

WESTBROOK SEALS
The Dennis Connolly
(Winter)
SWIM YOUR OWN AGE MEET
January 17 and 18, 2009
Sanction # ME0809-0117

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 category and the 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.
4) ENTRY TIMES MUST BE IN SHORT COURSE YARDS.

DEADLINE: January 12, 2009

MEET CONTACT:	Jared Felker (Head Coach) (207) 847-3279 H (207) 632-6914 C sealsswimming@hotmail.com	Dana L. Sone (Meet Director) (207) 893-1926 H md.sone6@verizon.net
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EMAIL ENTRIES: Jim Violette
jviolett@maine.rr.com

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

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

GENERAL: All contestants must be 2009 USA Swimming registered athletes. Mail registrations to Thomas Branch, 249 Palm Street Apt. 2 Bangor, ME 04401-4059.

In the event the meet is over-subscribed entries may be cut on the basis of last entry received, first cut.

25 yard events will be swum from the blocks to watches.

SESSION TIMES:

Start Time:	Warm Ups: no later than:
Session 1 - 9:05 AM	8:05 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

FEES: Computer entries: \$2.00 per individual event.
There will be a .50 per event surcharge for paper entries.
Programs will be available for \$3.00 per session.
There will be a \$2.00 admission fee for spectators.

PAYMENT: Please make checks payable to **Westbrook Seals** and mail with paper copy of team entries.

SEEDING: The meet will be pre-seeded. 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. Referee reserves the right to combine heats to benefit swimmers.

RULES: Current USA Swimming rules will govern all competition. Decisions by the meet referee will be final.

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.

WARMUPS: 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. All swimmers shall enter feet first using the sit and slide method at the starting end of the pool.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. No shaving is permitted at the competition site.
2. No glass containers are permitted within the facility.
3. 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.
4. No camera or cell phones are permitted in the locker rooms.
5. Non-compliance is justification for disqualification from the meet or removal from the facility.

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

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

OTHER: Food and beverage will be available during the meet

Schedule of Events

Swim Your Own Age Winter 2009

January 17 & 18 2009

[Ageup: 1/17/09] SC Yards

Session # 1

Start Time: 9:05 AM – January 17, 2009

Event # Women	Age	Event	Event #Men
1	11-11	100 Breast	2
3	Under-6	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	Under-6	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	Under-6	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 – January 17, 2009

Event # Women	Age	Event	Event #Men
37	12-12	100 Breast	38
39	13-13	100 Breast	40
41	14-14	100 Breast	42
43	15 & O	100 Breast	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 – January 18, 2009

Event # Women	Age	Event	Event #Men
61	11-11	100 Fly	62
63	Under-6	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	Under-6	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	Under-6	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 – January 18, 2009

Event # Women	Age	Event	Event #Men
97	12-12	100 Fly	98
99	13-13	100 Fly	100
101	14-14	100 Fly	102
103	15 & O	100 Fly	104
105	12-12	100 Back	106
107	13-13	100 Back	108
109	14-14	100 Back	110
111	15 & O	100 Back	112
113	12-12	100 Free	114
115	13-13	100 Free	116
117	14-14	100 Free	118
119	15 & O	100 Free	120