

**JAMIE HIGGINS SCHOLARSHIP MEET
AND JAMIE HIGGINS OPEN
SUNDAY – NOVEMBER 7, 2010
DONALD RICHARDS POOL, CAPE ELIZABETH, ME.**

SANCTIONED BY: Maine Swimming, Inc., Sanction # ME 1011-1107

HOSTED BY: Coastal Maine Aquatics

MEET DIRECTORS: Mark Leavitt / Sean Flaherty

MEET REFEREE: John Moreshead

MEET LOCATION:

Donald Richards Pool – Cape Elizabeth High School, 345 Ocean House Road (Route 77), Cape Elizabeth, Maine 04107

FACILITY:

The Donald L. Richards Pool is a 25 yard, six lane pool with non-turbulent lane lines, Colorado Automatic Timing System, and electronic scoreboard with six lane display. Ample parking is available in several lots on the high school campus.

ENTRY DEADLINE:

Entries submitted on Hy-Tek commlink discs must be received either by email attachment or through the mail by Thursday, October 28, 2010 at 6:00PM EDT. Entries submitted by hardcopy must be received by Monday, October 25, 2010. **These deadlines will not be extended to allow a Registration Reconciliation to occur prior to the Meet.** We will make every effort to accommodate swimmers, however we cannot guarantee late entries or entries that, in the opinion of the Meet Director, would result in exceeding the meet time limit, will be entered. Deck entries will not be allowed.

**ENTRIES AND
QUESTIONS:**

Mark A. Leavitt
46 Orlando Street
South Portland, ME 04106
Phone: 207-252-8565
Email: mleavitt4@maine.rr.com

ENTRY FEES:

\$3.00 per event payable to Coastal Maine Aquatics. **Payment for entries is due within four (4) business days of the entry deadline. Team entries will not be considered official until after the payment is made.** One check from each team, payable to Coastal Maine Aquatics, will be accepted.

ENTRY TIMES:

All entries must be specified in short-course yard (25 yard pool) times. Meter times must be converted to yard times. Entries with "NO TIME" will be accepted.

FORMATS AND AWARDS:

Jamie Higgins Scholarship Meet Only: This is a Maximum Time Standard Meet. Entry times must be no faster than the times listed. All events are pre-seeded timed finals. Ribbons will be awarded to the top six finishers in each event including relays.

Jamie Higgins Open: These events are open to all swimmers not qualified to swim in the Jamie Higgins Scholarship Meet. Events are open to all ages. Events will be swum as pre-seeded timed finals. No awards will be given for these events.

ELIGIBILITY/RULES:

All swimmers must be USA Swimming registered. **It is each team's responsibility to make sure the entry and registration information for each of their swimmers is accurate.** Registration Reconciliation will be done for this meet. All registrations should be sent to Thomas Branch, 161A Essex Street, Bangor, ME 04401, or emailed to registrations@maineswimming.org. Age is as of November 7, 2010. **No swimmer will be allowed to participate in the Meet who is not registered prior to the start of the Meet.**

USA Swimming Code shall apply. Swimmers may enter no more than five (5) events per Session. **As directed by the Town of Cape Elizabeth, NO food or beverages, other than water, will be permitted in the pool area. Electronic devices, such as cell phones, with the ability to take photographs or digital images are prohibited from the locker rooms.**

TIME TRIALS: There will be no Time Trials.

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

WARM UP:

Warm up lanes will be assigned after receipt of entries. A copy of the lane assignment and time will be provided to coaches prior to the meet and in their meet information packets. **"Sit and Slide" entry at the starting block end of the pool is mandatory. Coaches may start one way sprints in their lanes when ready.**

ADMISSION:

Admission is \$2.00 per person per session. Meet Programs with heat and lane assignments will be available for purchase for a nominal fee.

LIABILITY:

Coastal Maine Aquatics and Cape Elizabeth High School shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

PROTESTS:

A committee will be formed to handle protests that arise during the meet. The committee will include the Meet Director, the Meet Referee, a coach and an athlete (not from the same team as the originator of the protest).

CONCESSIONS:

Food and beverages will be available for purchase at the CMA Café located in the hallway off the pool lobby.

Action Accents will be on site with swimming equipment and accessories for purchase.

WE ARE GUESTS OF THE TOWN OF CAPE ELIZABETH AND THE DONALD L. RICHARDS POOL. SWIMMERS AND SPECTATORS MUST FOLLOW ALL TOWN RULES OR BE ASKED TO LEAVE THE POOL AREA.

SCHEDULE OF EVENTS

THE JAMIE HIGGINS SCHOLARSHIP MEET EVENTS ARE MAXIMUM TIME STANDARD EVENTS. ENTRY TIMES MUST BE NO FASTER THAN THE TIMES LISTED.

SESSION ONE

First Warm Up 7:00-7:30 AM, Second Warm Up 7:30-8:00 AM, 8 & Under Warm Up 8:00-8:20 AM, Start 8:40 AM

GIRLS

EVENT

BOYS

1.	Open 200 Individual Medley	1.
2.	8 & Under 100 Medley Relay	3.
4.	11-12 200 Medley Relay	5.
6.	Open 200 Butterfly	6.
7.	8 & Under 25 Butterfly	8.
9. 37.80	11-12 50 Butterfly	10. 38.20

11.	Open 200 Backstroke	11.
12.	8 & Under 25 Backstroke	13.
14. 39.60	11-12 50 Backstroke	15. 39.50
16.	Open 200 Freestyle	16.
17.	8 & Under 25 Breaststroke	18.
19. 44.10	11-12 50 Breaststroke	20. 44.30
21.	8 & Under 25 Freestyle	22.
23. 31.90	11-12 50 Freestyle	24. 33.40
25.	Open 100 Freestyle	25.
26.	8 & Under 100 IM	27.
28. 1:20.10	11-12 100 IM	29. 1:23.70

SESSION TWO

Warm Up: No earlier than 12:00 PM or 15 minutes after the completion of Session One. First Warm Up 12:00-12:30; Second Warm Up 12:30-1:00.

Start: No earlier than 1:00PM

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
30.	10& Under 200 Medley Relay	31.
32.	13 & Over 200 Medley Relay	33.
34.	Open 100 Butterfly	34.
35. 43.00	10 & Under 50 Butterfly	36. 47.30
37. 1:19.10	13 & Over 100 Butterfly	38. 1:13.30
39.	Open 100 Backstroke	39.
40. 43.50	10 & Under 50 Backstroke	41. 49.20
42. 3:01.90	13 & Over 200 Backstroke	43. 2:58.40
44.	Open 100 Breastroke	44.
45. 47.80	10 & Under 50 Breaststroke	46. 53.60
47. 1:24.10	13 & Over 100 Breast	48. 1:24.10
49.	Open 50 Freestyle	49.
50. 36.00	10 & Under 50 Freestyle	51. 38.90
52. 31.00	13 & Over 50 Freestyle	53. 30.70
54. 1:33.80	10 & Under 100 IM	55. 1:41.30
56. 2:43.00	13 & Over 200 IM	57. 2:43.70