

**Seals Swim Club**  
**The Dennis Connolly**  
**(Summer)**  
**SWIM YOUR OWN AGE MEET**  
Davan Pool, 426 Bridge Street  
Westbrook, ME 04098  
**July 9 & 10, 2011**  
**Sanction # ME1011-0709**

**FACILITY:** Davan Pool provides 6 competition lanes. Lane lines are non-turbulent lines. Colorado Timing System, with electronic scoreboard.

**SCHEDULE:** See Schedule of Events Sheet.

**FORMAT:** Swimmers will only compete against other swimmers "their own age" (except for the 6 & under and 15 & over category).

**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. All forms must have the swimmer full name (first, last, middle initial), current USA number, and seed time.

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

**USPS ENTRIES:** Send USPS mailed entries to:  
Jim Violette  
7 Crestwood Dr  
Westbrook, Maine 04092-4653

**DEADLINE:** Entries must be received by July 2<sup>nd</sup>. *Confirmation will be sent when we receive your entries.*

**ENTRY PROCEDURE:**  
Entry times must be in short course yards.

**ENTRY FEES:** \$3.00 per event, \$3.50 per paper entry. \$6.00 per relay, \$6.50 for paper entries. Please make checks payable to **Westbrook Seals** and mail with paper copy of team entries to:

Westbrook Seals Swim Club  
P.O. Box 909  
Westbrook, Maine 04092-4653

**MEET DIRECTOR:** Dana L. Sone, 893-1926 [md.sone6@myfairpoint.net](mailto:md.sone6@myfairpoint.net)

**MEET REFEREE:** John Bliss, 797-9494 [Jmbliss8@msn.com](mailto:Jmbliss8@msn.com)

**COACH:** John Smith, 632-637 [sealsswimming@yahoo.com](mailto:sealsswimming@yahoo.com)

**RULES:** Current USA Swimming Code and Rules shall apply. **Coaches: USA Swim rules require that your USA ID card must be visible at all times. Thank you for your cooperation.**

**ADMISSION:** \$2.00/session

**PROGRAMS:** Programs will be available for \$3.00

**ELIGIBILITY:** All swimmers must be USA Swimming registered. Age is the first day of the meet.

**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](http://www.maineswimming.org). Direct registration questions to the Maine Swimming, Inc. Membership/Registration Chair, Thomas Branch, 207-712-0877 or [registrations@maineswimming.org](mailto: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 POLICIES:** 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.

**SEEDING:** The meet will be pre-seeded using Hy-Tek Meet Manager. 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.

**DECK CREDENTIALS:** **Only certified and meet registered coaches, session officials, registered USA swimmers and Meet staff will be allowed on deck.**

**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. Head first dives are allowed in sprint lanes only.

**SCORING:** First=20 points, Second=17 points, Third=16 points and so on down to one point.

**AWARDS:** Trophies will be awarded to the top six female swimmers and to the top six male swimmers, overall, in each age group.

**START TIMES:**

Start Time:	Warm Ups: no <u>later</u> than:
Session 1 - 9:05 AM	8:00 AM
Session 2 - 1:40 PM	12:40 PM
Session 3 - 9:05 AM	8:00 AM
Session 4 - 2:10 PM	1:10 PM

**SAFETY:** Each participating swimmer must be under the supervision of a USA-Swimming certified coach with a current USA-Swimming membership. There will be absolutely no diving into the pool except during sprint lane warm-ups and swim event starts. All entry into the pool is from the deep end only. Non-compliance is justification for disqualification from the meet. Swimmers must enter and exit the pool through the locker rooms.

**PROTESTS:** A committee will be formed to handle any protests that arise during the meet. The committee will include the Meet Director, the Meet Referee, a Coach, and an athlete (not from the 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 Seals or local authorities.

**LIABILITY:** Seals Swim Club and Davan Pool 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 ANY OTHER RECORDING DEVICES ARE PROHIBITED FROM THE LOCKER ROOMS!!**

**LODGING:** Names of local area hotels can be provided if needed.

**OTHER:** Food and beverage will be available during the meet. The meet will be simulcast in the gym.

The Davan Pool has not been measured to certify under USA 2009 rule 104.2.2C (4).

# DAILY EVENTS SCHEDULE

Swim Your Own Age Summer 2011  
July 9-10  
[Ageup: 7/9/11] SC Yards

## Session # 1

Start Time: 9:05 AM – July 9, 2011

Event # Women	Age	Event	Event #Men
1	11-11	100 Breast	2
3	6 & under	25 Breast	4
5	7-7	25 Breast	6
7	8-8	25 Breast	8
9	9-9	50 Breast	10
11	10-10	50 Breast	12
13	11-11	50 Free	14
15	6 & under	25 Free	16
17	7-7	25 Free	18
19	8-8	25 Free	20
21	9-9	50 Free	22
23	10-10	50 Free	24
25	11-11	100 IM	26
27	6 & under	100 IM	28
29	7-7	100 IM	30
31	8-8	100 IM	32
33	9-9	100 IM	34
35	10-10	100 IM	36
37	11 and under	200 Free Relay	38

## Session # 2

Start Time: 1:40 PM – July 9, 2011

Event # Women	Age	Event	Event #Men
39	12-12	200 Free	40
41	13-13	200 Free	42
43	14-14	200 Free	44
45	15 & O	200 Free	46
47	12-12	50 Free	48
49	13-13	50 Free	50
51	14-14	50 Free	52
53	15 & O	50 Free	54
55	12-12	100 IM	56
57	13-13	200 IM	58
59	14-14	200 IM	60
61	15 & O	200 IM	62
63	OPEN	200 Free Relay	64

**Session # 3**

Start Time: 9:05 AM – July 10, 2011

<b>Event # Women</b>	<b>Age</b>	<b>Event</b>	<b>Event # Men</b>
65	11-11	100 Fly	66
67	6 & under	25 Fly	68
69	7-7	25 Fly	70
71	8-8	25 Fly	72
73	9-9	50 Fly	74
75	10-10	50 Fly	76
77	11-11	100 Back	78
79	6 & under	25 Back	80
81	7-7	25 Back	82
83	8-8	25 Back	84
85	9-9	50 Back	86
87	10-10	50 Back	88
89	11-11	100 Free	90
91	6 & under	50 Free	92
93	7-7	50 Free	94
95	8-8	50 Free	96
97	9-9	100 Free	98
99	10-10	100 Free	100

**Session # 4**

Start Time: 2:10 PM – July 10, 2011

<b>Event # Women</b>	<b>Age</b>	<b>Event</b>	<b>Event # Men</b>
101	12-12	100 Breast	102
103	13-13	100 Breast	104
105	14-14	100 Breast	106
107	15 & O	100 Breast	108
109	12-12	100 Fly	110
111	13-13	100 Fly	112
113	14-14	100 Fly	114
115	15 & O	100 Fly	116
117	12-12	100 Back	118
119	13-13	100 Back	120
121	14-14	100 Back	122
123	15 & O	100 Back	124
125	12-12	100 Free	126
127	13-13	100 Free	128
129	14-14	100 Free	130
131	15 & O	100 Free	132