

Candy Cane Meet 2010

Sunday December 5, 2010

Harold Paulson Pool at the Riverton Community Center
1600 Forest Avenue Portland, Maine

- SANCTION:** Maine Swimming, Inc. Sanction number: ME 1011-1205
- FACILITY:** Harold Paulson Pool - a six lane 25-meter pool with non-turbulent lane lines, automatic timing and bleacher seating.
- SCHEDULE:** See Schedule of Events Sheet.
- FORMAT:** All events will be timed finals. There will be no time trials.

For questions on the meet contact:

Chas Foehl, Meet Director at 207-776-2658 or cfoehl@me.com

- ENTRIES:** Meet Entries must be submitted via email no later than Sunday, November 28, 2010:

- 1) HY-TEK zip file, and
- 2) attached Entry report in Word format

Hy-Tek entries must be received no later than Wednesday, December 1, 2010

No Deck entries will be accepted.

Send email entries to: bcaton@maine.rr.com

If you have questions about your files or entries you may reach Betty at 207-878-3614.

Swimmers must be USA-Swimming registered for 2010 or 2011. 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 per day. No limits on the number of relays per swimmer. This meet is recommended for swimmers of all ages.

- FEES:** \$3.00 per individual event for HY-TEK entries. \$6.00 per relay entry. **There is a \$0.50 surcharge, per event, for non HY-TEK entries.** Please make checks payable to **Portland Porpoises Swim Club** and mail to Chas Foehl, PPSC, 254 Clifton Street, Portland, Maine 04103 (One check per team, please.) Programs will be available for a nominal fee. There will be a \$1.00 admission fee for spectators.

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SEEDING: The meet will be pre-seeded and deck entries for individual events will not be accepted.

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. 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 -- the sit and slide method is required. Non-compliance is justification for disqualification from the meet. Swimmers must enter and exit the pool through the locker rooms. There is no food allowed in the pool area.

Protests: A committee will be formed to handle and 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).

Liability: 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.

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

Cell Phones of any kind and all video recording or image capturing devices of any kind are prohibited from the locker rooms and from behind the starting blocks. THERE ARE NO EXCEPTIONS!

AWARDS: Prizes will be awarded to all heat winners.

OTHER: Food and beverage will be available during the meet. Swim equipment will also be available for sale.

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Session 1			Warm-up 7:30-8:00 10 & Under			8:00-8:25 13 & Over		
8:30AM Start								
Girls Event #	Age	Event	Age	Boys	Event #			
1	Open	200 Freestyle Relay	Open		2			
3	10 & Under	200 Freestyle Relay	10 & Under		4			
5	Open	200 Individual Medley	Open		6			
7	10 & Under	100 Individual Medley	10 & Under		8			
9	Open	50 Freestyle	Open		10			
11	10 & Under	50 Breaststroke	10 & Under		12			
13	Open	100 Breaststroke	Open		14			
15	10 & Under	50 Butterfly	10 & Under		16			
17	Open	100 Butterfly	Open		18			
19	10& under	50 Backstroke	10& under		20			
21	Open	100 Backstroke	Open		22			
23	10 & Under	50 Freestyle	10 & Under		24			
25	Open	100 Freestyle	Open		26			
27	10 & Under	200 Medley Relay	10 & Under		28			
29	Open	200 Medley Relay	Open		30			
31	Open	400 Freestyle Relay	Open		32			

Session 2			Warm up 1:00- 1:25 11-12 year olds			1:25-1:55 8 & Unders		
2:00PM Start								
Girls Event #	Age	Event	Age	Boys	Event #			
33	11-12	200 Freestyle Relay	11-12		34			
35	8 & Under	200 Free Relay	8 & Under		36			
37	11-12	100 Individual Medley	11-12		38			
39	8 & Under	50 Backstroke	8 & Under		40			
41	11-12	50 Backstroke	11-12		42			
43	8 & Under	25 Butterfly	8 & Under		44			
45	11-12	50 Butterfly	11-12		46			
47	8 & Under	50 Breaststroke	8 & Under		48			
49	11-12	50 Breaststroke	11-12		50			
51	8 & Under	50 Freestyle	8 & Under		52			
53	11-12	50 Freestyle	11-12		54			
55	8 & Under	100 Individual Medley	8 & Under		56			
57	11-12	200 Medley Relay	11-12		58			