

Seals Swim Club Iron SEALS Meet

Sunday May 17, 2009

Davan Pool, 426 Bridge Street Westbrook, ME 04098

Sanction #: ME0809-0517

Meet Director: Dana Sone (md.sone6@myfairpoint.net, 207-893-1926)

Meet Referee: Steve Elwell (westbrookseals@roadrunner.net, 207-784-2140)

Meet Chairperson: Jim Violette (jviolett@maine.rr.com, cell: 207-776-3561, home: 207-797-4106)

Head Coach: Jared Felker (sealsswimming@hotmail.com, cell: 207-632-6914, home: 207-847-3279)

MEET FORMAT: The Iron meet (session I) is for 13 year olds and up, the events are 500, 400 IM, and 1650. Twelve year olds and under may compete in the iron seal if they have the following cut times for one or more of the following events: 1650 (25:00.99), 400 IM (6:30.99) and 500 (6:40.99). Session II is for 12 year olds and under, the events are 500 free, 200 IM, 200 free. Timers will be provided for all events we do ask that each swimmer have their own counters. **Positive check in closes 30 minutes before for the beginning of each session**, anyone not checked in will be scratched from the meet. Events will be seeded fastest to slowest; seeding will take place at close of check in (8:30 AM/ 12:30 PM). We reserve the right to combine sessions depending on the number of entries. Teams will be notified of this change by May 12th.

FACILITY: The Davan Pool is a 6-lane, 25-yard pool with non-turbulent lane lines. Fully-automatic Colorado Time Systems electronic timing with touch pads at the finish end of the pool with single-line electronic display. There are no touch pads at the turn end of the pool. The finish end of the pool is 10 feet deep; the turn end of the pool is 3 feet deep. The pool is located inside the Westcott Junior High School at 426 Bridge Street, Westbrook, ME. The entrance door is at the rear of the building.

COURSE: Short course yards (25 yards).

EVENTS and SESSIONS: See attached list.

ELIGIBILITY: All contestants must be 2009 USA Swimming registered athletes.

ENTRY INFORMATION: Entries will be accepted on or after **May 1, 2008**. **Entries must be received no later than May 11th** we will mail you confirmation after we receive your entry data. *Please Make checks payable to: **Westbrook Seals***. Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson: **Jim Violette 7 Crestwood Drive Westbrook, ME 04092-4653**. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. All entries must include a completed and signed entry cover sheet and waiver.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at jviolett@maine.rr.com. Please check that your team name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received within four (4) days, excluding Sundays and holidays, of receipt of the email entry. If payment is received within four (4) days, excluding Sundays and holidays, of the email entry, the email receipt date will be considered the date of entry. If payment is received more than four (4) days, excluding Sundays and holidays, after the email entry, the payment receipt date will be considered the date of entry.

ENTRY FEES: Electronic entries: \$2.00 for individual events. Non-electronic entries: \$3.00 for individual events.

ENTRY TIMES: All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times.

PROGRAMS: \$1.00

ADMISSION: \$2.00

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.

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 cell phones or recording devices, including but not limited to cameras, videos, are permitted in the locker rooms.

RULES: 2009 USA Swimming rules will govern all competition. Decisions by the meet referee will be final unless a written protest is lodged within 30 minutes of the heat swum.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to further action by Maine Swimming, Inc..

SCORING: The meet will not be scored.

AWARDS: Trophies will be awarded to the top male and female swimmers, as well as runners up. Top swimmers will be determined by their cumulative times in all three events. To be eligible for top swimmer, competitors must complete all three events.

FOOD: Drinks and snacks will be available during the meet.

MISCELLANEOUS: Seals Swim Club assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: There is ample parking available in the parking lot adjacent to the Wescott Middle School.

DIRECTIONS: Directions to the Davan Pool can be found at our website: sealsswimming.org

Iron SEALS Meet
Sunday, May 17, 2009

Schedule of Events:

Session I (13 and older)

Warm-ups start at 8:00am

Positive check in at 8:30

Start time 9:05am

Event # Women	Event	Event # Men
1	500 Free	2
3	400 IM	4
5	1650 Free	6

Session II (12 and under)

Warm-ups start at 12:00pm

Positive check in at 12:30pm

Start time 1:05pm

Event # Women	Event	Event # Men
7	500 Free	8
9	200 IM	10
11	200 Free	12

Swimmers must provide their own counters.
Timers will be provided.