

MAINE SWIMMING INC.
Winter Combined Championships
March 15 – 18, 2012

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

Sanction: Maine Swimming, Inc. Sanction # ME1112-0315

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 SCY prior to being submitted.**

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.

Teams that have not submitted their entries by the entry deadline will be contacted by noon the following day by the meet entry chair and will have until noon on the following day to submitted their entries and will be subjected to a fine of \$250 or \$1 per entry whichever is greater. Any entries submitted thereafter will be entered only at the discretion of the meet committee.

Entry Limit: All swimmers in all age groups are limited to maximum of **(3)** individual events 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 **(7)** individual events and **(4)** relay events for the meet. 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 and by making the cut time for that relay event as follows: 0-4 qualifiers allows 1 relay entry with no cut time, 5-8 qualifiers allows 2 relay entries, 9-12 qualifiers allows 3 relay entries, and so forth.

Women's Events	10 & U	11 &12	13 &14	Senior
200 Free Relay	2:31.99	2:13.59	2:05.19	1:55.99
400 Free Relay	5:42.59	4:51.99	4:27.19	4:11.19
200 Medley Relay	2:58.29	2:37.19	5:15.09*	4:51.99*
400 Medley Relay	-----	-----	5:15.09	4:51.99

Men's Events	10 & U	11 &12	13 &14	Senior
200 Free Relay	2:53.59	2:14.79	2:04.39	1:45.99
400 Free Relay	6:12.79	5:04.39	4:27.59	3:48.79
200 Medley Relay	3:14.29	2:39.69	5:09.19*	4:21.39*
400 Medley Relay	-----	-----	5:09.19	4:21.39

*Use the 400 Medley Relay Qualifying Time

Entry Deadline: Entries must be received no later than 11:59PM on Tuesday, March 6, 2012. **Athletes achieving the qualifying time standards for the first time from Tuesday, March 6, 2012, through Sunday, March 11, 2012 may be sent by e-mail. These entries must be received no later than 11:59 AM on Monday, March 12, 2012, and cannot be used to improve the seed time of a prior entry.**

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
Swimmer Participation:	\$10.00/Swimmer	\$10.00/Swimmer

Meet Director: Joe Bonnett

Meet Referee: Bob Russell; meetreferee@maineswimming.org

Questions: Joe Bonnett; (207) 386-1011(h), meetdirector@maineswimming.org
Thomas Branch; (207) 712-0877 (c), registrations@maineswimming.org

Entry Submission:

E-mail entry submission: Thomas Branch, Joe Bonnett & Bob Russell
winterchampsentries@maineswimming.org

Hard copy backup and entry fees:

Joe Bonnett, 27 Varney Mill Rd., Bath, ME 04530-4001

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.**

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 \$15.00. The evening programs will have the 13-14 and Senior finals only and this program will be sold for \$2.00.

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

Scratch Rule: Scratching from finals will be allowed in accordance with current USA-S Rules & Regulations Article 207.12.6 D&E and the MSI Policy and Procedures Article 21.6.

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 Proof of Qualification 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.

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.

Eligibility: This meet is open to any swimmer who has met the qualifying times and is properly registered with Maine Swimming, Inc. for 2012 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 6, 2012) 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.

USA Swimming Registration:

Club athletes may obtain USA-S Registration from your Club Registrar. Unattached athletes may obtain forms and instructions from the Maine Swimming Web Site; www.maineswimming.org. Direct registration questions to the Maine Swimming, Inc. Membership/Registration Chair, Thomas Branch, 207-712-0877 or registrations@maineswimming.org. Deck Registrations will not be allowed. Registration reconciliation will be done for this meet. **It's each team's responsibility to make sure the entry and registration information for each of their swimmers is accurate.**

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.

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.

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
26-23-21-19-18-17-16-15-12-10-8-7-6-5-3-2
Relay events: 1st-16th for 10 and Under and 11-12
72-63-58-53-50-47-44-41-33-27-22-19-16-13-8-5
Relay events: 1st - 16th for 13-14 and Seniors
52-46-42-38-36-34-32-30-24-20-16-14-12-10-6-4

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
Boys Overall High Point 1st
Combined High Point 1st & 2nd

Girls and Boys Individual High Point award winners will receive his/her trophies at the Banquet but will be recognized at the Meet.

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. **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.**

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. **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.

Meet Policy: To be allowed on the pool deck, one must have a deck pass. These passes will be issued by MSI to all registered coaches & officials and also to meet staff. All swimmers entered in the meet will receive a deck pass to be allowed on deck. Timers, marshals, and others will be issued a deck pass for each session. No one else will be allowed on deck due to USA Swimming rules and the Town of Orono's Fire Safety regulations.

All USA Swimming Registered Officials and Coaches are required to display USA Swimming Credentials (USA-S Membership Card) while on deck. This is a Maine Swimming, Inc. Policy. **Coaches must be properly registered and have all certifications up to date in order to be allowed on deck for this meet.** Coach's registrations will be checked prior to the start of the meet.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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.

Start Times:

Thursday, March 15, 2012

	Warm-Up:	Start Time:
Session 1:	5:00 PM	6:00 PM

Friday, March 16, 2012

Session 2:	7:00 AM	8:15 AM
Session 3:	No Earlier than 11:00 AM	One Half Hour after Warm-Up Begins
Session 4:	No Earlier than 3:30 PM	One Hour after Warm-Up Begins

Saturday, March 17, 2012

Session 5:	7:00 AM	8:15 AM
Session 6:	No Earlier than 11:30 AM	One Half Hour after Warm-Up Begins
Session 7:	No Earlier than 3:30 PM	One Hour after Warm-Up Begins

Sunday, March 18, 2012

Session 8:	7:00 AM	8:15 AM
Session 9:	No Earlier than 11:30 AM	One Half Hour after Warm-Up Begins
Session 10:	No Earlier than 3:30 PM	One Half Hour after Warm-Up Begins

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

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.

CELL PHONES, CAMERAS AND OTHER RECORDING DEVICES ARE PROHIBITED FROM THE LOCKER ROOMS, BATHROOMS AND FROM BEHIND THE STARTING BLOCKS.

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.

DAILY EVENTS SCHEDULE

Thursday, March 15, 2012 - 1650's Session

Session 1: Warm Up: 5:00 PM – 5:55 PM Start: 6:00 PM

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
1	23:34.19	13-14 1650 Free	22:28.29	2
1	23:18.79	Senior 1650 Free	21:55.89	2

Friday, March 16, 2012 – 13 & Over Prelims Session

Session 2: Warm Up: 7:00 AM - 8:10 AM Start: 8:15 AM

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
7	1:24.09	13-14 100 Breast	1:24.09	8
7	1:21.99	Senior 100 Breast	1:11.79	8
9	2:24.99	13-14 200 Free	2:26.09	10
9	2:15.79	Senior 200 Free	2:05.09	10
11	1:19.09	13-14 100 Fly	1:13.29	12
11	1:09.09	Senior 100 Fly	1:02.59	12
13	6:10.79	13-14 400 IM	5:50.59	14
13	6:01.49	Senior 400 IM	5:23.79	14

DAILY EVENTS SCHEDULE

Friday, March 16, 2012 – 12 & Under Session

Session 3: Warm Up: No Earlier than 11:30 AM Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
15	NT	11-12 400 Free Relay	NT	16
17	NT	10&U 200 Free Relay	NT	18
19	3:01.89	11-12 200 Back	2:58.39	20
21	47.79	10&U 50 Breast	53.59	22
23	42.59	11-12 50 Breast	44.29	24
25	1:21.59	10&U 100 Free	1:29.19	26
27	1:09.99	11-12 100 Free	1:13.09	28
29	42.99	10&U 50 Fly	47.29	30
31	36.49	11-12 50 Fly	38.19	32
33	3:30.09	10&U 200 IM	3:40.89	34
35	3:03.79	11-12 200 IM	3:03.09	36
37	7:10.79	11-12 500 Free	7:05.49	38

Friday, March 16, 2012 – 13 & Over Finals Session

Session 4: Warm Up: No Earlier than 3:30 PM Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
3	NT	13-14 400 Free Relay	NT	4
5	NT	Senior 400 Free Relay	NT	6
7	-----	13-14 100 Breast	-----	8
7	-----	Senior 100 Breast	-----	8
9	-----	13-14 200 Free	-----	10
9	-----	Senior 200 Free	-----	10
11	-----	13-14 100 Fly	-----	12
11	-----	Senior 100 Fly	-----	12
13	-----	13-14 400 IM	-----	14
13	-----	Senior 400 IM	-----	14

DAILY EVENTS SCHEDULE

Saturday, March 17, 2012 – 13 & Over Prelims Session

Session 5: Warm Up: 7:00 AM - 8:10 AM Start: 8:15 AM

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
43	2:42.99	13-14 200 IM	2:43.69	44
43	2:33.19	Senior 200 IM	2:20.79	44
45	29.79	13-14 50 Free	29.59	46
45	27.99	Senior 50 Free	25.29	46
47	3:14.59	13-14 200 Breast	3:02.39	48
47	3:09.99	Senior 200 Breast	2:48.89	48
49	1:17.09	13-14 100 Back	1:14.89	50
49	1:12.09	Senior 100 Back	1:03.69	50
51	6:51.79	13-14 500 Free	6:31.09	52
51	6:16.29	Senior 500 Free	5:51.29	52

Saturday, March 17, 2012 – 12 & Under Session

Session 6: Warm Up: No Earlier than 11:30 AM Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
53	NT	11-12 200 Free Relay	NT	54
55	NT	10&U 400 Free Relay	NT	56
57	3:04.99	11-12 200 Fly	3:01.19	58
59	1:33.79	10&U 100 IM	1:41.29	60
61	1:20.09	11-12 100 IM	1:23.69	62
63	1:46.69	10&U 100 Breast	1:55.69	64
65	1:32.89	11-12 100 Breast	1:35.09	66
67	43.49	10&U 50 Back	46.49	68
69	38.19	11-12 50 Back	37.99	70
71	3:09.29	10&U 200 Free	3:09.89	72
73	2:37.39	11-12 200 Free	2:38.89	74

DAILY EVENTS SCHEDULE

Saturday, March 17, 2012 – 13 & Over Finals Session

Session 7: Warm Up: No Earlier than 3:30 PM Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
39	NT	13-14 400 Medley Relay	NT	40
41	NT	Senior 400 Medley Relay	NT	42
43	-----	13-14 200 IM	-----	44
43	-----	Senior 200 IM	-----	44
45	-----	13-14 50 Free	-----	46
45	-----	Senior 50 Free	-----	46
47	-----	13-14 200 Breast	-----	48
47	-----	Senior 200 Breast	-----	48
49	-----	13-14 100 Back	-----	50
49	-----	Senior 100 Back	-----	50
51	-----	13-14 500 Free	-----	52
51	-----	Senior 500 Free	-----	52

Sunday, March 18, 2012 – 13 & Over Prelims Session

Session 8: Warm Up: 7:00 AM – 8:10AM Start: 8:15 AM

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
81	2:51.79	13-14 200 Back	2:41.29	82
81	2:41.89	Senior 200 Back	2:23.39	82
83	1:04.79	13-14 100 Free	1:04.89	84
83	1:00.79	Senior 100 Free	55.19	84
85	2:53.39	13-14 200 Fly	2:43.69	86
85	2:48.59	Senior 200 Fly	2:35.59	86
79	14:08.89	13-14 1000 Free	13:32.49	80
79	13:55.19	Senior 1000 Free	13:04.19	80

DAILY EVENTS SCHEDULE

Sunday, March 18, 2012 –12 & Under Session

Session 9: Warm Up: No Earlier than 11:30 AM Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
91	NT	11-12 200 Medley Relay	NT	92
93	NT	10&U 200 Medley Relay	NT	94
95	3:26.39	11-12 200 Breast	3:21.69	96
97	1:39.89	10&U 100 Back	1:42.89	98
99	1:21.09	11-12 100 Back	1:22.49	100
101	35.99	10&U 50 Free	38.89	102
103	31.89	11-12 50 Free	32.19	104
105	1:57.49	10&U 100 Fly	1:55.19	106
107	1:27.19	11-12 100 Fly	1:25.79	108
109	8:30.49	10&U 500 Free	8:25.79	110
111	6:32.19	11-12 400 IM	6:23.69	112

Sunday, March 18, 2012 – 13 & Over Finals Session

Session 10: Warm Up: No Earlier than 3:30 PM Start: One Hour after Warm-Up Begins

<u>GIRLS EVENT</u>	<u>CUT OFF</u>	<u>EVENT DESCRIPTION</u>	<u>CUT OFF</u>	<u>BOYS EVENT</u>
75	NT	13-14 200 Medley Relay	NT	76
77	NT	Senior 200 Medley Relay	NT	78
79	-----	13-14 1000 Free	-----	80
79	-----	Senior 1000 Free	-----	80
81	-----	13-14 200 Back	-----	82
81	-----	Senior 200 Back	-----	82
83	-----	13-14 100 Free	-----	84
83	-----	Senior 100 Free	-----	84
85	-----	13-14 200 Fly	-----	86
85	-----	Senior 200 Fly	-----	86
87	NT	13-14 200 Free Relay	NT	88
89	NT	Senior 200 Free Relay	NT	90

12 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.