

2010 LRSC summer meet

Long Reach Swim Club Sprint Meet

Who? Any properly registered USA-S Swimmer

What? Sprint Meet

When? June 26, 2010

Where? Bath YMCA Bath, Maine (home of Maine's ONLY U.S. certified pool)

Why? Sprinting and going fast is fun

SANCTION: #ME0910-0626

FACILITY: Bath YMCA Pool is an 8 lane 25-yard pool with automatic timing and bleacher seating for 350 comfortably. Daktronic timing at both pool ends

Events SCHEDULE: See Schedule of Events Sheet.

FORMAT: All events will be timed finals. All 25 yard swims will be swum from the start end of pool to shallow end with manual electronic timing. Mixed gender and age events.

For questions on the meet contact:

Jay Morissette 443-4112

ENTRIES: Meet Entries must be submitted via either:

- 1) HY_TEK Commlink diskette with report copy, or
- 2) E-MAIL zipped Commlink file with report text attached
- 3) If computer format is unavailable, teams may submit paper entries using any appropriate entry form.

The deadline for paper entries is 6:00 pm Monday June 21, 2010.

Computer entry information must be received no later than

11:59 pm Monday June 21, 2010

Meet director: Joe Bonnett

Send email entries to: lrsc@bathymca.org

Send USPS mailed entries to:

D. Jay Morissette

303 Centre Street

Bath, Maine 04430

(207)443-6879

Swimmers must be USA-Swimming registered for 2010.

Paper entries must 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 may enter up to 5 (five) individual events and 2 (two) relays

This meet is recommended for swimmers of all ages.

FEES: \$3.00 per individual event for HY_TEK entries. Relays \$6.00 per relay.

There is a \$0.50 surcharge, per event, for non HY-TEK entries.

Please make checks payable to **Long Reach Swim Club** and mail with entries.

(One check per team, please.)

Programs will be available for \$2.00 per session.

There will be a \$1.00 admission fee for spectators.

SEEDING: The meet will be pre-seeded and deck entries for all events will be accepted for events that have empty lanes in existing heats at the appropriate fee level.

RULES: Current 2010 USA Swimming rules with 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 in good standing.

There will be absolutely no diving into the pool except during sprint lane warm-ups and swim event starts. All entries into the pool will be from the deep end only.

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.

Non-compliance is justification for disqualification from the meet.

CELL PHONES OF ANY KIND AND ALL VIDEO RECORDING OR IMAGE CAPTURING DEVICES OF ANY KIND ARE PROHIBITED FROM THE LOCKER ROOMS. THERE ARE NO EXCEPTIONS!

Protests: a committee will be formed to handle any protests that arise during the meet. It shall include the meet director, meet referee a swim coach and an athlete (not from the same team or teams involved in the protest.

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, spectators or 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: LRSC and the Bath Area Family YMCA shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

AWARDS: Individual events: Pats on the back awarded for 1st – 8th place. Good jobs for 9th-last.

OTHER: Food and beverage will be available during the meet.

Directions: available on request

*******ALL EVENTS ARE MIXED GENDER AND AGE*******

Saturday June 26, 2010

**Session 1 Warm-up 11:00-11:20am for 12 & Under swimmers
11:20-11:59 for 12 & Older swimmers**

1. 100 medley Relay
2. 25 fly
3. 200 back
4. 100 breaststroke
5. 50 free
6. 100 fly
7. 50 back
8. 25 breaststroke
9. 100 IM
10. 200 free
11. 50 fly
12. 25 back
13. 200 breaststroke
14. 100 free
15. 200 fly
16. 100 back
17. 50 breaststroke
18. 25 free
19. 200 IM
20. 100 free relay