

JAMIE HIGGINS SCHOLARSHIP MEET
Saturday November 5th, 2011
DONALD RICHARDS POOL, CAPE ELIZABETH, ME

SANCTIONED BY: Maine Swimming, Inc., Sanction # ME 1112-1105

HOSTED BY: Coastal Maine Aquatics

MEET DIRECTOR: Sean Flaherty

MEET REFEREE: John Moreshead

MEET LOCATION: Cape Elizabeth High School, 345 Ocean House Road (Route 77), Cape Elizabeth, Maine 04107

FACILITY:

The Donald L. Richards Pool is a 25 yard, six lane pool with non-turbulent lane lines, Colorado Automatic Timing System, and electronic scoreboard with six lane display. Ample parking is available in several lots on the high school campus.

ENTRY DEADLINE:

Entries must be received by email attachment before Friday, October 28, 2010 at 23:59:59 EST.

Deadline can not be extended as Registration Reconciliation must occur prior to the Meet. We will make every effort to accommodate swimmers, however we cannot guarantee late entries or entries that, in the opinion of the Meet Director, would result in exceeding the meet time limit, will be entered.

SUBMIT ENTRIES AND QUESTIONS TO:

Sean Flaherty

PO Box 6998

Scarborough, ME 04070

Sean.Flaherty@CoastalMaineAquatics.com

ENTRY FEES:

\$3.00 per event payable to Coastal Maine Aquatics. Payment for entries are due before ten (10) business days of the entry deadline so that teams can submit payment at the meet. Please make one check from each team, payable to Coastal Maine Aquatics.

ENTRY TIMES:

All entries must be specified in short-course yard (25 yard pool) times. Meter times must be converted to yard times. Entries with "NO TIME" will be accepted.

FORMATS AND AWARDS:

Jamie Higgins Scholarship Meet Events: Maximum Time Standards for 12 & Under Athletes. Entry times must be no faster than the times listed. All events are pre-seeded timed finals. Ribbons will be awarded to the top six finishers in each event including relays.

Jamie Higgins Open Events: Events are open to all ages. Events will be swum as preseeded timed finals. No awards will be given for these events.

ELIGIBILITY/RULES:

All swimmers must be USA Swimming registered. **It is each team's responsibility to make sure the entry and registration information for each of their swimmers is accurate.** Registration Reconciliation will be done for this meet. All registrations should be sent to Thomas Branch, 161A Essex Street, Bangor, ME 04401, or emailed to registrations@maineswimming.org. Age is as of November 7, 2010. **No swimmer will be allowed to participate in the Meet who is not registered prior to the start of the Meet.**

USA Swimming Code shall apply. Swimmers may enter no more than five (5) events per Session. **As directed by the Town of Cape Elizabeth, NO food or beverages, other than water, will be permitted in the pool area. Electronic devices, such as cell phones, with the ability to take photographs or digital images are prohibited from the locker rooms.**

DECK CREDENTIALS: Only certified and meet registered coaches, session officials, registered USA-S swimmers and Meet Staff will be allowed on deck

WARM UP:

Warm up lanes will be assigned after receipt of entries. A copy of the lane assignment and time will be provided to coaches prior to the meet and in their meet information packets. **“Sit and Slide” entry at the starting block end of the pool is mandatory. Coaches may start one way sprints in their lanes when ready.**

ADMISSION:

Admission is \$2.00 per person per session. Meet Programs with heat and lane assignments will be available for purchase for a nominal fee.

LIABILITY:

Coastal Maine Aquatics and Cape Elizabeth High School shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

PROTESTS:

According to MSI rules, a committee will be formed to handle protests that arise during the meet. The committee will include the Meet Director, the Meet Referee, a coach and an athlete (not from the same team as the originator of the protest).

CONCESSIONS:

Food and beverages will be available for purchase at the CMA Café located in the hallway off the pool lobby.

**WE ARE GUESTS OF THE TOWN OF CAPE ELIZABETH
AND THE DONALD L. RICHARDS POOL.
WE APPRECIATE SWIMMERS AND SPECTATORS
RESPECT FOR ALL TOWN RULES.**

SCHEDULE OF EVENTS

All Individual Events Mixed Gender

Session I:

Warm Up:

12:00pm – 12:25pm: 13 & Over Athletes

12:30pm – 12:50pm: 9-12 Aged Athletes

12:55pm – 1:10pm: 8 & Under Athletes

1:15pm – 1:25pm: One Way Sprint Lanes All Athletes

Meet Start: 1:30pm

1. 8 & Under 25 Backstroke
2. 12 & Under 50 Backstroke – *No Faster Than 38.90*
3. Open 100 Backstroke
4. 8 & Under 25 Breaststroke
5. 12 & Under 50 Breaststroke – *No Faster Than 43.90*
6. Open 100 Breaststroke
7. Open 50 Free
8. 8 & Under 25 Butterfly
9. 12 & Under 50 Butterfly – *No Faster Than 37.90*
10. Open 100 Butterfly
11. 8 & Under 25 Free
12. 12 & Under 50 Free – *No Faster Than 31.90*
13. Open 100 Free
14. 12 & Under 100 IM
15. Open 200 IM

Session II:

Warm Up:

4:00pm – 4:25pm Open Lanes, All Athletes, No Starts

Meet Start: 4:30pm

18. Open 400 IM
19. *Girls 10 & Under 200 Free Relay*
20. *Boys 10 & Under 200 Free Relay*
21. Girls Open 200 Free Relay
22. Boys Open 200 Free Relay
23. *12 & Under 200 Free*
24. 13 & Over 200 Free
25. *Girls 10 & Under 200 Medley Relay*
26. *Boys 10 & Under 200 Medley Relay*
27. Girls Open 400 Medley Relay
28. Boys Open 400 Medley Relay
29. Open 500 Free (swimmer responsible for timer)

**Italics Denote Jamie Higgins Scholarship Meet Events*