

Seals Swim Club

King and Queen of Sprints Meet

Davan Pool, 426 Bridge Street
Westbrook, ME 04092
November 19 and 20, 2011
Sanction # ME1112-1119

FACILITY: The Davan Pool is a 6-lane, 25-yard pool with non-turbulent lane lines. Fully-automatic Colorado Time Systems electronic timing with touch pads at the finish end of the pool with single-line electronic display. There are no touch pads at the turn end of the pool. The finish end of the pool is 10 feet deep; the turn end of the pool is 3 feet deep. The pool is located inside the Westcott Junior High School at 426 Bridge Street, Westbrook, ME. The entrance door is at the rear of the building.

SCHEDULE: See schedule of events sheet.

FORMAT: Age Group 12 and Under: Top 12 finishers advance to console and finals (session IV). Time from trials will determine seeding for finals.

Age Group 13 and over: Top 12 swimmers advance to console and finals (session III). Time from trials will determine seeding for finals.

If there are under 18 swimmers per age group there will be a trial and final only.

Due to the schedule of events, swimmers may compete in 3 individual events only. Relays will be run after the first two sessions only. Each team is allowed two relays / age group; swimmers may swim up an age group. 25 yard events will be swum from the blocks to watches.

ENTRIES: Meet Entries must be submitted via:

- 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 typed paper entries.
- 4) ENTRY TIMES MUST BE IN SHORT COURSE YARDS.

DEADLINE: November 7, 2011. We will mail you confirmation after we receive your entry data.

EMAIL ENTRIES: Jim Violette
jav17@maine.rr.com

USPS ENTRIES and Checks:

Send USPS mailed entries and checks to:
Westbrook Seals
P.O. Box 909
Westbrook, ME 04098.

MEET CONTACT:

John Smith (Head Coach); (207) 712-0068 cell, sealsswimming@yahoo.com
John Bliss (Referee); (207) 797-9494 home, jmbliss8@msn.com
Ann Brown (Meet Director); (207) 857-5018 home, abrown03@maine.rr.com

ELIGIBILITY: This meet is open to any swimmer who is a properly registered member of USA-S before the start of the meet or is a registered member with United States Masters Swimming (USMS). Age is as of November 20th, 2010.

USA-S 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 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.** 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.

SESSION TIMES:

| Start Time: | Warm Ups: no <u>later</u> than |
|---------------------|--------------------------------|
| Session 1 - 9:05 AM | 8:00 AM |
| Session 2 – 1:05 PM | 12:00 PM |
| Session 3 – 9:05 AM | 8:00 AM |
| Session 4 - 2:05 PM | 1:00 PM |

FEES: Individual Events: \$4.00 per event for all 10 & under/11-12 events.
\$5.00 per event for all 13-14/Senior & over events
Relays: \$12.00 per team (\$3.00 per swimmer)
Paper Entries: \$.50 surcharge per event
Programs will be available for \$2.00 per session
There will be a \$2.00 admission fee for spectators.

PAYMENT: Please make checks payable to: Westbrook Seals and mail with paper copy of team entries.

SEEDING: The meet will be pre-seeded. Deck entries will be accepted at the discretion of the Meet Referee on a space available basis only. There will be no re-seeding of any heat.

TIME TRIALS: May be swum if time permits and with the approval of the Meet Referee and Meet Director at the cost of \$3.00 per individual and \$5.00 per relay.

RULES: Current USA Swimming rules will govern all competition. Decisions by the meet referee will be final except as stated in the protest section below.

PROTESTS: A committee will be formed to handle any protests that arise during the meet. The committee will include the meet directors, the meet referee, a coach and an athlete (not from the same team as the originator of 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 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.

WARMUPS: The pool will open for warm-ups one-hour before the beginning of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received.

SAFETY:

1. Only sit and slide entries during warm-ups except for sprint lanes.
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.

LIABILITIES: Hosting Club, Facility, 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 AND FROM BEHIND THE STARTING BLOCKS!!!

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be asked to leave the pool deck.

SCORING: The meet will not be scored.

AWARDS: Awards will be given to top finishers in each finals race.

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

PARKING: There is ample parking available in the parking lot adjacent to the Wescott Middle School.

DIRECTIONS: Directions to the Davan Pool can be found at our website: www.sealsswimming.org.

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Preliminaries: All swimmers

Finals: Top 6 swimmers in each event

Schedule of Events

Session #1 Preliminaries

November 19, 2011

Warm-up 8:00 AM
Start Time 9:05 AM

| Event # Women | Age | Event | Event # Men |
|--------------------------|------------|------------------|------------------------|
| 1 | 13 and 14 | 100 Fly | 2 |
| 3 | 15 and up | 100 Fly | 4 |
| 5 | 13 and 14 | 100 Back | 6 |
| 7 | 15 and up | 100 Back | 8 |
| 9 | 13 and 14 | 200 Free | 10 |
| 11 | 15 and up | 200 Free | 12 |
| 13 | 13 and 14 | 100 Breast | 14 |
| 15 | 15 and up | 100 Breast | 16 |
| 17 | 13 and 14 | 50 Free | 18 |
| 19 | 15 and up | 50 Free | 20 |
| 21 | 13 and 14 | 100 IM | 22 |
| 23 | 15 and up | 100 IM | 24 |
| 25 | 13 and 14 | 200 Medley Relay | 26 |
| 27 | 15 and up | 200 Medley Relay | 28 |

Session #2 Trials**November 19,2011**

Warm-up 12:00 PM

Start Time 1:05 PM

| Event # Women | Age | Event | Event # Men |
|------------------|--------------|------------------|----------------|
| 29 | 8 and under | 25 Fly | 30 |
| 31 | 9 and 10 | 50 Fly | 32 |
| 33 | 11 and 12 | 50 Fly | 34 |
| 35 | 8 and under | 25Back | 36 |
| 37 | 9 and 10 | 50 Back | 38 |
| 39 | 11 and 12 | 50 Back | 40 |
| 41 | 8 and under | 25 Breast | 42 |
| 43 | 9 and 10 | 50 Breast | 44 |
| 45 | 11 and 12 | 50 Breast | 46 |
| 47 | 8 and under | 25 Free | 48 |
| 49 | 9 and 10 | 50 Free | 50 |
| 51 | 11 and 12 | 50 Free | 52 |
| 53 | 8 and under | 100 IM | 54 |
| 55 | 9 and 10 | 100 IM | 56 |
| 57 | 11 and 12 | 100 IM | 58 |
| 59 | 10 and under | 200 Medley Relay | 60 |
| 61 | 11 and 12 | 200 Medley Relay | 62 |

Session #3 Finals**November 20,2011**

Warm-up 8:00 AM

Start time 9:05 AM

| Event # Women | Age | Event | Event # Men |
|------------------|-----------|----------------|----------------|
| 63 | 13 and 14 | 100 Fly | 64 |
| 65 | 15 and up | 100 Fly | 66 |
| 67 | 13 and 14 | 100 Back | 68 |
| 69 | 15 and up | 100 Back | 70 |
| 71 | 13 and 14 | 200 Free | 72 |
| 73 | 15 and up | 200 Free | 74 |
| 75 | 13 and 14 | 100 Breast | 76 |
| 77 | 15 and up | 100 Breast | 78 |
| 79 | 13 and 14 | 50 Free | 80 |
| 81 | 15 and up | 50 Free | 82 |
| 83 | 13 and 14 | 100 IM | 84 |
| 85 | 15 and up | 100 IM | 86 |
| 87 | 13 and 14 | 200 Free Relay | 88 |
| 89 | 15 and up | 200 Free Relay | 90 |

Session #4 Final Heats**November 20,2011**

Warm-up 1:00 PM

Start Time 2:05 PM

| Event # Women | Age | Event | Event # Men |
|------------------|-------------|----------------|----------------|
| 91 | 8 and under | 25 Fly | 92 |
| 93 | 9 and 10 | 50 Fly | 94 |
| 95 | 11 and 12 | 50 Fly | 96 |
| 97 | 8 and under | 25 Back | 98 |
| 99 | 9 and 10 | 50 Back | 100 |
| 101 | 11 and 12 | 50 Back | 102 |
| 103 | 8 and under | 25 Breast | 104 |
| 105 | 9 and 10 | 50 Breast | 106 |
| 107 | 11 and 12 | 50 Breast | 108 |
| 109 | 8 and under | 25 Free | 110 |
| 111 | 9 and 10 | 50 Free | 112 |
| 113 | 11 and 12 | 50 Free | 114 |
| 115 | 8 and under | 100 IM | 116 |
| 117 | 9 and 10 | 100 IM | 118 |
| 119 | 8 and Under | 100 IM | 120 |
| 121 | 9 and 10 | 200 Free Relay | 122 |
| 123 | 11 and 12 | 200 Free Relay | 124 |