Coastal Maine Aquatics

2018 ME CMA Celebrating Michelle Arpin

Donald Richards Pool, Cape Elizabeth, ME
May 20, 2018

Held under the sanction of USA Swimming/Maine Swimming, Inc. #1718-0519-TT

Meet Director: Joanne Olsen (cmameetdirector@gmail.com , 207-939-0388)
Meet Referee: Mark Mawhinney, (cmaboardsec@gmail.com)
Entry Chairperson: Joanne Olsen (cmameetdirector@gmail.com, 207-939-0388)
Admin Official: Heidi Frothingham (heidifrothingham@gmail.com, 503-956-5415)
Safety Monitor: Susan Frost (sefrost@maine.rr.com),

MEET FORMAT: The meet will be swum as timed finals pre-seeded with Hy-tek Meet Manager 6.0. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the control office.

Swimmers must provide their own timer for the 500.

SITE: Donald Richards Pool is a 6 lane, 25-yard pool. The timing system includes a fully-automatic Colorado 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 11'6" feet deep; the turn end of the pool is 3'8" feet deep. Spectator seating is 250. The pool is located inside the Cape Elizabeth Community Center behind the high school at 345 Ocean House Road, Cape Elizabeth, ME 04107. Please enter the main entrance road to the high school and proceed to the parking lot behind the school near Hannaford Field. The Donald Richards Pool has not been certified in accordance with USA-S rule 104.2.2C(4).

COURSE: Short course yards (25 yards).

25-YARD EVENTS: 25 yard events will be swum from the start end of pool to shallow end with manual timing.

CUT PROTOCOL: If a session is over-subscribed, the following cuts will be made in this order: Teams will be cut based on date of entry – last in first cut- with swimmers being limited to a maximum of 4 individual events and if necessary, team entries may be entirely cut. Teams will be notified through their club contact no later than May 15th 2018. All eliminated swims will receive a full refund.

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 2018 registered swimmers with United States Swimming. Unattached swimmers may register with Mary Ellen Tynan, 10 Kirsi Circle, Westford, MA 01886: meswimoffice@gmail.com. Other swimmers should register through their club. 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.

SWIMWEAR: Swimmers 12 years old and younger are not permitted to wear "Tech" suits at this meet.

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 $100 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:

Final date of entry acceptance is 11:59PM Saturday, May 12, 2018.

Please make checks payable to Coastal Maine Aquatics and mail to Coastal Maine Aquatics, ATTN: Meet Director, P.O. Box 6201, Cape Elizabeth, ME 04107.

Payment due date for all entries is Monday, May 14, 2018. Any team that fails to send payment by this due date can be scratched from the meet at the discretion of the Entry Chairperson.

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 cmameetdirector@gmail.com along with the entry cover sheet. Please check that your team name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry must be received by Monday, May 14, 2018.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 6 individual events per day plus 1 relay.

ENTRY FEES: Electronic entries:
$4.00 for all individual events
$6.00 for relays
Non-electronic entries: $4.50 for individual events, $6.50 for relays.
Swimmer Participation Fee is $5.00 per swimmer

ENTRY TIMES: All entries must be specified in short course yard times. Meter times must be converted to yard times. (Coach's times should be used instead of NT's).

RELAYS: All relay swimmers must be officially entered in 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 $12.00 for individual events, and $18.00 for relays.

ADMISSION: $2.00 per session.

PROGRAMS: $3.00 per day.

MEET MOBILE: We will attempt to make Meet Mobile functional for this meet. Internet connection in the building may limit the availability. 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.

OFFICIALS: If you know that you will be attending this meet, please email the Meet Referee and let them 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.

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. 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.
7. 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. A swimmer may compete under protest during appeal of a decision of the MSI Board of Directors or MSI House of Delegates only upon presentation of a written protest and its required fee of *$100* to the General Chair.

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 Meet 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 2018 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 display 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.

SCORING: The meet will not be scored.

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

MISCELLANEOUS: Coastal Maine Aquatics 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, Coastal Maine Aquatics and The Cape Elizabeth Community Center for any, and all injuries suffered by him/her at said meet. In submitting this entry, the 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.

PARKING: There is ample parking available in the parking lot adjacent to the Cape Community Center.

SCHEDULE OF EVENTS

SESSION 1 – Morning

Warm-up: Not Earlier than 8:00 AM **Start time**: TBD

EVENT	EVENT DESCRIPTION
1	OPEN Mixed 100 IM
2	8 & U Mixed 25 BACK
3	OPEN Mixed 50 FLY
4	OPEN Mixed 100 BREAST
5	OPEN Mixed 200 BACK
6	8 & U Mixed 25 FREE
7	OPEN Mixed 50 BREAST
8	OPEN Mixed 100 FLY
9	8 & U Mixed 25 BREAST
10	OPEN Mixed 50 BACK
11	8 & U Mixed 25 FLY
12	OPEN Mixed 200 FREE
13	OPEN Mixed 200 IM
14	OPEN Girls 200 FREE RELAY
15	OPEN Boys 200 FREE RELAY

SCHEDULE OF EVENTS

SESSION 2

Warm-up: Not Earlier than 12:30 PM **Start time**: TBD

EVENT	EVENT DESCRIPTION
16	OPEN Girls 200 MEDLEY RELAY
17	OPEN Boys 200 MEDLEY RELAY
18	OPEN Mixed 400 IM
19	OPEN Mixed 100 FREE
20	OPEN Mixed 200 BREAST
21	OPEN Mixed 50 Free
22	OPEN Mixed 200 FLY
23	OPEN Mixed 100 BACK
24	OPEN Mixed 500 FREE

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Donald Richards Pool, Cape Elizabeth, ME
May 20th, 2018

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 = $ _____

____ Swimmer Participation Fee: # athletes___ @ $ 5.00 = $ _____

Total: $ _____

Make check payable to: Coastal Maine Aquatics

Mail entries and check to: Coastal Maine Aquatics, PO Box 6201, Cape Elizabeth, ME 04107

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, Coastal Maine Aquatics and The Cape Elizabeth 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 $100 for each swimmer in the entry that is not registered with USA Swimming.

_____ _____

Signature of Authorized Team Official Date