

Long Reach Swim Club Sprint Meet Saturday, June 30th, 2012

Approved By: Held under the Approval of USA Swimming, Inc. & Maine Swimming, Inc.

Approval #:ME1112-0630

USA-S Insurance applies to only those attendees who are currently and Properly Registered and Certified with USA-S. Attendees who are Not USA-S Registered are offered No Insurance Coverage at this event unless they have insurance through their YMCA. All USA-S Registered Athletes must be under the direct supervision of a currently registered and certified USA-S Coach. All non USA-S swimmers must have a Y certified deck coach representing them.

Hosted By: Long Reach Swim Club

Meet Director: Joe Bonnett; (C) 207-841-8454; bluebswim4.com

Please direct all questions to Jay Morissette 443-4112 [lrscl@bathymca.org](mailto:lrscl@bathymca.org) or the Meet Director.

Meet Referee: Bob Russell

Meet Location: Bath YMCA 303 Centre Street Bath, Maine 04530

Facility: Our pool is an 8 lane 25 yard pool with non-turbulent lane lines, Daktronics Timing System, electronic scoreboard with 8 lane display and a spectators seating for 350. The starting end has a depth of 9 feet. The water depth at the end of pool is 4 feet. Bath Y Pool has been measured to certify under USA-S rule 104.2.2C(4).

How to Enter: All entries must be submitted by e-mail using the Hy-Tek format. The team manger entry file may be found on the Maine Swimming web site; <http://www.maineswimming.org>. 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 backup is required to be sent by mail or as a PDF by e-mail. All forms must list each swimmer alphabetically and have the swimmers full name (first, middle initial, last) and birth date as they were USA-S registered, current USA-S number, and seed time. Entry Deadline: Entries must be received no later than 7:59PM on Friday, June 22st, 2012. Late entries may be accepted.

Entry Fees: \$3.00 per Individual Entry \$3.50 per Individual Paper Entry

Meet Format: Each event will be a timed final.

Seeding: The meet will be pre-seeded with Hy-Tek Meet Manager 3.0.

Rules: 2012 USA-S Rules shall apply. All decisions by the Meet Referee are final.

Entry Limits: Swimmers may be entered in no more than five (5) individual events.

The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit. If limits become necessary, times will be notified through their club contact. If limits are imposed, all eliminated swims will receive a full refund.

Eligibility: This meet is open to any swimmer who is either a non-registered member of USA-s or 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). All swimmers who are swimming for a USA-S only club must be a registered USA-S member to swim in this meet. Age is as of June 30, 2012.

Entry Submission: E-Mail entry submission: [lrsc@bathymca.org](mailto:lrsc@bathymca.org)

Hard copy backup and entry fees:

Jay Morissette 303 Centre Street Bath, Maine 04530

Make checks payable to: Long Reach Swim Club (\*\*Note: 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 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.

Admission: \$2.00 per person

Program: \$2.00 per program for entire meet.

Time Trials: No Time Trials will offer at this meet.

Awards: Pats on the back upon request

Meet Policies: Only certified and meet registered coaches, session officials, registered USA-S, YMCA, USMS swimmers and Meet Staff will be allowed on deck and No on else will be allowed on deck due to USA Swimming Rules All USA Swimming Registered Officials and Coaches are required to display USA Swimming Credentials (USA-S Membership Card) while on deck. Coaches, Officials must be properly registered and have all certifications up to date in order to be allowed on deck for this meet. Coach's and Official'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.

Warm-ups: USA Swimming and Maine Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

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. The warm-ups sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted on the web site prior to the meet and will be made available to coaches at the meet. No diving or backstroke starts will be permitted except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.

Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment.

Start Times: Warm-Up Start Time

Session 1: 11am-12 noon 12 noon

**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. Noncompliance is justification for disqualification from the meet. Current USA Swimming Safety Rules will be in effect and will be strictly enforced.

**Protests:** A committee will be formed to handle and 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).

**Results:** Final Results will be available on the Maine Swimming, Inc. web site in a (HTML) and (PDF) printable format and in a downloadable Team Manager (Cfile.zip) format and Meet Manager (Swmm3Bkup.zip) format. Results will not be e-mailed unless requested

**Start Procedure:** This meet will be conducted using the no Recall false start rule, the whistle command starting procedure and 'Fly-over' starts may be used. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next has begun if fly over starts are used.

**Timers:** Volunteer Timers may be needed for this meet. Volunteers will receive a refund on their admission.

**Parking:** Free parking is available next to the building.

**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 or fellow athletes, theft, vandalizing, or possession of alcohol, tobacco or illegal drugs are subject to removal from the facility and are subject to a MSI Board of Review Hearing. More serious violations may result in legal action by the LSC or local authorities.

**Liability:** LRSC and the Bath YMCA 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 LOCKER ROOMS, BATHROOMS AND FROM BEHIND THE STARTING BLOCKS**

Events Schedule: ALL EVENTS ARE MIXED GENDER AND MIXED AGES

Session 1: Warm-up: 11am-11:15 am for all 10 and under swimmers, 11:15am-12 noon for all others

Start: 12 noon

1. 200 IM
2. 200 fly
3. 25 back
4. 50 breast
5. 100 free
6. 25 fly
7. 50 back
8. 100 IM
9. 100 breast
10. 200 free
11. 50 fly
12. 200 breast
13. 100 back
14. 25 free
15. 100 fly
16. 200 back
17. 25 breast
18. 50 free
19. 400 IM

In the event of an oversubscription and potential time line issue last entries received without payment will be first cut.