- Sanction: Maine Swimming, Inc. Sanction #: ME1112-0520
- Hosted by: Seacoast Swim Club
- Meet Director:Robin Dunnett; wdunnet1@maine.rr.comHeather Giandrea; hrg@maine.rr.com
- Meet Referee: Len Kaminow; <u>lkaminow@meneuro.com</u>
- Meet Location: Greely High School Pool, 303 Main St., Cumberland, Maine 04021
- **Facility:** The pool is a 5 lane, 25-yard pool with non-turbulent lane lines and Colorado automatic timing system. Bleacher seating is available at the pool.
- 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 either an e-mail or mailing it to us by the entry deadline. If you are submitting Hy-Tek entries, a hard copy back up is required to be sent by mail or as a PDF by e-mail. All forms must have a the swimmers' full name (first, middle Initial, last) and birth date as he/she is USA-S registered, current USA-s number, seed items, and events that the swimmer would like to swim. Deck entries will not be allowed. Entries with "No Time" will be accepted.

Entry Deadline: Entries must be received no later than 11:59PM on Friday, May 11th, 2012

- Entry Fees:\$3.00 per Individual Entry\$3.50 per Individual Paper Entry\$6.00 per Relay Entry\$6.00 per Relay Paper Entry
- **Eligibility:** This meet is reserved for swimmers who are properly registered members of Maine Swimming, Inc. before the start of the meet or are registered members of United States Masters Swimming (USMS) and Maine residents. Age is as of May 20th, 2012.
- **Entry Limits:** Swimmers may be entered in no more than five (5) individual events. Relay entries do not count against this limit.

Entry Submission: E-Mail entry submission: RHale@msad51.org

Hard copy backup and entry fees: Seacoast Swim Club, P. O. Box 115 Cumberland, Maine 04021

Make checks payable to **Seacoast Swim Club** (** 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 within four business days of the entry deadline unless other arrangements are made. Team entries will not be considered official until after the payment is made.

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, Inc. Web Site; <u>www.maineswimming.org</u>. Direct registration questions to the Maine Swimming, Inc. Membership/Registration Chair, Thomas Branch, 207-712-0877 or <u>registrations@maineswimming.org</u>. Deck Registrations will **not** be allowed. Registration reconciliation will occur for this meet. It is each team's responsibility to make sure the entry and registration information for each swimmer 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. Coach's registrations will be checked prior to the start of the meet.
- **Meet Format:** Each event will be a timed final.
- **Seeding:** The meet will be pre-seeded with Hy-Tek Meet Manager 4.0.

Admission: \$2.00 per person per session

Program: Programs will be available for \$3.00 per session

Rules: 2012 USA-S Rules shall apply. Decisions by the meet referee are final except as stated in the protest section below.

Questions: Heather Giandrea; (C) 207-310-0992 (H) 207-829-8051 <u>hrg@maine.rr.com</u>

- Deck Credentials: Only certified and meet registered coaches, session officials, registered USA-S and USMS swimmers and Meet Staff will be allowed on deck outside of the spectator seating.
- Warm-ups: 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.
- Safety: Each participating swimmer must be under the supervision of a USA Swimming certified coach with a current USA-Swimming Coaching 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. Noncompliance is justification for disqualification from the meet. Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Awards: Ribbons will be awarded to the $1^{st} 8^{th}$ place in each individual event. Heat winners will receive a prize.
- Protests: A committee will be formed to handle and 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). Protests must be submitted as described in the 2012 USA-S rules book.
- Liability: Seacoast Swim Club, Greely High School, and the Greely School System shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

Schedule of Events

Morning Session: Warm-up for **13 & Over**: 8:00 a.m. - 8:25 a.m. Warm-up for **11 & 12**: 8:25 a.m. - 8:55 a.m. Start time: 9:00 a.m.

Girls Event #	Age	Event	Age	Boys Event #
1	13 & Over	200 Free Relay	13 & Over	1
2	11 & 12	200 Free Relay	11 & 12	2
3	13 & Over	100 Freestyle	13 & Over	4
5	11 & 12	100 Freestyle	11 & 12	6
7	13 & Over	50 Breast	13 & Over	8
9	11 & 12	50 Breast	11 & 12	10
11	13 & Over	100 Individual Medley	13 & Over	12
13	11 & 12	100 Individual Medley	11 & 12	14
15	13 & Over	50 Back	13 & Over	16
17	11 & 12	50 Back	11 & 12	18
19	13 & Over	100 Breast	13 & Over	20
21	13 & Over	50 Fly	13 & Over	22
23	11 & 12	50 Fly	11 & 12	24
25	13 & Over	100 Back	13 & Over	26
27	13 & Over	50 Freestyle	13 & Over	28
29	11 & 12	50 Freestyle	11 & 12	30
31	13 & Over	200 Medley Relay	13 & Over	31
32	11 & 12	200 Medley Relay	11 & 12	32

Afternoon Session: Warm-up for **10 & Under**: 12:30 p.m. - 12:55 p.m. Warm-up for **8 & Under**: 12:55 p.m. - 1:25 p.m. Start Time: 1:30 p.m.

Girls Event #	Age	Event	Age	Boys Event #
33	10 & U	200 Free Relay	10 & U	33
34	8 & U	100 Free Relay	8 & U	34
35	10 & U	100 Freestyle	10 & U	36
37	8 & U	50 Freestyle	8 & U	38
39	10 & U	50 Breast	10 & U	40
41	8 & U	25 Breast	8 & U	42
43	10 & U	100 Individual Medley	10 & U	44
45	8 & U	100 Individual Medley	8 & U	46
47	10 & U	50 Back	10 & U	48
49	8 & U	25 Back	8 & U	50
51	10 & U	50 Fly	10 & U	52
53	8 & U	25 Fly	8 & U	54
55	10 & U	50 Freestyle	10 & U	56
57	8 & U	25 Freestyle	8 & U	58
59	10 & U	200 Medley Relay	10 & U	59
60	8 & U	100 Medley Relay	8 & U	60