

## Westbrook Seals

# November to Remember/ King and Queen of Sprints Meet

November 12 and 13, 2016

Davan Pool, 426 Bridge Street Westbrook, ME 04092

Held under the sanction of USA Swimming/Maine Swimming, Inc. #ME-1617-1112-TT

### MEET CONTACT:

John Smith (Head Coach)	(207) 632-6379	<a href="mailto:sealscoach@sealsswimming.org">sealscoach@sealsswimming.org</a>
Bill Stone (Meet Director)	(207) 885-0002	<a href="mailto:wstone@scarboroughschools.org">wstone@scarboroughschools.org</a>
John Bliss (Meet Referee)	(207) 797-9494	<a href="mailto:jmbliss8@msn.com">jmbliss8@msn.com</a>
Bill Stone (Administrative Official)		<a href="mailto:wstone@scarboroughschools.org">wstone@scarboroughschools.org</a>
Erik Schulz (Entry Chair)	(207) 415-7239	<a href="mailto:sealsswimmeet@gmail.com">sealsswimmeet@gmail.com</a>
Sarah Russo (Safety Chair)	(207) 318-8098	<a href="mailto:russofamily@maine.rr.com">russofamily@maine.rr.com</a>

### MEET FORMAT:

This is a timed final meet for 13 & Older athletes and a trials and finals meet for 12 & Under athletes. The top twelve 12 & Under finishers in each age group (8 & Under, 9-10, 11-12) advance to finals. There will be 2 heats at finals (a consolation final and a championship final) (session #4). Each session, except session #4, will be seeded by Hy-Tek Meet Manager 4.0 based on positive check-in sheet before each session that must be returned no later than 30 minutes before the beginning of the session. Session #3, event #53 (1650 freestyle) will be swum fast-to-slow, and will be an Open/Mixed event. Swimmers in the 1650 free must provide their own timers. **Positive check-in during each session warm-up is required for all sessions.**

**SCRATCHES FOR FINALS:** Coaches are responsible of reporting any scratches to the meet director. *Once results are announced, swimmers have 30 minutes to declare their intention to scratch from a final event. Swimmers who fail to declare their intention to scratch and do not compete in the final event are scratched from the rest of the meet.*

**SITE:** The Davan Pool is a 6-lane, 25-yard pool with non-turbulent lane lines and 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 competition course has not been certified in accordance with 104.2.2C(4). The pool is located inside the Westbrook Community Center at 426 Bridge Street, Westbrook, ME. The entrance door is at the side of the building. Seating available in gallery (90 max) and on-deck handicap space available. Auxiliary viewing will be made available.

**COURSE:** Short course yards (25 yards)

**25-YARD EVENTS:** 25-yard events will start at the start (deep) end of the pool. Swimmers will dive in from the starting blocks. 25 -yard events will be swum from the blocks to watches.

**CUT PROTOCOL:** In the event the meet is over-subscribed, relays will be the first event cut, and then entries may be cut on the basis of last entry received, first cut.

**MEET COMMITTEE/JURY:** The meet jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the jury but not vote. The three members shall be from separate teams. The meet jury will decide all issues of eligibility and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.

**WEATHER PROTOCOL:** If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. **Cancellation of the meet, or a session**, is the decision of the Meet Director, Meet Referee and the meet jury.

**ELIGIBILITY** All swimmers must be 2016 or 2017 registered swimmers with United States Swimming. Swimmers may register with Mary Ellen Tynan, 10 Kirsi Circle, Westford, MA 01886: [meswimoffice@gmail.com](mailto:meswimoffice@gmail.com). Age is determined by the age of the swimmer on the first day of the meet. All coaches on deck must be registered with USA Swimming and display their coach membership cards or display their deck pass when asked.

Any swimmer entered in the meet 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. 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.

**REGISTRATIONS:** All swimmers must be registered with USA Swimming before the first day of the start of the meet. Any swimmer who has entered a meet and does not register by 11:59 PM on the day before the first day of the meet is subject to a \$20 fine and will be scratched from the meet. Meet reconciliation will be done for this meet.

**DECK REGISTRATIONS:** Deck Registrations will not be accepted for this meet.

**DISABILITY SWIMMERS:** Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee and meet director of any disability prior to competition.

**EVENTS and SESSIONS:** See attached list.

**ENTRY INFORMATION:**

**Entry Deadline: November 6, 2016**

Make checks payable to **Westbrook Seals**

Mail payment to the entry chairperson:

Erik Schulz

Westbrook Seals P.O. Box 909 Westbrook, Maine 04092

Payment due date for all entries: **November 6, 2016**. Any team that fails to send payment by this due date can be scratched from the meet at the discretion of the Entry Chairperson. Payment for any on deck entries is required prior to those entries being accepted.

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at [sealsswimmeet@gmail.com](mailto:sealsswimmeet@gmail.com). Please check that your team name, address, and contact information

are listed correctly in this file. For email entries, payment and hard copy of the entry must be received by: **November 6, 2016.** Confirmation will be sent when we receive your entries.

### **ENTRY LIMITS:**

**12-Under:** Swimmers may swim 3 individual events and one relay per day.. On Sunday, swimmers may compete in the Open 1650 Free in addition to their three final events .

**13-Over:** Swimmers may compete in no more than 5 individual events per day (timed finals).

**ENTRY FEES:** Electronic entries: **\$4.00 per individual event, \$5.00 for trials/finals. \$6.00 per relay team.**

Swimmer Participation Fee is **\$5.00 per swimmer**

There will be a .50 per event surcharge for paper non-electronic entries.

**ENTRY TIMES:** All entries must be specified in short/long-course yard (25-yard/meter pool) times. Meter times must be converted to yard times. (Coach's times should be used instead of NT's)

**DECK ENTRIES:** Deck entries will be allowed at this meet under the discretion of the Meet Director and Meet Referee if open lanes allow. Deck entries will swim in the first heat in an empty lane.

**RELAYS:** Relays will be limited to TWO relays per team per event. All relay swimmers must be officially entered into the meet.

**TIME TRIALS:** Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$4.00 for each individual event(s) and \$6.00 for each relay(s).

**ADMISSION:** \$2.00 per session

**PROGRAMS:** \$3.00 per session

**MEET MOBILE:** Meet mobile will be functional for this meet. All users should be aware that Meet Mobile publishes unverified raw data which cannot be relied upon until the official results have been published and posted in the facility.

**WARM-UPS:** 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. During session #3, event #53, (1650 Freestyle), if open lanes allow, and at the discretion of the Meet Referee, swimmers will be able to warm-up/cool down.

**OFFICIALS:** If you know that you will be attending this meet, please email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome. An officials meeting time and location will be announced one hour prior to any session.

### **SAFETY:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
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.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
6. Deck changes are prohibited.

**EVACUATION PROCEDURE:** In case of an emergency/fire alarm and the building must be cleared, all occupants must leave immediately through the nearest exits. Safety staff will clear the pool and all athletes will be instructed to evacuate the building. Each team's personnel will be required to account for all athletes present for the session. It is recommended that athletes have appropriate clothing on deck available to them to bring outside until the building is deemed safe to reenter.

**RULES:** Current USA Swimming rules will govern all competition. Decisions by the Meet Referee will be final unless a written protest is lodged within 30 minutes of the heat swum. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the Maine Swimming office for further review and/or action.

**SAFE SPORT:** The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to an official, the Referee or the Meet Director to be resolved.

**PHOTOGRAPHY: PHOTOGRAPHERS ON DECK:** As per Maine Swimming policy, only coaches are permitted to use video equipment on deck, but this is not permitted from behind the blocks. The use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests.

**DECK ACCESS:** Only 2016 or 2017 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their current USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by Maine Swimming.

**SCORING:** The meet will not be scored.

**AWARDS:** Awards will be given to the first place women's and men's 12-under finishers (King and Queen) in each finals race in session #4

**FOOD:** Food and beverage will be available during the meet at the concessions area.

**MISCELLANEOUS:** The Westbrook Seals and The Westbrook Community Center assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

**LIABILITY RELEASE:** Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, Maine Swimming, Westbrook Seals and Westbrook Community Center for any and all injuries suffered by him/her at said meet. In submitting this entry the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$20 for each swimmer in the entry that is not registered with USA Swimming.

**PARKING:** There is ample parking available in the parking lot adjacent to the Westbrook Community Center. Please park in designated parking zones.

**DIRECTIONS:** Directions to the Davan Pool can be found at our website: [www.sealsswimming.org](http://www.sealsswimming.org).

## Schedule of Events

**Session #1** Warm-up 8:00 AM      Start Time 9:05 AM

Women Event #	Age	Event	Men Event #
1	13 and Over	200 Medlev Relav	2
3	13-14	200 Free	4
5	15 & Over	200 Free	6
7	13-14	100 Free	8
9	15 & Over	100 Free	10
11	13-14	200 IM	12
13	15 & Over	200 IM	14
15	13 and Over	200 Free Relay	16

**Session #2 Trials - November 12, 2016**

Warm-up 12:30 PM      Start Time 1:35 PM

Event # Women	Age	Event	Event # Men
17	8 & Under	25 Fly	18
19	9-10	50 Flv	20
21	11-12	50 Flv	22
24	8 & Under	25 Back	25
26	9-10	50 Back	27
28	11-12	50 Back	29
31	8 & Under	25 Breast	32
33	9-10	50 Breast	34
35	11-12	50 Breast	36
38	8 & Under	25 Free	39
40	9-10	50 Free	41
42	11-12	50 Free	43
45	8 & Under	100 IM	46
47	9-10	100 IM	48
49	11-12	100 IM	50
51	12 & Under	200 Free Relay	52

### Session #3

Warm Up 8 a.m. Start 8:30 a.m.

Event #	Age	Event	
53	OPEN Mixed	1650 Free	

### Session #4 - Finals and Open

Warm up no earlier than 10 a.m.

Warm ups will be 1½ hours

Start time TBD after 1650

Event # Women	Age	Event	Event # Men
17	8 & Under	25 Fly	18
19	9-10	50 Fly	20
21	11-12	50 Fly	22
<b>23</b>	<b>13 &amp; Over Mixed</b>	<b>100 Fly</b>	
24	8 & Under	25 Back	25
26	9-10	50 Back	27
28	11-12	50 Back	29
<b>30</b>	<b>13 &amp; Over Mixed</b>	<b>100 Back</b>	
31	8 & Under	25 Breast	32
33	9-10	50 Breast	34
35	11-12	50 Breast	36
<b>37</b>	<b>13 &amp; Over Mixed</b>	<b>100 Breast</b>	
38	8 & Under	25 Free	39
40	9-10	50 Free	41
42	11-12	50 Free	43
<b>44</b>	<b>13 &amp; Over Mixed</b>	<b>50 Free</b>	
45	8 & Under	100 IM	46
47	9-10	100 IM	48
49	11-12	100 IM	50
51	12 & Under	200 Free Relay	52

*Seals Swimming*

**November to Remember/King and Queen of Sprints**

Davan Pool, 426 Bridge Street Westbrook, ME 04092

November 12<sup>th</sup> and 13<sup>th</sup>, 2016

**CONTACT INFORMATION**

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Unattached Swimmers: \_\_\_\_\_

**ENTRY FEES (non-electronic add .50 per entry)**

\_\_\_\_ Individual Entries @ \$4.00/ \$4.50 = \$ \_\_\_\_\_

\_\_\_\_ Trials/Finals Event Entries @ \$5.00/ \$5.50 = \$ \_\_\_\_\_

\_\_\_\_ Relays @ \$6.00 each = \$ \_\_\_\_\_

\_\_\_\_ Swimmer Participation Fee: # athletes \_\_\_\_ @ \$ 5.00 = \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

Make check payable to: **Westbrook Seals**

Mail entries and check to:

Erik Schulz

Westbrook Seals P.O. Box 909 Westbrook, Maine 04092

**LIABILITY RELEASE:** Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, Maine Swimming, Westbrook Seals and Westbrook Community Center for any and all injuries suffered by him/her at said meet. In submitting this entry the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$20 for each swimmer in the entry that is not registered with USA Swimming.

\_\_\_\_\_  
Signature of Authorized Team Official

\_\_\_\_\_  
Date