

MAINE SWIMMING INC.
Summer Combined Championships
July 21 – 24, 2010

Location: Canada Games Aquatic Centre
50 Union Street
Saint John, New Brunswick, Canada

Sanction: Maine Swimming Sanction # ME0910-0721 IC

Meet Format: The 10 & Under and 11-12 age groups will swim timed finals and the 13-14 and Senior age groups will swim trials and finals, except for the 800 and 1500 Frees which are timed finals. The finals will consist of 3 heats (A, B & C heats) in an event with 17 or more entries, 2 heats (A & B heats) with 9 or more entries and 1 heat (A heat) in events with 8 or less entries; except for the 400 IM and the 400 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. If you do not have the ability to use Hy-Tek you can submit a hardcopy of your entries by sending us an e-mail by the entry deadline. 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, and seed time. Relay entries must have the team abbreviation, letter and seed time. Example (SEAL "A" 1:55.32). All relay swimmers must be listed on the **team roster/meet entry** at the meet entry deadline to be eligible to swim a relay. **All teams must submit a roster along with their entries. Entries for timed final events will be converted to Long Course Meters and entries for prelim events will be seeded in the following order long course meters (LCM), short course meters (SCM) and then short course yards (SCY). SCY and SCM times should not be converted to LCM 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. 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.

All swimmers must be registered USA-S, USMS or SNC members.

Entry Deadline: July 13, 2010

Entry Submission: E-mail entry & team roster submission: Thomas Branch
summerchampsentries@maineswimming.org

Hard copy backup and entry fees:

Jim Willis, 4 Shannon Rd Unit B, Bar Harbor, ME 04609

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 e-mail.) **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, except Seniors who are allowed **(1)** relay event per session. 13 & Over swimmers are limited to **(6)** individual events and **(5)** relay events for the meet. 12 & Under swimmers are limited to **(9)** individual events and **(3)** relay events for the meet. An age group swimmer may only be entered in their age group or the senior age group. If a swimmer chooses to swim in a senior event, they will be scored as a senior. 10 & Under swimmers are allowed to swim in only 1 session per day.

Entry Fees:	<u>10 & Under, 11-12</u>	<u>13-14, Senior</u>
Individual Events:	\$4.00US/event	\$5.00US/event
Relays:	\$12.00US/relay	\$12.00US/event

Meet Director: Jim Willis

Meet Referee: Manuel Sone; meetreferee@maineswimming.org

Questions: Jim Willis; 207-288-0560(h) 207-664-8246(c),
meetdirector@maineswimming.org

Admission: No charge for admission.

Programs: The meet program will cover; 13 and over trials, 10 & Under, and, 11 & 12 age group timed finals. The cost will be \$15.00US. The evening programs will have the 13-14 and Senior finals only and this program will be sold for \$2.00US.

Eligibility: This meet is open to any swimmer who is properly registered with Maine Swimming, Inc. for 2010 in accordance with the MSI Policy & Procedures, a SNC swimmer from New Brunswick or a Maine resident who is registered with United States Masters Swimming. Please note, that all swimmers must be registered by the entry deadline (July 13, 2010) to be eligible to swim in Summer Championships. Swimmers transferring into MSI from another LSC or transferring to another MSI Club must complete their transfer by the entry deadline in order to be eligible to compete in Summer Championships.

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. **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-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.

Time Trials: These will only take place if time permits and approved by the Meet Director and Meet Referee.
\$15.00US/individual event
\$30.00US/relay event

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, registered USA-S, USMS or SNC swimmers and Meet Staff will be allowed on deck.

Seeding: 13-14 and Seniors will be seeded together at trials and will then be separated for finals. The 800 & 1500 Frees will be timed finals. The 10 & Under and 11-12 400 Free and the 13 & Over 1500 Free will be swum on Wednesday, alternating girls' and boys' or boys' and girls' heats fastest to slowest as determined by the meet director. All swimmers on Wednesday must provide their own counters and timers. The 13 & Over 800 Free will be swum on Saturday, 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 as determined by the meet director. 800 Free swimmers must provide their own timers, except for the two 800 Free heats swum at finals. The 13 & Over 400 IM and 400 Free trials will be swum alternating girls' and boys' or boys' and girls' heats fastest to slowest as determined by the meet director. 10 & Under and 11-12 events will be timed finals, swimming slowest to fastest.

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. 10 & Under swimmers will have **designated** warm-up lanes from 8:00AM to 8:25AM.

Timers, Marshals, & 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 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. **Please note that the MSI Policy and Procedures requires each team with at least 15 swimmers entered in the meet to have one USA-S registered non-athlete available for jobs as assigned at each session.**

Scoring: All participants: Individual events: 1st – 16th for 10 & U 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

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

Start Times: Evening: **Wednesday**
Warm-up: 3:30 – 4:25 P.M.
Meet Start: 4:30 P.M.

Morning: **Thursday, Friday and Saturday**
Warm-up: 7:00 - 8:25 A.M.
Meet Start: 8:30 A.M.

Evening: **Thursday and Friday**
Warm-up: 3:30 – 4:25 P.M.
Meet Start: 4:30 P.M.

Saturday
Warm-up: 3:00 – 3:55 P.M.
Meet Start: 4:00 P.M.

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

Please note that Saint John is in the Atlantic Time Zone, which is 1 hour ahead of Maine, so 2:00PM in Maine is 3:00PM in Saint John.

Awards: All participants Individual: Medals 1st - 8th, Ribbons 9th - 16th
Relays: Medals 1st - 3rd, Ribbons 4th - 8th

Maine Teams only: All Age Divisions:
Girls and Boys Ind. High Point: Trophies 1st - 8th
(These trophies will not be awarded at the meet)

Maine Teams only: Team Trophies:
Girls Overall High Point 1st & 2nd
Boys Overall High Point 1st & 2nd
Combined High Point 1st - 3rd

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, coaches 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: Maine Swimming, Inc. and the Canada Games Aquatic Centre shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

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

REMINDERS:

- 1) For any 200 (or shorter) trials and finals event that has 8 or less entries, there will be an A Final. For events with 16 or less entries there will be an A & B Final and for events with more than 17 entries there will be an A, B, & C Final.
- 2) Only the Top 8 swimmers will swim the finals in the 400 Free and the 400 IM, 9th through 16th place will be determined by their trials performance.
- 3) Please note that Saint John is in the Atlantic Time Zone, which is 1 hour ahead of Maine, so 2:00PM in Maine is 3:00PM in Saint John.
- 4) Swimmers in the 10 & Under and 11-12 400 frees and 13-14 and Senior 800 and 1500 frees need to provide one timer for their swim, except for the 800 free swimmers competing at finals.
- 5) All events 400 meters and longer will be swum fastest to slowest.
- 6) All events 400 meters and longer will require positive check-in.
- 7) The MSI Policy and Procedures now 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

Wednesday, July 21, 2010 – Evening Session

<u>Session 1:</u>	Warm-ups: 3:30 P.M.	Start: 4:30 P.M.
<u>GIRLS EVENT</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS EVENT</u>
1	10&U 400 Free	2
3	13-14 1500 Free	4
3	Senior 1500 Free	4
5	11-12 400 Free	6

- All events will be timed finals. The 10 & Under and 11-12 400 Free will alternate girls' and boys' or boys' and girls' heats fastest to slowest as determined by the meet director. The 13-14 and Senior 1500 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.
- Positive check-in is required for all events in session 1.
- Swimmers must have their own timers for the 400 & 1500 Free.

DAILY EVENTS SCHEDULE

Thursday, July 22, 2010 – Morning Session

<u>Session 2:</u>	Warm-ups: 7:00 A.M.	Start: 8:30 A.M.
<u>GIRLS EVENT</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS EVENT</u>
7	13-14 200 Free Relay	8
9	Senior 200 Free Relay	10
11	10&U 400 Free Relay	12
13	13-14 100 Fly	14
13	Senior 100 Fly	14
15	10&U 50 Breast	16
17	13-14 100 Breast	18
17	Senior 100 Breast	18
19	10&U 100 Free	20
21	13-14 200 Free	22
21	Senior 200 Free	22
23	10&U 50 Fly	24
25	13-14 400 IM	26
25	Senior 400 IM	26

Thursday, July 22, 2010 – Evening Session

<u>Session 3:</u>	Warm-ups: 3:30 P.M.	Start: 4:30 P.M.
<u>GIRLS EVENT</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS EVENT</u>
27	11-12 200 Back	28
13	13-14 100 Fly	14
13	Senior 100 Fly	14
29	11-12 50 Breast	30
17	13-14 100 Breast	18
17	Senior 100 Breast	18
31	11-12 100 Free	32
21	13-14 200 Free	22
21	Senior 200 Free	22
33	11-12 50 Fly	34
25	13-14 400 IM	26
25	Senior 400 IM	26
35	11-12 400 IM	36
37	13-14 400 Medley Relay	38
39	Senior 400 Medley Relay	40
41	11-12 200 Medley Relay	42

DAILY EVENTS SCHEDULE

Friday, July 23, 2009 – Morning Session

<u>Session 4:</u>	<u>Warm-ups: 7:00 A.M.</u>	<u>Start: 8:30 A.M.</u>
<u>GIRLS EVENT</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS EVENT</u>
43	13-14 200 Medley Relay	44
45	Senior 200 Medley Relay	46
47	10&U 200 Medley Relay	48
49	13-14 200 IM	50
49	Senior 200 IM	50
51	10&U 200 IM	52
53	13-14 50 Free	54
53	Senior 50 Free	54
55	10&U 100 Breast	56
57	13-14 200 Breast	58
57	Senior 200 Breast	58
59	10&U 50 Back	60
61	13-14 100 Back	62
61	Senior 100 Back	62
63	10&U 200 Free	64
65	13-14 400 Free	66
65	Senior 400 Free	66

Friday, July 23, 2010 – Evening Session

<u>Session 5:</u>	<u>Warm-ups: 3:30 P.M.</u>	<u>Start: 4:30 P.M.</u>
<u>GIRLS EVENT</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS EVENT</u>
49	13-14 200 IM	50
49	Senior 200 IM	50
67	11-12 200 Fly	68
53	13-14 50 Free	54
53	Senior 50 Free	54
69	11-12 100 Breast	70
57	13-14 200 Breast	58
57	Senior 200 Breast	58
71	11-12 50 Back	72
61	13-14 100 Back	62
61	Senior 100 Back	62
73	11-12 200 Free	74
65	13-14 400 Free	66
65	Senior 400 Free	66
75	11-12 400 Free relay	76
77	13-14 800 Free Relay	78
79	Senior 800 Free Relay	80

DAILY EVENTS SCHEDULE

Saturday, July 24, 2010 – Morning Session

<u>Session 6:</u>	Warm-ups: 7:00 A.M.	Start: 8:30 A.M.
<u>GIRLS EVENT</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS EVENT</u>
81	10&U 200 Free Relay	82
83	13-14 200 Back	84
83	Senior 200 Back	84
85	10&U 100 Back	86
87	13-14 100 Free	88
87	Senior 100 Free	88
89	10&U 50 Free	90
91	13-14 200 Fly	92
91	Senior 200 Fly	92
93	10&U 100 Fly	94
95	13-14 800 Free	96
95	Senior 800 Free	96

- 800 free heats will be timed finals, seeded girls & boys or boys & girls fastest to slowest as determined by the meet director.
- The fastest heat for both Women & Men of the 800 free will be swum in the evening.
- Swimmers must have their own timers for the 800 Free AM session.

Saturday, July 24, 2010 – Evening Session

<u>Session 7:</u>	Warm-ups: 3:00 P.M.	Start: 4:00 P.M.
<u>GIRLS EVENT</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS EVENT</u>
97	11-12 200 Free Relay	98
99	13-14 400 Free Relay	100
101	Senior 400 Free Relay	102
103	11-12 200 Breast	104
95	13-14 800 Free	96
95	Senior 800 Free	96
105	11-12 100 Back	106
83	13-14 200 Back	84
83	Senior 200 Back	84
107	11-12 50 Free	108
87	13-14 100 Free	88
87	Senior 100 Free	88
109	11-12 100 Fly	110
91	13-14 200 Fly	92
91	Senior 200 Fly	92
111	11-12 200 IM	112

10 MSI SUMMER 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 (team spokesperson for all meet matters)

Name _____
(please print or type)

Coaches (list all coaches 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) _____

4) _____

5) _____

This form or the information on it (part of an e-mail) must be submitted with your team's Hy-Tek entries.