

TUFFIN UP
2011
February 6, 2011

Sanction: Maine Swimming, Inc. Sanction #: ME1011-0206

Location: Bath Area Family YMCA
303 Centre Street
Bath, Maine 04530

Facility: Maine's only U.S. Swimming certified swimming pool! 8 X 25 yard racing lanes with Daktronics timing equipment, Spectator seating for 400-ish

Events List: later in meet information
Session 1 events will be swum fastest to slowest

Time Trials: No time trials will be offered at this meet.

Format: All events will be timed finals, combined genders and combined ages. Session one events will be contested fastest heat to slowest and session two events will be contested slowest to fastest.
For questions concerning this meet contact Joe Bonnett LRSC Meet Director at LRSC@Bathymca.org. Meet referee will be Bob Russell.

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

Entries: This meet is recommended for swimmers of all ages. Swimmers are limited to 5 Individual events per day and one relay All swimmers must be registered with USA-Swimming.

Entries may be submitted via email in Hy-Tek file format or via USPS. All entries must include the swimmers full name (first, middle initial and last name), team name, current USA registration number and seed times.

All entries must be received by 6pm January 31. LRSC is not responsible for undelivered email entries; please follow up to insure your entries have been received.

Warm up times: Session 1- 7:30 am warm up 8:30 start
Session 2- 11am warm up 12 noon start

Event Fee's; \$3 for each individual event and \$6 for each relay. A \$0.50 surcharge will be added to any manual entries. Email entries to LRSC@Bathymca.org
Send USPS entries to: Jay Morissette c/o Bath YMCA see address above
Make checks out to Long Reach Swim Club and mail to above address or bring to meet.
Spectator fee for this meet will be \$2 and programs available for \$2

Rules: Current USA Swimming rules apply. Decisions by the meet referee are final except as stated in the protest section that follows.

Awards: There will be no awards given at this meet.

Safety: Each swimmer must be under the supervision of a current USA swimming certified coach. There is no diving during warm ups (sit and slide as per the rules) unless a lane is designated as a one way sprint lane.

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(not from the team/s in question). Protests must be submitted as described in the USA rule book.

Liability: LRSC/Bath YMCA shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

Cell phones of any kind are prohibited from the locker rooms. All video recording or image capturing devices of any kind are prohibited from the locker rooms. There are no exceptions.

Session one events will use an age up date based on the swimmers age on the first day of the 2010 MSI Championship Meet.

USA Swimming Registration: Club athletes may obtain USA-S Registration from your Club Registrar. Unattached athletes may obtain forms and instructions from the Maine Swimming, Inc. Web Site; www.maineswimming.org. Direct registration questions to the Maine Swimming, Inc. Membership/Registration Chair, Thomas Branch, 207-712-0877 or registrations@maineswimming.org. Deck Registrations will be allowed. 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.

Meet Policy: All USA Swimming Registered Officials and Coaches are required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck. Coaches must be properly registered and have all certifications up to date in order to be allowed on deck for this meet. Coach's registrations will be checked prior to the start of the meet. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

EVENT LIST

Session 1- 7:30 am warm up 8:30 start

1. 200 IM 12 and unders
2. 1650 free 13 and over
3. 500 free 12 and unders
4. 400 IM 11 and over

Session 2- 11am warm up 12 noon start

5. 200 breaststroke
6. 100 back
7. 50 fly
8. 50 breaststroke
9. 200 back
10. 100 fly
11. 50 free
12. 100 breaststroke
13. 50 back
14. 200 fly
15. 100 IM