

LRSC
9th Annual
Tuffin' Up Swim Meet
February 8th 2009
Sanction: ME0809-0208

Facility: Bath Area Family YMCA Gamble Swimnasium- 8 lane pool, automatic timing, and spectator seating for 300 plus

Schedule: See list of events sheet.

Format: All events will be run as timed finals, mixed age, mixed gender.

Pool Records: A list of pool records is posted at HYPERLINK "<http://www.lrsc.org>"
www.lrsc.org .

Meet Director: Joe Bonnett

For questions pertaining to the meet contact Meet Director Joe Bonnett, c/o Jay Morissette or Sponge at 443-4112.

Food and beverage will be available. Swim equipment may also be available for sale.

Programs will be available for \$5.00. There will be a \$1.00 admission fee for spectators.

SAFETY: Each participating swimmer must be under the supervision of a USA-Swimming certified coach with a current USA-Swimming membership. Only certified and meet registered coaches, session officials, registered USA swimmers and Meet Staff will be allowed on deck.

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. The sit and slide method is required. Swimmers must enter and exit the pool through the locker rooms.

There is no food allowed in the pool area. Non-compliance is justification for disqualification from the meet.

Protests: A committee will be formed to handle and protests that arise during the meet. The committee will include the meet directors, the meet referee, a coach and an athlete (not from the same team as the originator of the protest).

Liability: Hosting Club, Facility, shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

Entries: Meet Entries must be submitted via either:
HYTEK Commlink diskette with report copy, or
E-Mail zipped commlink file with report text attached
Paper entries using appropriate entry forms.
The deadline for paper entries is 6pm Monday February 2nd 2009.
Computer Entries must be received no later than 12 noon Tuesday
February 3rd, 2009.
Send email entries to: HYPERLINK "<mailto:LRSC@bathymca.org>"
lrsc@bathymca.org
paper mail with stamp to:
Jay Morissette/LRSC
303 Centre Street
Bath, Maine 04530

Swimmers MUST be USA-Swimming registered for 2009. Include swimmers' Registration numbers with entries. Entries must be submitted by team with all competing swimmers included in each entry submission.

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

Send athlete registrations to : Thomas Branch, 249 Palm Street Apt. 2, Bangor, ME 04401-4059 registrations@maineswimming.org

Swimmers are limited to 5 (five) individual events. This meet is recommended for swimmers of all ages and offers the joys of trying to Tuffin up.

FEES: \$2.00 per individual event for HYTEK entries. \$2.50 for manual/paper entries per event. Relay cost is \$5.00 per relay team entry.

Make 1 (one) team check payable to LRSC and mail or bring to meet.

Admission and program fees will apply.

SEEDING: The meet will be pre-seeded and deck entries will be accepted if an open lane in an existing heat exists. The cost will be \$2.50 individual and \$5.50 relay.

RULES: 2009 USA Swimming Rule Book will be followed. Decisions by the meet referee will be final.

SAFETY: Each swimmer must be under the supervision of a USA-Swim certified coach in good standing with MSI.

There will be no diving into the pool except during sprint lane warm ups and swim event starts. All entries into the pool are from the deep end only.

Non-compliance is justification for disqualification from the meet.

AWARDS: Pats on the back whenever asked by members of the meet committee.

OTHER: Concessions may be available during the meet.

Cell Phones of any kind and all video recording or image capturing devices of any kind are prohibited from the locker rooms.

THERE ARE NO EXCEPTIONS!

DIRECTIONS: From south of Bath, 95 north to route 1 north take the Congress street exit, veer right, go 1/10mile take right onto Congress, go 3-5/10 mile to blinking light, go right onto Centre street, go 3/10 mile to YMCA on left.
From the north take route 1 south to Bath, go over huge bridge, take 1st exit as you pass McDonalds on right (shopping center), veer right off of exit onto Congress street, go 3/10mile to blinking light, go right, go 3/10mile to Y on left.
From east and west, not possible to get here, configure car to a north south situation and follow above directions.

Warm up and start Information:

Session 1 Warm-ups begin at 7:30 am meet starts at 8:30am;

Session 2 Warm-ups begin no earlier than 11am meet starts at 12 noon

For warm-ups: All swimmers shall enter feet first using the sit and slide method at the starting end of the pool.

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Event# Event Description

Session 1

1. 13 and Older 1650 Freestyle (based on DOB as of 3/5/09)
2. 12 and Under 500 Freestyle (based on DOB as of 3/5/09)
3. 13 and Older 400 I.M. (based on DOB as of 3/5/09)
4. 12 and Under 200 I.M. (based on DOB as of 3/5/09)

Session 2

5. Mixed 200 Medley Relay
6. Mixed 100 I.M
7. Mixed 200 Fly
8. Mixed 50 Back
9. Mixed 100 Breaststroke
10. Mixed 50 Free
11. Mixed 100 Fly
12. Mixed 200 Back
13. Mixed 50 Breaststroke
14. Mixed 100 Free
15. Mixed 50 Fly
16. Mixed 100 Back
17. Mixed 200 Breaststroke
18. Mixed 200 Free Relay