

Maine Swimming Inc.
Winter Champs Trials Meet 2020
Hosted by Long Reach Swim Club

Bath Area Family YMCA 303 Centre Street, Bath Maine 04530

March 7-8, 2020

Sanctioned by USA Swimming/Maine Swimming, Inc #1920-0307

Meet Director: Jay Morissette (lpsc@bathymca.org) 207-443-4112

Meet Referee: Nicole Viele (bnviele@gmail.com)

Entry Chairperson: Mary Ellen Tynan (meswimoffice@gmail.com) 978-996-9655

Admin Official: Todd Marco

Safety Monitor: Brian Savage

SCHEDULE:

	Saturday	Sunday
Warm-up	8:00 AM	8:00 AM
Prelims Start	9:00 AM	9:00 AM
Warm-up	----	11:30 AM
500 Free	----	12:00 PM
Warm-up	No earlier than 3:00 PM	2:00 PM
Finals Start	No earlier than 4:00 PM	3:00 PM

Specific start times will be designated after all entries are received

SITE: The Bath Y pool is an eight lane 25-yard pool with 6-foot-wide lanes and has non-turbulent lane lines. The timing system includes a fully-automatic Daktronics Time Systems electronic timing system with touchpads at the finish end of the pool with single-line electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 9 feet deep; and the turn end of the pool is 4 feet deep. There is overlooking bleacher seating for 350. The competition course has been certified in accordance with 104.2.2c (4). Certification is on file with USA Swimming.

MEET FORMAT: The meet will be run as trials/finals except for the 200 breast, 200 back, 200 fly, 500 free, 400 IM and all 10 & under events which will be competed as timed finals. *The 10 & under events and these 200 events will be skipped in the morning session and will be swum in number order in the evening session.* They will also be swum mixed gender/age. In the prelim/final events, the fastest eight swimmers by gender and age group (10-12, 12-14, 14 & over) in prelims will advance to finals. Any swimmer who makes an MESI Winter Champs cut in prelims will be scratched from finals. Swimmers may only enter into events in which they currently do not have an MESI Winter Champs qualifying time in any course. Times must have been achieved between March 21, 2019 and the entry deadline.

Swimmers who “age-up” to a new age group between this meet and Winter Championships should be entered to compete with the swimmers in their future age group. For instance, if a swimmer turns 11 between this meet and Winter Championships, they should be entered in the 10-12 year old events. All other swimmers should swim in the 10 & under age group. The process is the same for the older age groups (12-14, 14 & over). For the 14 & over age group, placement of 1st or 2nd at finals is regardless of age. If a swimmer turns 17 between this meet and winter champs, please notify the office and the Entry Chairperson.

*****Any Maine swimmer achieving a Winter Champs qualifying time at this meet will be allowed to enter that event for this season's Winter Champs. Any Maine swimmer finishing in the top 2 of their gender and age, regardless of time swum, will also be allowed to enter that event for 2020 Winter Champs in all events except the:**

10 & U: 500 free

10-12: 200 back, 200 breast, 200 fly, 400 IM, 500 free

Swimmers who achieve a qualifying time may enter the allowed bonus events. Those who finish 1st or 2nd but do not achieve a qualifying time, may not enter the respective bonus events.***

For prelim/finals events: If teams from outside the LSC attend and a swimmer from one of these teams finishes 1st or 2nd, then the spot is lost to MESI swimmers. We do not move down the list.

For the timed final events: If teams from outside the LSC attend and a swimmer from one of these teams finishes 1st or 2nd, then we move down the list so that the top two MESI swimmers can move to Winter Champs in these events.

Coaches will be able to pick up heat sheets at the computer table.

Swimmers in the 500 free must provide their own timers.

COURSE: SCY

SEEDING: SCY, LCM, SCM

RESERVE THE RIGHT TO MAKE CHANGES: Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Sanction Chair, Mary Ellen Tynan.

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 2019 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 2020 registered swimmers with United States Swimming or Canada Swimming. Club athletes may obtain USA-S Registration from their Club Registrar. Unattached athletes may submit forms and find instructions from the Maine Swimming website; www.maineswimming.org. 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 Deck Pass upon request. If unable to show proof of registration, coaches will be removed from the pool deck.

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.

Deck registrations and deck entries will not be allowed. Registration and time reconciliation will be done for this meet.

SWIMWEAR: Swimmers age 12 years old and younger are NOT permitted to wear “Tech” suits at this meet.

REGISTRATIONS: All swimmers must be registered with USA Swimming or Canada Swimming before the first day of the start of the meet. Any swimmer who has entered the meet and does not register by 11:59 PM on the day before the first day of the meet is subject to a \$100 fine for each offense and will be scratched from the 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: See event list.

ENTRY INFORMATION:

Final date of entry acceptance: Monday, March 2 2020 at 11:59. PM EST–
Payments must be received by Thursday, March 5, 2020.

DO NOT BRING PAYMENT TO THE MEET. If payment is not received by March 5, 2020, swimmers a late fee of \$50 per team will be assessed. .

Make checks payable to Maine Swimming Inc or pay online at the “Pay Now” button and select custom.
Mail payment to:

Mary Ellen Tynan, 17203 Millikan Ave, Irvine, CA 92606

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 meswimoffice@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. For email entries, payment and pdf copy of the entry must be received by: March 5, 2020.

CUT PROTOCOL: In the event the meet is over-subscribed, entries may be cut by:

1. Outside LSC entries would be cut
2. Last entries received, first entries cut.

ENTRY LIMITS: Swimmers may enter as many events in which they do not have a Winter Champs qualifying time (in any course) they wish, but they may only compete in a maximum of 3 events per day.

ENTRY FEES: Electronic entries:

\$4.00 for all timed finals

\$5.00 for trials/finals

Non-electronic entries: \$5.00 for timed final events/\$6.00 for trials/finals events

Swimmer participation fee: \$10.

ENTRY TIMES: This is a multi-course meet. Entry times may be in SCY, LCM or SCM. Converted times are NOT allowed. Swimmers who have Winter Champs qualifying time in any course in an event may not enter that event. Time reconciliation will be done for this meet.

TIME TRIALS: Time trials will not be offered.

SCRATCH PROTOCOL: All declarations to scratch a prelim or timed final event need to be completed by 5:30 pm on the night prior to those events. Scratches for Saturday can be emailed to lrsc@bathymca.org. **Put Team Name and SCRATCH in the subject of the email.** There will be a scratch box and scratch sheets located at the control table for Sunday scratches. If a swimmer does not scratch by the scratch deadline and they have more than 3 events in a day, they will be scratched from the last event.

1. Coaches and swimmers are expected to understand the scratch rules before the meet begins.
2. There will not be any penalty for a swimmer who fails to compete in a prelim event heat in which he/she is entered and has not been scratched; however, the swimmer or coach must confirm their intention to swim the remainder of their events with the Admin Official.
3. Any swimmer who competes in an preliminary heat and qualifies for finals and fails to notify the Admin Official of his/her intention to withdraw from finals within 30 minutes of the posting of the results and qualifiers for that event, and does not compete nor is excused by the Meet Referee, will be barred from all subsequent competition in the meet.

ADMISSION: \$2.00 per session

PROGRAMS: \$2.00 per session

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. There will ALWAYS be at least 1 lane available for circle swim during the warm up periods. Coaches are urged to limit this lane to older swimmers. If it is deemed “not working” then the lane will be shut down.

OFFICIALS: If you are an official attending the Winter Champ Trials Meet, please sign up [HERE](#) indicating the sessions you will be available. This will help to schedule duties.

At this time we do not plan to offer apprenticeships at this meet; however, if we have enough seasoned officials sign-up to officiate we may take on a few apprentices. If you wish to apprentice, please sign up and apprenticeship will be confirmed if we can fulfill your request.

Please sign up by March 1, 2020. If you have questions, please email the Meet Referee, Nicole Viele, at bnviele@gmail.com.

SAFETY:

1. No shaving is permitted at the competition site.
2. No glass containers are permitted within the facility.
3. No food is allowed on the pool deck.
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. All entry into the pool is from the deep end only -- the sit and slide method is required. Non-compliance is justification for disqualification from the meet.
6. 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.
7. Deck changes are prohibited.

8. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, Spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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 and a check for \$100 payable to MESI is presented with the protest. 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 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 Meet Referee or the Meet Director to be resolved. USA Swimming and MESI encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the MESI Safe Sport Chair, Matt Montgomery: mmontgomery@defymca.org or through the [USA-S online reportable form](#).

PHOTOGRAPHY: PHOTOGRAPHERS ON DECK: As per Maine Swimming policy, only coaches are allowed to take video and photographs from the pool deck. There will be no video or photographs from behind the starting block. Use of audio or visual recording devices, including cell phones, 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 2020 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 or show their Deck Pass when asked. Individuals without proof of USA Swimming registration will be removed from the pool deck and will be subject to a fine by Maine Swimming.

TIMERS: Volunteer timers from all teams are greatly appreciated. Please come on deck when you arrive and sign-in with the Head Timer.

SCORING: The meet will not be scored.

AWARDS: There will be no awards.

FOOD: A concession stand will be in operation for the duration of the meet.

LIABILITY: The Bath YMCA, LRSC, Maine Swimming, Inc. and USA Swimming shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

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.

Winter Championship Trials - Event List

*10 year old swimmers only with birthdays between 3/8/2009 – 3/19/2009

**12 year old swimmers only with birthdays between 3/8/2007 – 3/19/2007

***14 year old swimmers only with birthdays between 3/8/2005 – 3/19/2005

Day 1 Session 1 Prelims

8 AM warm-up – 9AM start

Event #	Title
2	Mixed 10-12 200 freestyle*
3	Mixed 12-14 200 freestyle**
4	Mixed 14 & over 200 freestyle***
6	Mixed 10-12 100 IM*
8	Mixed 10-12 100 butterfly*
9	Mixed 12-14 100 butterfly**
10	Mixed 14 & over 100 butterfly***
12	Mixed 10-12 50 breaststroke*
16	Mixed 10-12 100 backstroke*
17	Mixed 12-14 100 backstroke**
18	Mixed 14 & over 100 backstroke***
20	Mixed 10-12 50 freestyle*
21	Mixed 12-14 50 freestyle**
22	Mixed 14 & over 50 freestyle***
24	Mixed 10-12 400 IM (timed final with prelims)*
25	Mixed 12-14 400 IM (timed final with prelims)**
26	Mixed 12 & over 400 IM (timed finals with prelims)***

Day 1 Session 2 – FINALS**3PM warm-up – 4PM start**

Event #	Title
1	Mixed 10 & under 200 freestyle (timed final)
2a	Girls 10-12 200 freestyle*
2b	Boys 10-12 200 freestyle*
3a	Girls 12-14 200 freestyle**
3b	Boys 12-14 200 freestyle**
4a	Girls 14 & over 200 freestyle***
4b	Boys 14 & over 200 freestyle***
5	Mixed 10 & under 100 IM (timed final)
6a	Girls 10-12 100 IM*
6b	Boys 10-12 100 IM*
7	Mixed 10 & under 100 butterfly (timed final)
8a	Girls 10-12 100 butterfly*
8b	Boys 10-12 100 butterfly*
9a	Girls 12-14 100 butterfly**
9b	Boys 12-14 100 butterfly**
10a	Girls 14 & over 100 butterfly***
10b	Boys 14 & over 100 butterfly***
11	Mixed 10 & under 50 breaststroke (timed final)
12a	Girls 10-12 50 breaststroke*
12b	Boys 10-12 50 breaststroke*
13	*Mixed 10 -12 200 breaststroke (timed final)*
14	Mixed 12-14 200 breaststroke (timed final)**
15	*Mixed 14 & over 200 breaststroke (timed final)***
16a	Girls 10-12 100 backstroke*
16b	Boys 10-12 100 backstroke*
17a	Girls 12-14 100 backstroke**
17b	Boys 12-14 100 backstroke**
18a	Girls 14 & over 100 backstroke***
18b	Boys 14 & over 100 backstroke***
19	Mixed 10 & under 100 backstroke (timed final)
20a	Girls 10-12 50 freestyle*
20b	Boys 10-12 50 freestyle*
21a	Girls 12-14 50 freestyle**
21b	Boys 12-14 50 freestyle**
22a	Girls 14 & over 50 freestyle***
22b	Boys 14 & over 50 freestyle***
23	Mixed 10 & under 50 freestyle (timed final)

Day 2 Session 3 Prelims**8 AM warm-up – 9AM start**

Event #	Title
27	Mixed 10-12 50 butterfly*
32	Mixed 10-12 100 breaststroke*
33	Mixed 12-14 100 breaststroke**
34	Mixed 14 & over 100 breaststroke***
36	Mixed 10-12 100 freestyle*
37	Mixed 12-14 100 freestyle**
38	Mixed 14 & over 100 freestyle***
40	Mixed 10-12 50 backstroke*
45	Mixed 10-12 200 IM*
46	Mixed 12-14 200 IM**
47	Mixed 14 & over 200 IM**
20 minute warm-up	
49	Mixed 12 & U 500 freestyle (timed final)
50	Mixed 12-14 500 freestyle (timed final)**
51	Mixed 14 & over 500 freestyle (timed final)***

Day 2 Session 4 – FINALS**2PM warm-up – 3PM start**

Event #	Title
27a	Girls 10-12 50 butterfly*
27b	Boys 10-12 50 butterfly*
28	Mixed 10 & under 50 butterfly (timed final)
29	Mixed 10-12 200 backstroke (timed final)*
30	Mixed 12-14 200 backstroke (timed final)**
31	Mixed 14 & over 200 backstroke (timed final)***
32a	Girls 10-12 100 breaststroke*
32b	Boys 10-12 100 breaststroke*
33a	Girls 12-14 100 breaststroke**
33b	Boys 12-14 100 breaststroke**
34a	Girls 14 & over 100 breaststroke***
34b	Boys 14 & over 100 breaststroke***
35	Mixed 10 & under 100 breaststroke (timed final)
36a	Girls 10-12 100 freestyle*
36b	Boys 10-12 100 freestyle*
37a	Girls 12-14 100 freestyle**
37b	Boys 12-14 100 freestyle**
38a	Girls 14 & over 100 freestyle***
38b	Boys 14 & over 100 freestyle***
39	Mixed 10 & under 100 freestyle (timed final)
40a	Girls 10-12 50 backstroke*
40b	Boys 10-12 50 backstroke*
41	Mixed 10 & under 50 backstroke (timed final)
42	Mixed 10-12 200 butterfly (timed final)*
43	Mixed 12-14 200 butterfly (timed final)**
44	*Mixed 14 & over 200 butterfly (timed final)***
45a	Girls 10-12 200 IM*
45b	Boys 10-12 200 IM*
46a	Girls 12-14 200 IM**
46b	Boys 12-14 200 IM**
47a	Girls 14 & over 200 IM***
47b	Boys 14 & over 200 IM***
48	Mixed 10 & under 200 IM (timed final)

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Bath Area Family YMCA 303 Centre Street, Bath Maine 04530

March 7-8, 2020

Sanctioned by MESI #ME-1920-0307

CONTACT INFORMATION *(all fields required)*

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 = \$ _____

_____ Swimmer Participation Fee: # athletes _____ @ \$ 10.00 = \$ _____

Total: \$ _____

Make check payable to: Maine Swimming, Inc.

Mail or email entry cover sheet and check to (or pay online under pay now button):

Mary Ellen Tynan, 17203 Millikan Ave, Irvine, CA 92606

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, Long Reach Swim Club and the Bath YMCA 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 \$100 for each swimmer in the entry that is not registered with USA Swimming.

Signature of Authorized Team Official

Date