

Long Reach Swim Club Sprint Meet

Who? Any properly registered USA-S Swimmer

What? Sprint Meet

When? June 20, 2009

Where? Ed Gamble Swimnasium @ Bath YMCA Bath,
Maine

Why? Sprinting and going fast is fun

SANCTION: Maine Swimming, Inc. Sanction number: ME 0809-0620

FACILITY: Gamble swimnasium Pool is an 8 lane 25-yard pool with automatic Timing and bleacher seating for 350 spectators.

Events SCHEDULE: See Schedule of Events Sheet.

FORMAT: All events will be timed finals. All 25 yard swims will be swum from the start end of pool to shallow end with manual electronic timing.

For questions on the meet contact:

Jay Morissette 443-4112

ENTRIES: Meet Entries must be submitted via either:

- 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 Paper entries using appropriate entry forms.

The deadline for paper entries is 6:00 pm Monday June 15, 2009.

Computer entry information must be received no later than 11:59 pm Monday June 15, 2009

Send email entries to: lrsc@bathymca.org

Send USPS mailed entries to:

D. Jay Morissette
303 Centre Street
Bath, Maine 04430
(207)443-6879

Swimmers must be USA-Swimming registered for summer 2009

Paper entries must include swimmers' registration number with entries.

Entries must be submitted by team with all competing swimmers

Included in each entry submission.

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

Swimmers are limited to 5 (five) individual events.

This meet is recommended for swimmers of all ages.

FEES: \$2.00 per individual event for HY_TEK entries. Relays \$6.00 per relay.

There is a \$0.50 surcharge, per event, for non HY-TEK entries.

Please make checks payable to **Long Reach Swim Club** and mail with entries. (One check per team, please.)

Programs will be available for \$2.00 per session.

There will be a \$1.00 admission fee for spectators.

SEEDING: The meet will be pre-seeded and deck entries for all events will be

accepted for events that have empty lanes in existing heats.

RULES: Current USA Swimming rules will govern all competition.

Decisions by the meet referee will be final.

SAFETY: Each participating swimmer must be under the supervision of a USA-Swimming certified coach with a current USA-Swimming membership in good standing.

There will be absolutely no diving into the pool except during sprint lane warm-ups and swim event starts. All entries into the pool will be from the deep end only.

Non-compliance is justification for disqualification from the meet.

Swimmers must enter and exit the pool through the locker rooms.

RULES: 2009 USA Swimming Rule Book will be followed. Decisions by the meet referee will be final.

OTHER: Concessions may be available during the meet.

Cell Phones of any kind and all video recording or image capturing devices of any kind are prohibited from the locker rooms.

THERE ARE NO EXCEPTIONS!

AWARDS: Individual events: Pats on the back awarded for 1st – 8th place.

Good jobs for 9th-last.

OTHER: Food and beverage will be available during the meet.

DIRECTIONS: available on request

MEET DIRECTOR: Joe Bonnett

DECK CREDENTIALS: Only certified and meet registered coaches, session officials, registered USA-S swimmers and Meet Staff will be allowed on deck.

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: Long Reach Swim Club and Bath Area Family YMCA shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

*******ALL EVENTS ARE MIXED GENDER AND AGE*******

Saturday June 20, 2009

Warm-up 12 & Under **11:00-11:20** /12 & Over **11:20-11:59**

1. 100 Free Relay
2. 25 fly
3. 200 back
4. 100 breaststroke
5. 50 free
6. 100 fly
7. 50 back
8. 200 breaststroke
9. 200 free
10. 100 IM
11. 50 fly
12. 25 back
13. 200 breaststroke
14. 100 free
15. 200 fly
16. 100 back
17. 50 breaststroke
18. 25 free
19. 200 IM
20. 100 Medley relay