

MAINE SWIMMING INC.
Winter Combined Championships
March 5-8, 2009

Location: Stanley M. Wallace Pool, University of Maine, Orono, Maine

Sanction: Maine Swimming, Inc. Sanction # ME0809-0305

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. 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, and the 1650 and 1000 Frees, which are timed finals.

Entries: All entries must be submitted by e-mail using the **Hy-Tek** format. A hard copy back up is required. 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. Qualifying entries in SCY will be seeded first. **Do not convert times.** Nonconforming times will then be seeded in SCM and LCM order. Swimmers must be entered in either the Age Group or Senior portion of the meet. Late or deck entries will not be accepted. 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: February 24, 2009

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 Fees:	<u>10 & Under, 11-12</u>	<u>13-14, Senior</u>
Individual Events:	\$3.00/event	\$4.00/event
Relays:	\$12.00/relay	\$12.00/relay

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.

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, 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.

Meet Director: Chris Branch

Meet Referee: John Moreshead; officialschair@maineswimming.org

Questions: Chris Branch; (207) 657-6487 home or 712-5268 cell, 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.

Eligibility: This meet is open to any swimmer who has met the qualifying times and is properly registered with Maine Swimming, Inc. for 2009 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 (February 24, 2009) 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.

Registrations should be sent to:

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

Seeding: 13 & 14 and Seniors will be seeded together at trials. 13&14 and Seniors will then be separated for finals. The 1650 will be timed finals and will swim on Thursday, alternating girls' and boys' heats running fastest to slowest. The 1000 will be timed finals and will swim on Sunday, with the fastest girl's and boy's heat swimming at finals. The remaining heats will swim during trials, alternating girls' and boys' heats running 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's will be timed finals, swimming slowest to fastest, except for the 500 Free. The 500 Free will swim on Thursday, running fastest to slowest, mixed girls and boys. **These swimmers must provide their own timers.**

Time Trials: These will only take place if time permits and approved by the Meet Director and Meet Referee.

\$15.00/individual event

\$30.00/relay event

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.

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.

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.

Start Times: Evening

Thursday

Warm-up: 3:15–4:25 P.M.

Meet Start: 4:30 P.M.

Morning

Friday, Saturday and Sunday

Warm-up: 7:00 - 8:25 A.M.

Meet Start: 8:30 A.M

Evening

Friday & Saturday

Warm-up: 3:45 – 4:55 P.M.

Meet Start: 5:00 P.M.

Evening

Sunday

Warm-up: 3:15-4:25 P.M.

Meet Start: 4:30 P.M.

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 and Boys Each Age Group 1st

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.

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

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 University of Maine 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 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 5, 2009 – Evening Session

Session 1: 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>
1	8:35.79	10&U 500 Free	9:02.49	1
2	7:00.99	11-12 500 Free	7:30.49	2
3	NT	13-14 200 Medley Relay	NT	4
5	NT	Senior 200 Medley Relay	NT	6
7	23:34.19	13-14 1650 Free	22:55.99	8
7	22:20.99	Senior 1650 Free	21:59.99	8

- All events will be timed finals, the 10 & Under and 11-12 500 Free will be seeded mixed boy and girl fastest to slowest and the 13-14 and Senior 1650 Free will alternate girl's and boys' heats fastest to slowest.
- Swimmers must have their own timers for the 500 and 1650 Free and the 200 Medley Relays.
- Awards will be divided by age group and gender

DAILY EVENTS SCHEDULE

Friday March 6, 2009 – 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>
9	NT	10&U 400 Free Relay	NT	10
11	47.79	10&U 50 Breast	51.89	12
13	1:23.89	13-14 100 Breast	1:25.49	14
13	1:21.49	Senior 100 Breast	1:13.49	14
15	1:21.29	10&U 100 Free	1:27.09	16
17	2:22.29	13-14 200 Free	2:21.59	18
17	2:13.39	Senior 200 Free	2:03.19	18
19	42.19	10&U 50 Fly	49.69	20
21	1:17.79	13-14 100 Fly	1:18.99	22
21	1:10.89	Senior 100 Fly	1:03.99	22
23	3:37.19	10&U 200 IM	3:52.49	24
25	6:08.39	13-14 400 IM	5:54.99	26
25	5:51.29	Senior 400 IM	5:27.79	26

Friday March 6, 2009 – 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>
27	NT	11-12 200 Free Relay	NT	28
29	NT	13-14 400 Free Relay	NT	30
31	NT	Senior 400 Free Relay	NT	32
33	3:03.39	11-12 200 Back	3:26.49	34
13	-----	13-14 100 Breast	-----	14
13	-----	Senior 100 Breast	-----	14
35	42.59	11-12 50 Breast	46.59	36
17	-----	13-14 200 Free	-----	18
17	-----	Senior 200 Free	-----	18
37	1:09.89	11-12 100 Free	1:13.59	38
21	-----	13-14 100 Fly	-----	22
21	-----	Senior 100 Fly	-----	22
39	36.19	11-12 50 Fly	41.79	40
25	-----	13-14 400 IM	-----	26
25	-----	Senior 400 IM	-----	26
41	2:56.19	11-12 200 IM	3:12.99	42

DAILY EVENTS SCHEDULE

Saturday March 7, 2009 – 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>
43	NT	10&U 200 Free Relay	NT	44
45	2:39.49	13-14 200 IM	2:45.99	46
45	2:31.19	Senior 200 IM	2:16.49	46
47	1:31.39	10&U 100 IM	1:41.49	48
49	29.39	13-14 50 Free	28.59	50
49	27.89	Senior 50 Free	24.89	50
51	1:46.19	10&U 100 Breast	2:07.89	52
53	3:13.39	13-14 200 Breast	3:05.79	54
53	2:56.59	Senior 200 Breast	2:54.09	54
55	42.59	10&U 50 Back	45.49	56
57	1:14.79	13-14 100 Back	1:16.19	58
57	1:10.59	Senior 100 Back	1:04.59	58
59	3:04.59	10&U 200 Free	3:21.99	60
61	6:25.69	13-14 500 Free	6:32.89	62
61	6:12.99	Senior 500 Free	5:46.69	62

Saturday March 7, 2009 – 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>
63	NT	11-12 200 Medley Relay	NT	64
65	NT	13-14 400 Medley Relay	NT	66
67	NT	Senior 400 Medley Relay	NT	68
69	3:11.79	11-12 200 Fly	3:50.09	70
45	-----	13-14 200 IM	-----	46
45	-----	Senior 200 IM	-----	46
71	1:18.79	11-12 100 IM	1:26.89	72
49	-----	13-14 50 Free	-----	50
49	-----	Senior 50 Free	-----	50
73	1:32.19	11-12 100 Breast	1:43.39	74
53	-----	13-14 200 Breast	-----	54
53	-----	Senior 200 Breast	-----	54
75	37.29	11-12 50 Back	40.59	76
57	-----	13-14 100 Back	-----	58
57	-----	Senior 100 Back	-----	58
77	2:33.29	11-12 200 Free	2:46.99	78
61	-----	13-14 500 Free	-----	62
61	-----	Senior 500 Free	-----	62

DAILY EVENTS SCHEDULE

Sunday March 8, 2009 – 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>
79	NT	10&U 200 Medley Relay	NT	80
81	2:44.99	13-14 200 Back	2:46.09	82
81	2:36.99	Senior 200 Back	2:23.29	82
83	1:34.99	10&U 100 Back	1:47.19	84
85	1:04.89	13-14 100 Free	1:03.09	86
85	1:00.79	Senior 100 Free	54.79	86
87	35.69	10&U 50 Free	37.19	88
89	2:53.39	13-14 200 Fly	2:46.49	90
89	2:42.99	Senior 200 Fly	2:36.59	90
91	1:43.69	10&U 100 Fly	1:53.69	92
93	14:08.89	13-14 1000 Free	13:42.09	94
93	12:59.99	Senior 1000 Free	12:39.99	94

- 1000 free heats will be timed finals, seeded girls' and boys' heats fastest to slowest.
- The fastest heats of girls and boys 1000 free will swim in the evening.
- 1000 free swimmers must provide their own timers, except for the heats that will swim in the evening.

Sunday March 8, 2009 – 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>
95	NT	11-12 400 Free Relay	NT	96
97	NT	13-14 200 Free Relay	NT	98
99	NT	Senior 200 Free Relay	NT	100
101	3:31.39	11-12 200 Breast	3:53.19	102
93	-----	13-14 1000 Free	-----	94
93	-----	Senior 1000 Free	-----	94
103	1:20.99	11-12 100 Back	1:27.99	104
81	-----	13-14 200 Back	-----	82
81	-----	Senior 200 Back	-----	82
105	31.29	11-12 50 Free	32.99	106
85	-----	13-14 100 Free	-----	86
85	-----	Senior 100 Free	-----	86
107	1:24.99	11-12 100 Fly	1:46.89	108
89	-----	13-14 200 Fly	-----	90
89	-----	Senior 200 Fly	-----	90

09 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.