

Seals Swim Club

Iron / Tin Seal Meet

Date of Meet: Sunday, May 17, 2009

Location: Wescott Junior High School
Davan Pool
426 Bridge Street
Westbrook, ME 04098

Sanction: Maine Swimming, Inc. Sanction # ME0809-0517

Facility: The Davan Pool is a 6-lane, 25 yard pool with non-turbulent lane lines. The pool has a fully-automatic Colorado Time System electronic timing with touch pads at the finish end of the pool with a display board for showing each lane's time. There are no touch pads at the turn end of the pool. The finish/start end of the pool is 10 feet deep; the turn end of the pool is 3 feet deep. The pool is located at the Wescott Junior High School, Davan Pool, 426 Bridge Street, Westbrook, ME 04098

Meet Format: The Iron Seals session of the meet is for the 13 year olds and older swimmers. The Iron Seal events are the 500 Freestyle, 400 IM and the 1650 Freestyle. Any 13 year old or older swimmers may swim in the Iron Seal session of the meet regardless of their entry time.

For twelve and under swimmers that wish to swim in the Iron Seal session of the meet if they have the following cut times, (times faster than) 500 FR – 6:40.99, 400 IM – 6:30.99 and 1650 FR – 25:00.99.

The Tin Seals session of the meet is for the 12 year olds and younger swimmers. The Tin Seal events are the 500 Freestyle, 200 IM and the 200 Freestyle.

Note: For both the Iron Seal and Tin Seal sessions, the swimmer needs to supply their own lap counting personnel. Lap counters will be provided.

THIS MEET IS POSITIVE CHECK-IN BY THE SWIMMER. Positive check-in closes 30 minutes before the beginning of each session. Anyone failing to check in on time will be scratched from the meet. All events will be seeded after check in from fastest to slowest. **The Seals reserve the right to combine the sessions, (Iron Seal and Tin Seal) into one session depending on the number of entries received. If the sessions are combining, participating teams will be notified of the change prior to or on May 12, 2009.**

Entries: Entries will be accepted on or after May 1, 2009. **Entries must be received no later than May 11, 2009.** The Seals will e-mail you confirmation of receipt of your entry data. *Please make checks for entry fees payable to: Westbrook Seals.* Please mail your entry fee check to: Jim Violette, 7 Crestwood Drive, Westbrook, ME 04092-4653

ELECTRONIC ENTRIES:

E-MAIL zipped Hy-tek Commlink file with report text attached

If computer format is unavailable, teams may submit typed paper entries.

All forms must have the swimmers full name (first, last, middle initial), current USA number, seed time.

Entry Deadline: May 11, 2009

Entry Submission: Contact Name of Person submitting the Entries to the Seals, Contact Mailing Address, Contact Phone Number, Contact Email Address

Entry Fees: E-Mailed Individual Events: \$2.00/event, paper entries: \$2.50/event

Entry Limit: Swimmer may not swim more than 3 events

Meet Director: Dana Sone (md.sone6@myfairpoint.net) 207.893.1926

Meet Referee: Steven Elwell (SanctionMe@roadrunner.com) 207.784.2140

Rules: Current USA Swimming Code and Rules shall apply.

Admission: \$2.00/session

Programs: Programs will be available for \$1.00.

Eligibility: All swimmers must be USA Swimming registered or register the day of the meet. Swimmers age is their age as of May 17, 2009, the day of the meet. Registration reconciliation will be done for this meet. **It is each team's responsibility to make sure the entry and registration information for each of their swimmers is accurate. Any swimmer found to not be registered with USA Swimming will be scratched from the meet and not allowed on deck.**

ME Registrations should be sent to:

Thomas Branch

249 Palm Street Apt. 2

Bangor, ME 04401

registrations@maineswimming.org

The Westbrook Seals will accept USA Swimming Registration on the day of the meet. Seals will provide the forms but the swimmer must be able to provide check payable to Maine Swimming, Inc for the total registration fee at that time.

Seeding: All events will be seeded after check in from fastest to slowest by the Hy-Tek Meet Manager program immediately after the close of positive check-in.

Time Trials: May be swum if time permits and with the **approval** of the **Meet Referee** and **Meet Director** at the cost of \$5.00 per individual swim

Deck Credentials: Only certified, USA Swimming registered coaches, session officials, swimmers and Meet Staff will be allowed on deck.

Questions? Contact: Dana Sone (Meet Director) (md.sone6@myfairpoint.net) or 207.893.1926

Warm-ups: All swimmers shall enter feet first using the sit and slide method at the starting end of the pool (deep end). Sprint lanes will be announced during the warm up period. Headfirst dives are allowed in sprint lanes only.

Start Times: Session 1: Iron Seal: Warm-Up: 8:00 am – 8:55 am
Positive Check In By: 8:30 am
Start Time: 9:05 am

Session 2: Tin Seal: Warm-Up: 12:01 pm – 12:55 pm
Positive Check-in By: 12:30 pm
Start Time: 1:05 pm

Scoring: Meet will not be scored.

Awards: Trophies will be awarded to the top male and female swimmers, as well as the runners up. Top swimmer and runner up will be determined by their cumulative times in all three events. To be eligible for top swimmer or runner up, competitors must complete all three events in one session.

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 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.

Liability: Hosting Club and 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!!!!

Food: Drinks and snacks will be available for purchase at the meet.

Seals Swim Club and Davan Pool assume no responsibility for lost or stolen property. Pets of any kind are not allowed. Davan Pool and the Wescott Junior High School and school grounds is a no smoking facility. Additional parking is available at the adjacent Wescott Middle School.

Directions: Please visit our website for directions: www.sealsswimming.org

Session 1
Iron Seal
13yo and Over
Sunday, May 18, 2009

Warm-up: 8:00am – 8:55am
Positive Check-up by: 8:30am
Start Time: 9:05am

Event # (Women)	Event	Event # (Men)
1	500 Freestyle	2
3	400 IM	4
5	1650 Freestyle	6

Session 2
Tin Seal
12yo and Under
Sunday, May 18, 2009

Warm-up: 12:00 – 12:55pm
Positive Check-up by: 12:30pm
Start Time: 1:05pm

Event # (Women)	Event	Event # (Men)
7	500 Freestyle	8
9	200 IM	10
11	200 Freestyle	12

Swimmer must provide their own lap counter.
Timers will be provided.