MAINE SWIMMING INC. Winter Combined Championships March 10 – 13, 2011

Location: Greason Pool, Bowdoin College, Brunswick, Maine

Sanction: Maine Swimming, Inc. Sanction # ME1011-0310

Meet Format: The 10&U and 11-12 age groups will swim timed finals and the 13-14

and Senior age groups will swim trials and finals, except for 1000 and 1650 Frees which are timed finals. The finals will consist of 2 heats (Championship and Consolation) with 17 or more entries and 1 heat (Championship) in events with 16 or less entries; except for the 400IM and 500 Free, which will only have 1 heat regardless of the number of

entries.

Entries:

All entries must be submitted by e-mail using the **Hy-Tek** format. A hard copy back up is required to be sent by mail or as a PDF by e-mail. All forms must have the swimmers full name (first, middle initial, last) and birth date as they were USA-S registered, current USA-S number, seed time and **qualifying time meet reference** (proof of time). Relay entries must have the team abbreviation, letter and seed time. Example (PPSC "A" 1:55.32). All relay swimmers must be listed on the team roster/meet entry submitted at the meet entry deadline to be eligible to swim in a relay. Entries for timed final events will be converted to Short Course Yards and entries for prelim events will be seeded in the following order short course yards (SCY), short course meters (SCM) and then long course meters (LCM). LCM and SCM times should not be converted to SCY prior to being submitted.

Late or deck entries will not be accepted. Swimmers must be entered in either the Age Group or Senior portion of the meet.

It is suggested that the hard copy be sent by mail, no return receipt, confirmation of receipt will be by e-mail.

We will send a Hy-Tek team entry list to each team so they can check the accuracy of their entries. Please review this and respond immediately even if there are no corrections. Psych sheets will be sent after entries are confirmed.

Entry Deadline: March 1, 2011

Entry Fees: <u>10 & Under, 11-12</u> <u>13-14, Senior</u>

Individual Events: \$4.00/event \$5.00/event Relays: \$12.00/relay \$12.00/relay

Entry Submission:

E-mail entry submission: Thomas Branch winterchampsentries@maineswimming.org

Hard copy backup and entry fees: Joe Bonnett, 27 Varney Mill Rd., Bath, ME 04530-4001

Make checks payable to MAINE SWIMMING INC. (**Note: TEAMS PLEASE SEND ONE CHECK FOR YOUR TEAM'S ENTRIES and send by regular mail, no return receipt, confirmation of receipt will be by email.) Checks must be received prior to the start of the meet unless other arrangements are made. A team information form is attached. This must be filled out and returned with your e-mailed entries. Please note that your entries will not be considered complete until this form or the information required on the form is returned.

Entry Limit: All swimmers in all age groups are limited to a maximum of (3) individual events and (1) relay event per day. 12 and under swimmers are limited to (9) individual events and (3) relay events for the meet. 13 and over swimmers are limited to (6) individual events and (4) relay events for the meet. Swimmers are limited to one relay per day. If an age group swimmer is entered in a senior event they will be scored in that event as a senior. 10 & Under swimmers are allowed to swim in only 1 session per day.

> Each team is allowed to enter a max of three relays based on the number of swimmers having individual event qualifying times within that age group as follows: 0-4 qualifiers allows 1 relay entry, 5-8 qualifiers allows 2 relay entries, 9-12 qualifiers allows 3 relay entries.

Meet Director: Joe Bonnett

Meet Referee: Steve Elwell; officialschair@maineswimming.org

Questions: Joe Bonnett; (207) 386-1011 home, meetdirector@maineswimming.org

Admission: \$2.00/session

Programs: The meet program will cover the 13 and over trials, the 10 & Under and

the 11 & 12 age group timed finals. The cost will be \$15.00. The evening programs will have the 13-14 and Senior finals only and this program will

be sold for \$2.00.

Time Trials: These will only take place if time permits and approved by the

Meet Director and Meet Referee.

\$15.00/individual event \$30.00/relay event

Scratch Rule: Scratching from finals will be allowed in accordance with current USA Rule 207.9 D&E and the MSI Policy and Procedures.

Proof of Qualification:

Proof of Qualification shall be submitted with each team's e-mail entries. Proof of Qualification must be a copy of the Meet Entry Report from Team Manager sorted by name; under other options for the report include proof of time. The hard copy must be in a PDF format, a Microsoft Word format or a HTML Format. Eligible times may come from the USA-S National Times Database, Pine Tree Cluster YMCA Database, NCAA National Times Database, USMS National Times Database, and MPA High School Database or meet results. The qualifying period is from the first day of the previous winter's Combined Championships until the entry deadline for this meet.

Eligibility:

This meet is open to any swimmer who has met the qualifying times and is properly registered with Maine Swimming, Inc. for 2011 in accordance with the MSI Policy & Procedures or with United States Masters Swimming (USMS) and a resident of Maine. Please note, that all swimmers must be registered by the entry deadline (March 1, 2011) to be eligible to swim in Winter Championships. Swimmers transferring into MSI from another LSC must complete their transfer by the entry deadline in order to be eligible to compete in Winter Championships. Late entries and deck registrations will **not** be allowed.

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 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 not be allowed. Registration reconciliation will be done for this meet. lt's each team's responsibility to make sure the entry and registration information for each of their swimmers is accurate.

Team Representative: Each team must provide the name of an individual who will act as the spokesperson for that team with respect to all meet matters on the Meet Information Form.

Deck Credentials: Only certified and meet registered coaches, session
Officials, session Swimmers and Meet Staff will be allowed
on deck.

Liability: Maine Swimming, Inc. and Bowdoin College shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

Warm-ups: All swimmers shall enter feet first using the sit and slide method at the starting end of the pool. Sprint lanes will be announced during the warm up period. Headfirst dives are allowed in sprint lanes only, except under a coach's supervision in a team assigned lane. A warm up schedule will be provided after receipt of entries for all sessions, except Thursday night.

Meet Policy: All USA Swimming Registered Officials and Coaches are required to display USA Swimming Credentials (USA-S 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.

Timers, Marshals and Clean-up:

Each team will be responsible for coordinating and providing timers for the specified lane, marshals for the assigned session (marshals do not need to be USA-S registered), clean-up following the assigned session and other duties as assigned. The assignments will be determined at the completion of meet entries and the teams will be notified by e-mail. Timers, marshals and other meet staff who are not USA-S registered must sign a USA-S waiver form.

Note: 10 & Under and 11-12 500, 1650, 1000 Free and 13-14 and Senior 200 Medley Relay swimmers need to provide at least one timer for their swim, except for the 1000 swimmers competing in the finals session.

Scoring:

Individual events: 1st - 16th for 10 and Under and 11-12 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Individual events: 1st – 16th for 13-14 and Seniors 30-26-24-23-21-20-18-17-14-11-9-8-6-5-3-2 Relay events: 1st-16th for 10 and Under and 11-12 67-58-54-51-47-44-40-38-31-24-20-18-14-11-7-4 Relay events: 1st - 16th for 13-14 and Seniors 50-43-40-38-35-33-30-28-23-18-15-13-10-8-5-3

Awards:

Medals 1st - 8th, Ribbons 9th - 16th Individual: Medals 1st - 3rd, Ribbons 4th - 8th Relavs: Girls and Boys Ind. High Point: Trophies 1st - 8th Team Trophies: Girls Overall High Point 1st & 2nd Boys Overall High Point 1st & 2nd Combined High Point 1st - 3rd

Girls and Boys Individual High Point award winners will receive his/her trophies at the Banquet but will be recognized at the Meet.

Seeding:

13 & 14 and Seniors will be seeded together at trials. 13&14 and Seniors will then be separated for finals. The 1000 & 1650 will be timed finals. The 1650 will be swum on Thursday, alternating girls' and boys' or boys' and girls' heats fastest to slowest. The 1000 will be swum on Sunday, with the fastest girl's and boy's heat swum at finals. The remaining heats will be swum during trials, alternating girls' and boys' or boys' and girls' heats fastest to slowest. 1650 and 1000 swimmers must provide their own timers, except for the two 1000 heats swimming at finals. 10 and Under and 11 & 12 events will be timed finals, swimming slowest to fastest, except for the 400 Free. The 400 Free will be swum on Thursday running fastest to slowest, alternating girls' and boys' or boys' and girls' heats.

Protests:

A meet jury will adjudicate any non-actual competition protest including the issue of misconduct. The meet jury will consist of the Meet Director, the Meet Referee, the MSI General Chair, an Athlete representative, the Coach's Representative or an appointed designee so noted to the Meet Director. Only the designated team representative or appointed designee so noted to the meet director may speak for a team concerning all meet matters.

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.

CELL PHONES, CAMERAS AND OTHER RECORDING DEVICES ARE PROHIBITED FROM THE LOCKER ROOMS

Eastern Zone Championship:

Each year the Zone entries must be completed shortly after Winter Championships. Swimmers qualify for Zones based on his/her swims at Winter Championships. Swimmers do not need to fill out an application form prior to the meet in order to be eligible for Zones. Swimmers who qualify will need to declare their intentions to participate in each event he/she qualifies in as soon as possible after qualifying (unless multiple qualifying events are anticipated) and no later than the end of the swimmer's session for that day. Alternates will then qualify and should check with the Zone Table during each session to declare their intentions. For more information see the Zone Team Section at www.maineswimming.org.

Start Times:

Thursday, March 10, 2011

Start Time: Warm-Up: Session 1: 3:00 PM 3:30 PM No Earlier than One Hour after Session 2: 5:00 PM Warm-Up Begins Friday, March 11, 2011 Session 3: 7:30 AM 8:30 AM One Half Hour after No Earlier than Session 4: 11:00 AM Warm-Up Begins No Earlier than One Half Hour after Session 5: 1:30 PM Warm-Up Begins No Earlier than One Hour after Session 6: 4:00 PM Warm-Up Begins Saturday, March 12, 2011 Session 7: 7:30 AM 8:30 AM No Earlier than One Half Hour after Session 8: 12:00 PM Warm-Up Begins No Earlier than One Half Hour after Session 9: 2:30 PM Warm-Up Begins No Earlier than One Hour after Session 10: 5:00 PM Warm-Up Begins Sunday, March 13, 2011 Session 11: 7:30 AM 8:30 AM No Earlier than One Half Hour after Session 12: 12:00 PM Warm-Up Begins No Earlier than One Half Hour after Session 13: 2:00 PM Warm-Up Begins

Warm-up times may change depending on the number of entries

One Hour after

Warm-Up Begins

No Earlier than

4:00 PM

Session 14:

REMINDERS:

- For any 200 (or shorter) trials and finals event that has 16 or less entries, the results of the morning session order will be final for the 9th thru 16th places and only the 1st thru 8th places will swim at the evening session.
- Only the top 8 swimmers will swim the finals in the 500 Free and the 400 IM. The results of the morning session order will be final for 9th thru 16th place.
- Swimmers in the 10 & Under and 11&12 500 Frees and 13-14 and Senior 1000 and 1650 Frees and Relay Teams in the 13-14 and Senior 200 Medley Relay need to provide one timer for their swim, except for the 1000 swimmers competing at finals.
- The MSI Policy and Procedures requires teams with more than 15 entries in the meet to have one USA-S registered non-athlete available for jobs as assigned for each session.

DAILY EVENTS SCHEDULE

Thursday March 10, 2011 - 12 & Under 500's Session

Session 1: Warm Up: 3:00 PM Start: 3:30 PM

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
1	8:30.49	10&U 500 Free	8:25.79	2
3	7:10.79	11-12 500 Free	7:05.49	4

- All events will be timed finals. The 10 & Under and 11-12 500 Free will alternate girls' and boys' or boys' and girls' heats fastest to slowest as determined by the meet director based on the number of entries.
- Swimmers must have their own timers for the 500 Free.

Thursday March 10, 2011 - 13 & Over 1650's Session

Session 2: Warm Up: No Earlier than 5:00 PM Start: One Hour after Warm-Up Begins

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
5	NT	13-14 200 Medley Relay	NT	6
7	NT	Senior 200 Medley Relay	NT	8
9	23:34.19	13-14 1650 Free	22:28.29	10
9	23:18.79	Senior 1650 Free	21:55.89	10

- The 13-14 and Senior 1650 Free will alternate girls' and boys' or boys' and girls' heats fastest to slowest as determined by the meet director based on the number of entries.
- 1650 Free Swimmers and Relay Teams must provide their own timers.

Friday March 11, 2011 - 13 & Over Trials Session

Session 3: Warm Up: 7:30 AM Start: 8:30 AM

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
11	1:24:09	13-14 100 Breast	1:24.09	12
11	1:21.99	Senior 100 Breast	1:14.69	12
13	2:24.99	13-14 200 Free	2:26.09	14
13	2:21.19	Senior 200 Free	2:10.09	14
15	1:19.09	13-14 100 Fly	1:13.29	16
15	1:11.79	Senior 100 Fly	1:05.09	16
17	6:10.79	13-14 400 IM	5:50.59	18
17	6:01.49	Senior 400 IM	5:35.79	18

Friday March 11, 2011 - 10 & Under Session

Session 4: Warm Up: No Earlier than 11:30 AM Start: One Half Hour after Warm-Up Begins

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
19	NT	10&U 400 Free Relay	NT	20
21	47.79	10&U 50 Breast	53.59	22
23	1:21.59	10&U 100 Free	1:29.19	24
25	42.99	10&U 50 Fly	47.29	26
27	3:42.69	10&U 200 IM	3:40.89	28

Friday March 11, 2011 - 11-12 Session

Session 5: Warm Up: No Earlier than 1:30 PM Start: One Half Hour after Warm-Up Begins

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
29	NT	11-12 200 Free Relay	NT	30
31	3:01.89	11-12 200 Back	2:58.39	32
33	44.09	11-12 50 Breast	44.29	34
35	1:13.59	11-12 100 Free	1:13.09	36
37	37.79	11-12 50 Fly	38.19	38
39	3:03.79	11-12 200 IM	3:03.09	40

Friday March 11, 2011 - 13 & Over Finals Session

Session 6: Warm Up: No Earlier than 4:00 PM Start: One Hour after Warm-Up Begins

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
41	NT	13-14 400 Free Relay	NT	42
43	NT	Senior 400 Free Relay	NT	44
11		13-14 100 Breast		12
11		Senior 100 Breast		12
13		13-14 200 Free		14
13		Senior 200 Free		14
15		13-14 100 Fly		16
15		Senior 100 Fly		16
17		13-14 400 IM		18
17		Senior 400 IM		18

Saturday March 12, 2011 - 13 & Over Trials Session

Session 7:	Warm Up: 7:30 AM	Start: 8:30 AM
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GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
45	2:42.99	13-14 200 IM	2:43.69	46
45	2:39.29	Senior 200 IM	2:26.39	46
47	30.99	13-14 50 Free	30.69	48
47	27.99	Senior 50 Free	25.29	48
49	3:14.59	13-14 200 Breast	3:02.39	50
49	3:09.99	Senior 200 Breast	2:55.09	50
51	1:19.89	13-14 100 Back	1:14.89	52
51	1:12.09	Senior 100 Back	1:06.19	52
53	6:51.79	13-14 500 Free	6:31.09	54
53	6:16.29	Senior 500 Free	5:51.29	54

Saturday March 12, 2011 - 10 & Under Session

Session 8: Warm Up: No Earlier than 12:00 PM Start: One Half Hour after Warm-Up Begins

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
55	NT	10&U 200 Free Relay	NT	56
57	1:33.79	10&U 100 IM	1:41.29	58
59	1:46.69	10&U 100 Breast	1:55.69	60
61	43.49	10&U 50 Back	49.19	62
63	3:20.19	10&U 200 Free	3:09.89	64

Saturday March 12, 2011 – 11-12 Session

Session 9: Warm Up: No Earlier than 2:30 PM Start: One Half Hour after Warm-Up Begins

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
65	NT	11-12 200 Medley Relay	NT	66
67	3:04.99	11-12 200 Fly	3:01.19	68
69	1:20.09	11-12 100 IM	1:23.69	70
71	1:36.39	11-12 100 Breast	1:35.09	72
73	39.59	11-12 50 Back	39.49	74
75	2:43.19	11-12 200 Free	2:38.89	76

Saturday March 12, 2011 - 13 & Over Finals Session

Session 10: Warm Up: No Earlier than 5:00 PM Start: One Hour after Warm-Up Begins

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
77	NT	13-14 400 Medley Relay	NT	78
79	NT	Senior 400 Medley Relay	NT	80
45		13-14 200 IM		46
45		Senior 200 IM		46
47		13-14 50 Free		48
47		Senior 50 Free		48
49		13-14 200 Breast		50
49		Senior 200 Breast		50
51		13-14 100 Back		52
51		Senior 100 Back		52
53		13-14 500 Free		54
53		Senior 500 Free		54

Sunday March 13, 2011 –13 & Over Trials Session

Session 11: Warm Up: 7:30 AM Start: 8:30 AM

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
81	2:51.79	13-14 200 Back	2:41.29	82
81	2:47.89	Senior 200 Back	2:23.39	82
83	1:07.39	13-14 100 Free	1:06.99	84
83	1:00.79	Senior 100 Free	55.19	84
85	2:53.39	13-14 200 Fly	2:43.69	86
85	2:48.59	Senior 200 Fly	2:35.59	86
87	14:08.89	13-14 1000 Free	13:32.49	88
87	13:55.19	Senior 1000 Free	13:04.19	88

- 1000 free heats will be timed finals, seeded girls & boys or boys & girls fastest to slowest as determined by the meet director based on the number of entries.
- The fastest heat for both Boys & Girls of the 1000 free will be swum in the evening.
- Swimmers must have their own timers for the 1000 Free AM session.

Sunday March 13, 2011 -10 & Under Session

Session 12: Warm Up: No Earlier than 12:00 PM Start: One Half Hour after Warm-Up Begins

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
89	NT	10&U 200 Medley Relay	NT	90
91	1:45.69	10&U 100 Back	1:42.89	92
93	35.99	10&U 50 Free	38.89	94
95	1:57.49	10&U 100 Fly	1:55.19	96

Sunday March 13, 2011 – 11-12 Session

Session 13: Warm Up: No Earlier than 2:30 PM Start: One Half Hour after Warm-Up Begins

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
97	NT	11-12 400 Free Relay	NT	98
99	3:26.39	11-12 200 Breast	3:21.69	100
101	31.89	11-12 50 Free	33.39	102
103	1:27.19	11-12 100 Fly	1:25.79	104
105	1:21.09	11-12 100 Back	1:25.79	106
107	6:32.19	11-12 400 IM	6:23.69	108

Sunday March 13, 2011 – 13 & Over Finals Session

Session 14: Warm Up: No Earlier than 4:00 PM Start: One Hour after Warm-Up Begins

GIRLS EVENT	CUT OFF	EVENT DESCRIPTION	CUT OFF	BOYS EVENT
109	NT	13-14 200 Free Relay	NT	110
111	NT	Senior 200 Free Relay	NT	112
87		13-14 1000 Free		88
87		Senior 1000 Free		88
81		13-14 200 Back		82
81		Senior 200 Back		82
83		13-14 100 Free		84
83		Senior 100 Free		84
85		13-14 200 Fly		86
85		Senior 200 Fly		86

11 MSI WINTER CHAMPIONSHIPS MEET INFORMATION

Team Entry Contact (person to contact to resolve issues with entries):

Name	
	(please print or type)
E-mail	
Phone Nos: Home _	
Work _	
Cell	
Team Representative:	(please print or type)
Coaches (list all coaches f	from your team who will be at the meet)
1)	
2)	
3)	
4)	
5)	
Officials (list officials from	your team who will be at the meet)
1)	
2)	
3)	
E)	

This form or the information on it (part of an e-mail) $\underline{\text{must}}$ be submitted with your team's entries.