

**WESTBROOK SEALS**  
**The Dennis Connolly**  
**(Summer)**  
**SWIM YOUR OWN AGE MEET**  
**July 11 & 12, 2009**

**LOCATION:** Davan Pool, 420 Bridge Street, Westbrook, Maine

**SANCTION:** Maine Swimming, Inc. Sanction # ME0809-0711

**FACILITY:** Davan Pool provides 6 competition lanes. Lane lines are non-turbulent lines. Colorado Timing System, with electronic scoreboard.

**SCHEDULE:** See Schedule of Events Sheet.

**FORMAT:** Swimmers will only compete against other swimmers "their own age" (except for the 6 & under and 15 & over category).

**ENTRIES:** Meet Entries must be submitted via:

- 1) HY-TEK Commlink diskette with report copy, or
- 2) E-MAIL zipped Commlink file with report text attached
- 3) If computer format is unavailable, teams may submit typed paper Entries. All forms must have the swimmer full name (first, last, middle initial), current USA number, and seed time.

**EMAIL ENTRIES:** Jim Violette  
[jviolett@maine.rr.com](mailto:jviolett@maine.rr.com)

**USPS ENTRIES:** Send USPS mailed entries to:  
Jim Violette  
7 Crestwood Dr  
Westbrook, Maine 04092-4653

**DEADLINE:** Entries must be received by July 6<sup>th</sup>. *Confirmation will be sent when we receive your entries.*

**ENTRY PROCEDURE:**  
Entry times must be in short course yards.

**ENTRY FEES:** \$2.00 per event. Please make checks payable to Westbrook Seals and mail with paper copy of team entries to:

Jim Violette  
7 Crestwood Dr  
Westbrook, Maine 04092-4653

**MEET DIRECTOR:** Dana L. Sone, 893-1926. [md.sone6@myfairpoint.net](mailto:md.sone6@myfairpoint.net)

**MEET REFEREE:** Steve Elwell, [sanctionchair@maineswimming.org](mailto:sanctionchair@maineswimming.org)

**RULES:** Current USA Swimming Code and Rules shall apply.

**ADMISSION:** \$2.00/session

**PROGRAMS:** Programs will be available for \$3.00

**ELIGIBILITY:** All swimmers must be USA Swimming registered. Age is the first day of the meet. 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.**

**ME Registrations should be sent to:**

Thomas Branch  
249 Palm Street, Apt.2  
Bangor, ME 04401  
[registrations@maineswimming.org](mailto:registrations@maineswimming.org)

**SEEDING:** The meet will be pre-seeded using Hy-Tek Meet Manager. Deck entries will be accepted at the discretion of the Meet Referee on a space available basis only. There will be no re-seeding of any heat.

**DECK CREDENTIALS:** Only certified and meet registered coaches, session officials, registered USA swimmers and Meet staff will be allowed on deck.

**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.

**START TIMES:**

Start Time:	Warm Ups: no <u>later</u> than:
Session 1 - 9:05 AM	8:00 AM
Session 2 - 1:40 PM	12:40 PM
Session 3 - 9:05 AM	8:00 AM
Session 4 - 2:10 PM	1:10 PM

**SCORING:** First=20 points, Second=17 points, Third=16 points and so on down to one point.

**AWARDS:** Trophies will be awarded to the top six female swimmers and to the top six male swimmers, overall, in each age group.

**SAFETY:** Each participating swimmer must be under the supervision of a USA-Swimming certified coach with a current USA-Swimming Coaching 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. Non-compliance is justification for disqualification from the meet. Swimmers must enter and exit the pool through the locker rooms.

**PROTESTS:** A committee will be formed to handle any protests that arise during the meet. The committee will include the Meet Director, the Meet Referee, a Coach, and an athlete (not from the team as the originator of the protest).

**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 Seals or local authorities.

**LIABILITY:** Seals Swim Club and Davan Pool 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 ANY OTHER RECORDING DEVICES ARE PROHIBITED FROM THE LOCKER ROOMS!!**

**LODGING:** Names of local area hotels can be provided if needed.

**OTHER:** Food and beverage will be available during the meet

The Davan Pool has not been measured to certify under USA 2009 rule 104.2.2C(4).

# DAILY EVENTS SCHEDULE

Swim Your Own Age Summer 2009

July 11-12

[Ageup: 7/11/09] SC Yards

## Session # 1

Start Time: 9:05 AM – July 11, 2009

Event # Women	Age	Event	Event #Men
1	11-11	100 Breast	2
3	6 & under	25 Breast	4
5	7-7	25 Breast	6
7	8-8	25 Breast	8
9	9-9	50 Breast	10
11	10-10	50 Breast	12
13	11-11	50 Free	14
15	6 & under	25 Free	16
17	7-7	25 Free	18
19	8-8	25 Free	20
21	9-9	50 Free	22
23	10-10	50 Free	24
25	11-11	100 IM	26
27	6 & under	100 IM	28
29	7-7	100 IM	30
31	8-8	100 IM	32
33	9-9	100 IM	34
35	10-10	100 IM	36

## Session # 2

Start Time: 1:40 PM – July 11, 2009

Event # Women	Age	Event	Event #Men
37	12-12	200 Free	38
39	13-13	200 Free	40
41	14-14	200 Free	42
43	15 & O	200 Free	44
45	12-12	50 Free	46
47	13-13	50 Free	48
49	14-14	50 Free	50
51	15 & O	50 Free	52
53	12-12	100 IM	54
55	13-13	200 IM	56
57	14-14	200 IM	58
59	15 & O	200 IM	60

**Session # 3**

Start Time: 9:05 AM – July 12, 2009

<b>Event # Women</b>	<b>Age</b>	<b>Event</b>	<b>Event # Men</b>
61	11-11	100 Fly	62
63	6 & under	25 Fly	64
65	7-7	25 Fly	66
67	8-8	25 Fly	68
69	9-9	50 Fly	70
71	10-10	50 Fly	72
73	11-11	100 Back	74
75	6 & under	25 Back	76
77	7-7	25 Back	78
79	8-8	25 Back	80
81	9-9	50 Back	82
83	10-10	50 Back	84
85	11-11	100 Free	86
87	6 & under	50 Free	88
89	7-7	50 Free	90
91	8-8	50 Free	92
93	9-9	100 Free	94
95	10-10	100 Free	96

**Session # 4**

Start Time: 2:10 PM – July 12, 2009

<b>Event # Women</b>	<b>Age</b>	<b>Event</b>	<b>Event # Men</b>
97	12-12	100 Breast	98
99	13-13	100 Breast	100
101	14-14	100 Breast	102
103	15 & O	100 Breast	104
105	12-12	100 Fly	106
107	13-13	100 Fly	108
109	14-14	100 Fly	110
111	15 & O	100 Fly	112
113	12-12	100 Back	114
115	13-13	100 Back	116
117	14-14	100 Back	118
119	15 & O	100 Back	120
121	12-12	100 Free	122
123	13-13	100 Free	124
125	14-14	100 Free	126
127	15 & O	100 Free	128