under-6	25 Breast	4
5	7-7	25 Breast	6
7	8-8	25 Breast	8
9	9-9	50 Breast	10
11	10-10	50 Breast	12
13	11-11	50 Free	14
15	Under-6	25 Free	16
17	7-7	25 Free	18
19	8-8	25 Free	20
21	9-9	50 Free	22
23	10-10	50 Free	24
25	11-11	100 IM	26
27	Under-6	100 IM	28
29	7-7	100 IM	30
31	8-8	100 IM	32
33	9-9	100 IM	34
35	10-10	100 IM	36

Session # 2

Start Time: 1:40 PM – January 16, 2010

Event # Women	Age	Event	Event #Men
37	12-12	100 Breast	38
39	13-13	100 Breast	40
41	14-14	100 Breast	42
43	15 & O	100 Breast	44
45	12-12	50 Free	46
47	13-13	50 Free	48
49	14-14	50 Free	50
51	15 & O	50 Free	52
53	12-12	100 IM	54
55	13-13	200 IM	56
57	14-14	200 IM	58
59	15 & O	200 IM	60

Session # 3

Start Time: 9:05 AM – January 17, 2010

Event # Women	Age	Event	Event #Men
61	11-11	100 Fly	62
63	Under-6	25 Fly	64
65	7-7	25 Fly	66
67	8-8	25 Fly	68
69	9-9	50 Fly	70
71	10-10	50 Fly	72
73	11-11	100 Back	74
75	Under-6	25 Back	76
77	7-7	25 Back	78
79	8-8	25 Back	80
81	9-9	50 Back	82
83	10-10	50 Back	84
85	11-11	100 Free	86
87	Under-6	50 Free	88
89	7-7	50 Free	90
91	8-8	50 Free	92
93	9-9	100 Free	94
95	10-10	100 Free	96

Session # 4

Start Time: 2:10 PM – January 17, 2010

Event # Women	Age	Event	Event #Men
97	12-12	100 Fly	98
99	13-13	100 Fly	100
101	14-14	100 Fly	102
103	15 & O	100 Fly	104
105	12-12	100 Back	106
107	13-13	100 Back	108
109	14-14	100 Back	110
111	15 & O	100 Back	112
113	12-12	100 Free	114
115	13-13	100 Free	116
117	14-14	100 Free	118
119	15 & O	100 Free	120