

MAINE SWIMMING INC.
Winter Combined Championships
March 11 – 14, 2010

Location: Greason Pool, Bowdoin College, Brunswick, Maine

Sanction: Maine Swimming, Inc. Sanction # ME0910-0311

Meet Format: The 10&U and 11-12 age groups will swim timed finals and the 13-14 and Senior age groups will swim trials and finals, except for 1000 and 1650 Frees which are timed finals. The finals will consist of 2 heats (Championship and Consolation) with 17 or more entries and 1 heat (Championship) in events with 16 or less entries; except for the 400IM and 500 Free, which will only have 1 heat regardless of the number of entries.

Entries: All entries must be submitted by e-mail using the **Hy-Tek** format. A hard copy back up is required to be sent by mail or as a PDF by e-mail. All forms must have the swimmers full name (first, middle initial, last) and birth date as they were USA-S registered, current USA-S number, seed time and **qualifying time meet reference** (proof of time). Relay entries must have the team abbreviation, letter and seed time. Example (PPSC "A" 1:55.32). All relay swimmers must be listed on the team roster/meet entry submitted at the meet entry deadline to be eligible to swim in a relay. **Entries for timed final events will be converted to Short Course Yards and entries for prelim events will be seeded in the following order short course yards (SCY), short course meters (SCM) and then long course meters (LCM). LCM and SCM times should not be converted to LCM prior to being submitted.** Late or deck entries will not be accepted. Swimmers must be entered in either the Age Group or Senior portion of the meet. It is suggested that the hard copy be sent by mail, no return receipt, confirmation of receipt will be by e-mail. We will send a Hy-Tek team entry list to each team so they can check the accuracy of their entries. Please review this and respond immediately even if there are no corrections. Psych sheets will be sent after entries are confirmed. 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.**

Entry Deadline: March 2, 2010

Entry Fees:	<u>10 & Under, 11-12</u>	<u>13-14, Senior</u>
Individual Events:	\$4.00/event	\$5.00/event
Relays:	\$12.00/relay	\$12.00/relay

Entry Submission:

E-mail entry submission: Thomas Branch
winterchampsentries@maineswimming.org

Hard copy backup and entry fees:
Chris Branch, 37 Shaker Road, Gray, ME 04039

Make checks payable to **MAINE SWIMMING INC.** (**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 prior to the start of the meet unless other arrangements are made.** A team information form is attached. This must be filled out and returned with your e-mailed entries. **Please note that your entries will not be considered complete until this form or the information required on the form is returned.**

Entry Limit: All swimmers in all age groups are limited to a maximum of **(3)** individual events and **(1)** relay event per day. 12 and under swimmers are limited to **(9)** individual events and **(3)** relay events for the meet. 13 and over swimmers are limited to **(6)** individual events and **(4)** relay events for the meet. Swimmers are limited to one relay per day. If an age group swimmer is entered in a senior event they will be scored in that event as a senior. 10 & Under swimmers are allowed to swim in only 1 session per day.

Each team is allowed to enter relays in an age group based on the number of swimmers having individual event qualifying times within that age group as follows: 0-4 qualifiers allows 1 relay entry, 5-8 qualifiers allows 2 relay entries, 9-12 qualifiers allows 3 relay entries and so on.

Meet Director: Chris Branch

Meet Referee: Steve Elwell; officialschair@maineswimming.org

Questions: Chris Branch; (207) 657-6487 home
meetchief@maineswimming.org

Admission: \$2.00/session

Programs: The meet program will cover the 13 and over trials, the 10 & Under and the 11 & 12 age group timed finals. The cost will be \$10.00. The evening programs will have the 13-14 and Senior finals only and this program will be sold for \$1.00.

Proof of Qualification:

Proof of Qualification shall be submitted with each team's e-mail entries. Proof of Qualification must be a copy of the Meet Entry Report from Team Manager sorted by name; under other options for the report include proof of time. The hard copy must be in a PDF format, a Microsoft Word format or a HTML Format. Eligible times may come from the USA-S National Times Database, Pine Tree Cluster YMCA Database, NCAA National Times Database, USMS National Times Database, and MPA High School Database or meet results. The qualifying period is from the first day of the previous winter's Combined Championships until the entry deadline for this meet.

Eligibility: This meet is open to any swimmer who has met the qualifying times and is properly registered with Maine Swimming, Inc. for 2010 in accordance with the MSI Policy & Procedures or with United States Masters Swimming (USMS) and a resident of Maine. Please note, that all swimmers must be registered by the entry deadline (March 2, 2010) to be eligible to swim in Winter Championships. Swimmers transferring into MSI from another LSC must complete their transfer by the entry deadline in order to be eligible to compete in Winter Championships. Late entries and deck registrations will **not** be allowed.

Coaches must be properly registered, have all certifications up to date and be listed on the team information form in order to be allowed on deck for this meet. Coach's registrations will be checked prior to the start of the meet.

Maine Swimming Registrations should be sent to:

Thomas Branch
249 Palm Street Apt. 2
Bangor, ME 04401
registrations@maineswimming.org

Time Trials: These will only take place if time permits and approved by the Meet Director and Meet Referee. Fees must be paid prior to the time trial.

\$15.00/individual event

\$30.00/relay event

Team Representative: Each team must provide the name of an individual who will act as the spokesperson for that team with respect to all meet matters on the Meet Information Form.

Deck Credentials: Only certified and meet registered coaches, session officials, registered USA swimmers and Meet Staff will be allowed on deck.

Scratch Rule: Scratching from finals will be allowed in accordance with current USA Rule 207.9 D&E and the MSI Policy and Procedures.

Timers, Marshals and Clean-up:

Each team will be responsible for coordinating and providing timers for the specified lane, marshals for the assigned session (**marshals do not need to be USA-S registered**), clean-up following the assigned session and other duties as assigned. The assignments will be determined at the completion of meet entries and the teams will be notified by e-mail. Timers, marshals and other meet staff who are not USA-S registered must sign a USA-S waiver form.

Note: 13-14 & Senior 200 Medley Relays, 1650, 1000 and 11-12 and 10& Under 500 Free swimmers need to provide at least one timer for their swim, except for the 1000 swimmers competing in the finals 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. Headfirst dives are allowed in sprint lanes only, except under a coach's supervision in a team assigned lane. A warm up schedule will be provided after receipt of entries for all sessions, except Thursday night.

Seeding: 13 & 14 and Seniors will be seeded together at trials. 13&14 and Seniors will then be separated for finals. The 1000 & 1650 will be timed finals. The 1650 will be swum on Thursday, alternating girls' and boys' or boys' and girls' heats fastest to slowest. The 1000 will be swum on Sunday, with the fastest girl's and boy's heat swum at finals. The remaining heats will be swum during trials, alternating girls' and boys' or boys' and girls' heats fastest to slowest. **13-14 & Senior 200 Medley Relays, 1650 and 1000 swimmers must provide their own timers, except for the two 1000 heats swimming at finals.** 10 and Under and 11 & 12 events will be timed finals, swimming slowest to fastest, except for the 500 Free. The 500 Free will be swum on Thursday running fastest to slowest, alternating girls' and boys' or boys' and girls' heats. 10 & Under and 11-12 500 Free swimmers must provide their own timers.

Scoring: Individual events: 1st - 16th for 10 and Under and 11-12
20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Individual events: 1st - 16th for 13-14 and Seniors
30-26-24-23-21-20-18-17-14-11-9-8-6-5-3-2
Relay events: 1st-16th for 10 and Under and 11-12
67-58-54-51-47-44-40-38-31-24-20-18-14-11-7-4
Relay events: 1st - 16th for 13-14 and Seniors
50-43-40-38-35-33-30-28-23-18-15-13-10-8-5-3

Awards: Individual: Medals 1st - 8th, Ribbons 9th - 16th
 Relays: Medals 1st - 3rd, Ribbons 4th - 8th
 Girls and Boys Ind. High Point: Trophies 1st - 8th
 Team Trophies: Girls Overall High Point 1st & 2nd
 Boys Overall High Point 1st & 2nd
 Combined High Point 1st - 3rd
 Girls and Boys Individual High Point award winners will receive his/her trophies at the Banquet but will be recognized at the Meet.

Start Times: Evening	<u>Thursday</u> Warm-up: 3:15–4:25 P.M. Meet Start: 4:30 P.M.
Morning	<u>Friday, Saturday and Sunday</u> Warm-up: 7:00 - 8:25 A.M. Meet Start: 8:30 A.M.
Evening	<u>Friday & Saturday</u> Warm-up: 3:45 – 4:55 P.M. Meet Start: 5:00 P.M.
Evening	<u>Sunday</u> Warm-up: 3:15-4:25 P.M. Meet Start: 4:30 P.M.

Warm-up times may change depending on the number of entries

Protests: A meet jury will adjudicate any non-actual competition protest including the issue of misconduct. The meet jury will consist of the Meet Director, the Meet Referee, the MSI General Chair, an Athlete representative, the Coach’s Representative or an appointed designee so noted to the Meet Director. Only the designated team representative or appointed designee so noted to the meet director may speak for a team concerning all meet matters.

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.

Liability: Maine Swimming, Inc. and Bowdoin College 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 THE LOCKER ROOMS**

Eastern Zone Championship:

Each year the Zone entries must be completed shortly after Winter Championships. Swimmers qualify for Zones based on his/her swims at Winter Championships. **Swimmers do not need to fill out an application form prior to the meet in order to be eligible for Zones.** Swimmers who qualify will need to declare their intentions to participate in each event he/she qualifies in as soon as possible after qualifying (unless multiple qualifying events are anticipated) and no later than the end of the swimmer's session for that day. Alternates will then qualify and should check with the Zone Table during each session to declare their intentions. For more information see the Zone Team Section at www.maineswimming.org.

REMINDERS:

- For any 200 (or shorter) trials and finals event that has 16 or less entries, the results of the morning session order will be final for the 9th thru 16th places and only the 1st thru 8th places will swim at the evening session.
- Only the top 8 swimmers will swim the finals in the 500 Free and the 400 IM. The results of the morning session order will be final for 9th thru 16th place.
- Swimmers in the 10 & Under and 11-12 500 frees and 13-14 and Senior 1000 and 1650 frees need to provide one timer for their swim, except for the 1000 swimmers competing at finals.
- The MSI Policy and Procedures requires teams with more than 15 entries in the meet to have one USA-S registered non-athlete available for jobs as assigned for each session.

DAILY EVENTS SCHEDULE

Thursday March 11, 2010 – Evening Session

<u>Session 1: Warm Up: 3:15 P.M.</u>			<u>Start: 4:30 P.M</u>	
<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
1	8:30.49	10&U 500 Free	8:25.79	2
3	7:10.79	11-12 500 Free	7:05.49	4
5	NT	13-14 200 Medley Relay	NT	6
7	NT	Senior 200 Medley Relay	NT	8
9	23:34.19	13-14 1650 Free	22:28.29	10
9	23:18.79	Senior 1650 Free	21:55.89	10

- All events will be timed finals. The 10 & Under and 11-12 400 Free will alternate girls' and boys' or boys' and girls' heats fastest to slowest as determined by the meet director based on the number of entries. The 13-14 and Senior 1650 Free will alternate girls' and boys' or boys' and girls' heats fastest to slowest as determined by the meet director based on the number of entries.
- Swimmers must have their own timers for the 500 and 1650 Free and the 200 Medley Relays.

DAILY EVENTS SCHEDULE

Friday March 12, 2010 – Morning Session

Session 2: Warm Up: 7:00 A.M. Start: 8:30 A.M

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
11	NT	10&U 400 Free Relay	NT	12
13	47.79	10&U 50 Breast	53.59	14
15	1:24.09	13-14 100 Breast	1:24.09	16
15	1:21.99	Senior 100 Breast	1:14.69	16
17	1:21.59	10&U 100 Free	1:29.19	18
19	2:24.99	13-14 200 Free	2:26.09	20
19	2:21.19	Senior 200 Free	2:10.09	20
21	42.99	10&U 50 Fly	47.29	22
23	1:19.09	13-14 100 Fly	1:13.29	24
23	1:11.79	Senior 100 Fly	1:05.09	24
25	3:42.69	10&U 200 IM	3:40.89	26
27	6:10.79	13-14 400 IM	5:50.59	28
27	6:01.49	Senior 400 IM	5:35.79	28

Friday March 12, 2010 – Evening Session

Session 3: Warm Up: 3:45 P.M. Start: 5:00 P.M.

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
29	NT	11-12 200 Free Relay	NT	30
31	NT	13-14 400 Free Relay	NT	32
33	NT	Senior 400 Free Relay	NT	34
35	3:01.89	11-12 200 Back	2:58.39	36
15	-----	13-14 100 Breast	-----	16
15	-----	Senior 100 Breast	-----	16
37	44.09	11-12 50 Breast	44.29	38
19	-----	13-14 200 Free	-----	20
19	-----	Senior 200 Free	-----	20
39	1:13.59	11-12 100 Free	1:13.09	40
23	-----	13-14 100 Fly	-----	24
23	-----	Senior 100 Fly	-----	24
41	37.79	11-12 50 Fly	38.19	42
27	-----	13-14 400 IM	-----	28
27	-----	Senior 400 IM	-----	28
43	3:03.79	11-12 200 IM	3:03.09	44

DAILY EVENTS SCHEDULE

Saturday March 13, 2010 – Morning Session

Session 4: Warm Up: 7:00 A.M.

Start: 8:30 A.M.

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
45	NT	10&U 200 Free Relay	NT	46
47	2:42.99	13-14 200 IM	2:43.69	48
47	2:39.29	Senior 200 IM	2:26.39	48
49	1:33.79	10&U 100 IM	1:41.29	50
51	30.99	13-14 50 Free	30.69	52
51	27.99	Senior 50 Free	25.29	52
53	1:46.69	10&U 100 Breast	1:55.69	54
55	3:14.59	13-14 200 Breast	3:02.39	56
55	3:09.99	Senior 200 Breast	2:55.09	56
57	43.49	10&U 50 Back	49.19	58
59	1:19.89	13-14 100 Back	1:14.89	60
59	1:12.09	Senior 100 Back	1:06.19	60
61	3:20.19	10&U 200 Free	3:09.89	62
63	6:51.79	13-14 500 Free	6:31.09	64
63	6:16.29	Senior 500 Free	5:51.29	64

Saturday March 13, 2010 – Evening Session

Session 5: Warm Up: 3:45 P.M.

Start: 5:00 P.M.

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
65	NT	11-12 200 Medley Relay	NT	66
67	NT	13-14 400 Medley Relay	NT	68
69	NT	Senior 400 Medley Relay	NT	70
71	3:04.99	11-12 200 Fly	3:01.19	72
47	-----	13-14 200 IM	-----	48
47	-----	Senior 200 IM	-----	48
73	1:20.09	11-12 100 IM	1:23.69	74
51	-----	13-14 50 Free	-----	52
51	-----	Senior 50 Free	-----	52
75	1:36.39	11-12 100 Breast	1:35.09	76
55	-----	13-14 200 Breast	-----	56
55	-----	Senior 200 Breast	-----	56
77	39.59	11-12 50 Back	39.49	78
59	-----	13-14 100 Back	-----	60
59	-----	Senior 100 Back	-----	60
79	2:43.19	11-12 200 Free	2:38.89	80
63	-----	13-14 500 Free	-----	64
63	-----	Senior 500 Free	-----	64

DAILY EVENTS SCHEDULE

Sunday March 14, 2010 – Morning Session

Session 6: Warm Up: 7:00 A.M.

Start: 8:30 A.M.

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
81	NT	10&U 200 Medley Relay	NT	82
83	2:51.79	13-14 200 Back	2:41.29	84
83	2:47.89	Senior 200 Back	2:23.39	84
85	1:46.69	10&U 100 Back	1:42.89	86
87	1:07.39	13-14 100 Free	1:06.99	88
87	1:00.79	Senior 100 Free	55.19	88
89	35.99	10&U 50 Free	38.89	90
91	2:53.39	13-14 200 Fly	2:43.69	92
91	2:48.59	Senior 200 Fly	2:35.59	92
93	1:57.49	10&U 100 Fly	1:55.19	94
95	14:08.89	13-14 1000 Free	13:32.49	96
95	13:55.19	Senior 1000 Free	13:04.19	96

- 1000 free heats will be timed finals, seeded girls & boys or boys & girls fastest to slowest as determined by the meet director based on the number of entries.
- The fastest heat for both Boys & Girls of the 1000 free will be swum in the evening.
- Swimmers must have their own timers for the 1000 Free AM session.

Sunday March 14, 2010 – Evening Session

Session 7 Warm Up: 3:15 P.M.

Start: 4:30 P.M.

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
97	NT	11-12 400 Free Relay	NT	98
99	NT	13-14 200 Free Relay	NT	100
101	NT	Senior 200 Free Relay	NT	102
103	6:32.19	11-12 400 IM	6:23.69	104
95	-----	13-14 1000 Free	-----	96
95	-----	Senior 1000 Free	-----	96
105	3:26.39	11-12 200 Breast	3:21.69	106
83	-----	13-14 200 Back	-----	84
83	-----	Senior 200 Back	-----	84
107	1:21.09	11-12 100 Back	1:25.79	108
87	-----	13-14 100 Free	-----	88
87	-----	Senior 100 Free	-----	88
109	31.89	11-12 50 Free	33.39	110
91	-----	13-14 200 Fly	-----	92
91	-----	Senior 200 Fly	-----	92
111	1:27.19	11-12 100 Fly	1:25.79	112

10 MSI WINTER CHAMPIONSHIPS MEET INFORMATION

Team Entry Contact (person to contact to resolve issues with entries):

Name _____
(please print or type)

E-mail _____

Phone Nos: Home _____

Work _____

Cell _____

Team Representative: _____
(please print or type)

Coaches (list all coaches from your team who will be at the meet)

1) _____

2) _____

3) _____

4) _____

5) _____

Officials (list officials from your team who will be at the meet)

1) _____

2) _____

3) _____

4) _____

5) _____

This form or the information on it (part of an e-mail) must be submitted with your team's entries.