

Delaware Swim Team

Presents the

THE REGIONAL SWIMMING CHAMPIONSHIPS

March 27-28, 2010

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 1090 B

MEET DESCRIPTION	A Championship Meet for swimmers yet to achieve Junior Olympic or Senior Championship qualifying times.
LOCATION	University of Delaware, Carpenter Sports Building, Harry Rawstrom Pool, Newark, DE Day of meet ONLY emergency phone # 302-831-2264
FACILITIES	8-lane, 25-yard pool with 4 feet of water at the starting end. Separate 6-lane 20-yard pool will be available for continuous warm-up/warm-down. Competitor non-turbulent lane lines. Colorado System 5 timing system with separate lane readout. Spectator seating for 700 is available in the balcony Parking is located across the railroad tracks, opposite side of the street. Additional parking is located in the parking garage at the end of Main Street. Refreshments: Snack Bar & Coach/Volunteer hospitality area will be provided.
MEET REFEREE	Fred Polaski may be contacted at: polaski5@comcast.net
MEET DIRECTOR	Brian Drysdale may be contacted at: briand@freestyles.org
SAFETY DIRECTOR	Kathy Drysdale 302-234-8500 e-mail: kathyd@freestyles.org
OFFICIALS	Please contact us at Clarkb@freestyles.org , if you are able to officiate.
ELIGIBILITY	<p>This meet is open to any swimmer registered in 2010 with Middle Atlantic Swimming who meets the entry times of their age group as determined by the swimmer's age on March 27, 2010.</p> <p>Entry times must be slower than MA Junior Olympic (14yr & u) or MA Senior Championship (15-18yr) qualifying times.</p> <p>9-12 swimmers may compete in a maximum of four (4) individual events per session and a maximum of five (5) events per day.</p> <p>13-18 swimmers may compete in a maximum of three (3) individual events per session and a maximum of four (4) events per day.</p> <p>Qualifying times can be found at: http://www.maswim.org/timestandards.htm</p> <p><i>Please note: Because these qualifying times are based on JOs qualifying times, not all are below an "A" time.</i></p>

ENTRY LIMITATIONS

Entries will be processed on a "first come, first serve" basis. *Please refer to the Entry Deadline section for meet entry time period parameters*

The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund or offered alternate event placement.

ORDER OF EVENTS

WARM-UP PROCEDURES & START TIMES

See attached sheet listing the order of events and event numbers.

USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. The Meet Director reserves the right to change or limit warm-up times, and/or close the warm-up pool at any time. Warm-ups are subject to the following procedures:

The warm-up period may be divided into equal sessions depending on the number of swimmers entered into each session. Warm-up schedules will be posted and will be made available to coaches.

At the discretion of the Meet Director, Sprint/Start lanes will be available at the end of each warm-up session.

No diving or backstroke starts will be permitted except in sprint lanes when designated.

Swimmers must be under the direct supervision of a currently registered USA Swimming coach at all times.

Warm-up/Start Schedule

Saturday & Sunday, March 27-28, 2010

Session	Warm-up time:	Start time:
1 & 6: 13-18yr	7:00am	7:45am
2 & 7: 13-18 distance	11:15am	11:30am
3 & 8: 9-10yr	12:30pm	1:15pm
4 & 9: 9-12 distance	3:30pm	4:00pm
5 & 10: 11-12yr	5:30pm	6:00pm

The 6-lane 20-yard pool may be used for continuous warm-up/warm down. Coaches are responsible for and must supervise their own swimmers in the 20-yard pool.

Any adjustments to this time schedule will be posted on DST's & Middle Atlantic's web sites.

DECK ENTRIES

Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, up until **30** minutes prior to the start of each session, at the cost of \$8.00 per individual event.

Deck entries for positive check-in events will be considered after the close of positive check-in.

Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for awards.

To enter, please see the Meet Director 30 minutes prior to the start of the session.

SWIMMERS WITHOUT A COACH	Swimmers unaccompanied by a credentialed USA Swimming coach should report to the Meet Director or Meet Referee before the warm-up for each session.
SEEDING	Sessions are pre-seeded, timed final events. In order to be seeded, positive check-in will be required for the 13-18yr 400 IM and 500 FR, as well as the 9-12yr 200 IM and 200 FR. Positive check-in events will generally close for seeding thirty minutes before the expected starting time for that event. Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event whether on the same or the next meet day.
HOW TO ENTER	<p>Entry times are to be submitted in the course in which they were achieved: LCM, SCM, or SCY. Times submitted in a course other than SCY will not be treated as non-conforming times. "NO TIMES" will be accepted.</p> <p>All manual entries must be submitted on the attached DST non-computer entry form (Swimmer's USA Swimming Registration number must be clearly included) OR by e-mail to ClarkB@freestyles.org. If you have Team Manager, please also provide a printout of the meet entries by name.</p> <p>You must complete the DST Meet Summary Form and mail/e-mail with the entry. A club contact person must be listed on the entry summary form, including an e-mail address. As per Middle Atlantic Swimming Rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. An additional \$25 per swimmer fee will be charged to any team submitting manual entries for more than 5 swimmers. We have information on the final page of this information about a Hy Tek product that is free (TM Lite) This product will assist you in completing an electronic entry.</p>
ENTRY FEES	\$4.00 PER INDIVIDUAL EVENT
SEND ENTRIES TO	<p>Delaware Swim Team Booster Club (Make all checks payable to "Delaware Swim Team Boosters") c/o Kathy Drysdale/Meet Entries 4905 Mermaid Blvd, Wilmington, DE 19808</p> <p>E-mail entries to ClarkB@freestyles.org : Subject: Your team name/Regional Meet Entry</p> <p>Any questions regarding entry forms should be directed to Clark Bickling: Phone: 302-234-8500 E-mail: clarkb@freestyles.org Fax: 302-234-8502</p>
ENTRY DEADLINE	<p>In an effort to allow all Last Chance Meet participants an opportunity to qualify for Junior Olympics or Senior Champs prior to submitting Regional entries. Entries will be accepted <u>no earlier</u> than March 2, 2010 @12:00pm EST Entries must be received <u>no later</u> than March 9, 2010 Entries will be entered in the order received. Late entries not accepted.</p>

<p>RULES</p>	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA swimming / MA swimming safety guidelines and warm-up procedures will be in effect for the entire meet.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension.</p> <p>'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p>
<p>SCORING & AWARDS</p>	<p>Awards are presented for each event based on the time submitted, not on the time swum during the meet. A swimmer entered into an event with a "C" time is eligible to receive a "C" award. Swimmers entered into the meet with times faster than a "C" time are eligible to receive a "BB" award. Swimmers entered into the meet with "no time" are eligible to receive a "C" award. Swimmers with times slower than Jo times but faster than "BB" times will receive "BB" awards.</p> <p>"BB" Awards:</p> <p>Medals 1st to 3rd</p> <p>Double Ribbons 4th to 8th</p> <p>"C" Awards:</p> <p>Double Ribbons 1st to 3rd</p> <p>Ribbons 4th to 8th</p>
<p>PROGRAMS, ADMISSION, & VOLUNTEERS</p>	<p>Admission - \$ 3.00 per Session. Children under 12 years old are admitted free.</p> <p>Programs - \$12.00 per Program. Program includes the entire meet.</p>
<p>RESULTS</p>	<p>Will be posted on DST's website: www.delawareswimteam.com and the Middle Atlantic website: www.maswim.org</p>

DIRECTIONS

From I-95, take exit 1B Newark, Rt. 896 North. Follow Rt. 896 for approximately 3 miles. Rt. 896 will become S. College Ave. Follow until it dead ends at light at Main St. Turn left at light and make immediate right onto Old College Ave. First driveway on right goes toward the pool (for drop off only).

Parking is located across the railroad tracks, opposite side of the street.

If using MapQuest, use the address: 60 North College Avenue, Newark DE 19711. This is Unique Impressions and is located next to the pool.

ACCOMODATIONS

Contact Clark Bickling at DST 302-234-8500 for referrals

Comfort Inn
1120 S. College Ave
(302) 368-8715

Sleep Inn
630 S. College Ave
(302) 453- 1700

Shoney's Inn
900 Churchman's Rd
(302) 368- 2400

Best Western
I-95 & Rt. 273 East
(302) 738-3400

Christiana Hilton Inn
100 Continental Dr
(302) 454-1500

Order of Events for Saturday March 27th

Entry times for 14 & under swimmers must be slower than
2010 MA Junior Olympic qualifying time standards

Entry times for 15 to 19 yr old swimmers must be slower than
2010 MA Senior Championship qualifying time standards

Event #	Session 1	Event #
Female	Event Description	Male
1	<i>13-18</i> 200 Freestyle	2
3	<i>13-18</i> 100 Backstroke	4
5	<i>13-18</i> 200 Breaststroke	6
7	<i>13-18</i> 50 Freestyle	8
9	<i>13-18</i> 200 Butterfly	10
Warm-up: 7:00 am		Start: 7:45am

Event #	Session 2	Event #
Female	Event Description	Male
11	<i>13-18</i> 400 IM	12
No earlier than Warm-up: 11:15am		No earlier than Start: 11:30am

Event #	Session 3	Event #
Female	Event Description	Male
13	<i>9-10</i> 100 Freestyle	14
15	<i>9-10</i> 50 Butterfly	16
17	<i>9-10</i> 100 Backstroke	18
19	<i>9-10</i> 50 Breaststroke	20
21	<i>9-10</i> 100 Butterfly	22
No earlier than Warm-up: 12:30pm		No earlier than Start: 1:15pm

Event #	Session 4	Event #
Female	Event Description	Male
23	<i>9-12</i> 200 IM	24
No earlier than Warm-up: 3:30pm		No earlier than Start: 4:00pm

Event #	Session 5	Event #
Female	Event Description	Male
25	<i>11-12</i> 100 Freestyle	26
27	<i>11-12</i> 50 Butterfly	28
29	<i>11-12</i> 100 Backstroke	30
31	<i>11-12</i> 50 Breaststroke	32
33	<i>11-12</i> 100 Butterfly	34
No earlier than Warm-up: 5:30pm		No earlier than Start: 6:00pm

Order of Events for Sunday March 28th

Entry times for 14 & under swimmers must be slower than
2010 MA Junior Olympic qualifying time standards

Entry times for 15 to 19 yr old swimmers must be slower than
2010 MA Senior Championship qualifying time standards

Event #	Session 6	Event #
Female	Event Description	Male
35	<i>13-18 100 Freestyle</i>	36
37	<i>13-18 200 IM</i>	38
39	<i>13-18 100 Breaststroke</i>	40
41	<i>13-18 200 Backstroke</i>	42
43	<i>13-18 100 Fly</i>	44
Warm-up: 7:00 am		Start: 7:45am

Event #	Session 7	Event #
Female	Event Description	Male
45	<i>13-18 500 Free</i>	46
<small>No earlier than</small> Warm-up: 11:15am		<small>No earlier than</small> Start: 11:30am

Event #	Session 8	Event #
Female	Event Description	Male
47	<i>9-10 100 IM</i>	48
49	<i>9-10 50 Freestyle</i>	50
51	<i>9-10 100 Breaststroke</i>	52
53	<i>9-10 50 Backstroke</i>	54
<small>No earlier than</small> Warm-up: 12:30pm		<small>No earlier than</small> Start: 1:15pm

Event #	Session 9	Event #
Female	Event Description	Male
55	<i>9-12 200 Freestyle</i>	56
<small>No earlier than</small> Warm-up: 3:30pm		<small>No earlier than</small> Start: 4:00pm

Event #	Session 10	Event #
Female	Event Description	Male
57	<i>11-12 100 IM</i>	58
59	<i>11-12 50 Freestyle</i>	60
61	<i>11-12 100 Breaststroke</i>	62
63	<i>11-12 50 Backstroke</i>	64
<small>No earlier than</small> Warm-up: 5:30pm		<small>No earlier than</small> Start: 6:00pm

DELAWARE SWIM TEAM'S
REGIONAL SWIMMING CHAMPIONSHIPS
March 27-28, 2010
Meet Summary Form ~ This Form Must Accompany All Entries

Team Name _____ Code _____

Coach _____ E-Mail _____ Phone # _____

Address _____ City _____ State _____ Zip _____

Contact Person _____ E-Mail _____ Phone _____

of Girl Swimmers _____ # Individual Girls Entries _____ x \$4.00 = \$ _____

of Boy Swimmers _____ # Individual Boys Entries _____ x \$4.00 = \$ _____

Swimmer Surcharge If Applicable..... Total # Swimmers _____ X \$15.00 = \$ _____

Total Amount Due: \$ _____
(Checks Payable to Delaware Swim Team Boosters)

Entry Deadline: Tuesday March 9, 2010

Mail Entries to: Delaware Swim Team Booster Club
c/o Kathy Drysdale/Meet Entries
4905 Mermaid Blvd
Wilmington, DE 19808
Phone: (302) 234-8500

I certify that all swimmers from this team entered in this meet are current members of USA Swimming and that all coaches from this team who will attend this meet hold current USA Swimming coaching credentials.

Head Coach's Signature _____

THIS ENTRY SUMMARY FORM MUST BE FILLED OUT COMPLETELY

TEAM MANAGER Lite

TEAM MANAGER Lite is software designed for a **meet host to distribute to teams** entering the meet so that those teams can send their meet entries to the meet host electronically by disk or over the Internet. **TM Lite** is provided **FREE** to a meet host using **MEET MANAGER** to distribute to the teams entering the meet. The meet host can create TM Lite product CDs to distribute to the participating teams or purchase additional TM Lite CDs from our Sales Office. The participating teams can also download and install TM Lite right from our web site - [Click Here](#) to download TM Lite.

TEAM MANAGER Lite is basically **TEAM MANAGER** with the following features enabled:

- * Standard Set-Up and Options Features
- * Enter Teams, Athletes, Relays, Meets and Browsers
- * Specifying Meet Entry Custom Times by Event or by Name
- * Import of Meet Events from a MEET MANAGER Database
- * Export of Meet Entries to send to the meet host by diskette or over the Internet
- * Meet Entry Report

Please note that TM Lite is supported only by email.

[Click Here](#) to view the **TM Lite Instructions** in Acrobat format.

Click on **User Guide** or **Getting Started** next to the Product Name to Download and Save the zipped Acrobat PDF file to your hard drive. Then unzip the downloaded zip file and Open it with Acrobat Reader to view the User Guide or Getting Started Booklet.

Click on **Lite** or **Demo** next to the Product Name to Download and Save the file to your Desktop. Then Open the Lite/Demo file from your Desktop to install the Lite/Demo software.

Note: It typically takes less than a minute to download an Update or User Guide file using a broadband connection and about 3-5 minutes to download the Lite/Demo software.

Swimming

- **TEAM MANAGER: Please Note** that the TM 5.0 FREE Service Pack is not available for TM 2.1, TM 3.0, or TM 4.0 Customers. [Click Here](#) for information about upgrading to TM 5.0.
- **MEET MANAGER: Please Note** that the MM 2.0 FREE Service Pack is not available for MM 1.4 Customers. [Click Here](#) for information about upgrading to MM 2.0.

TEAM MANAGER 5.0	Update	User Guide	Getting Started	Lite
MEET MANAGER 2.0	Update	User Guide	Getting Started	Demo
Sports BUSINESS MANAGER 5.1	Update	User Guide	Getting Started	Demo
Personal SWIM MANAGER 2.1	Update	User Guide	N/A	Demo
TM 4.0Sm - Not supported by HY-TEK	Update	N/A	N/A	N/A
MM 1.4Qe - Not supported by HY-TEK	Update	N/A	N/A	N/A

Track and Field

- **TEAM MANAGER: Please Note** that the Track TM 2.0 FREE Service Pack is not available for Track TM 1.2 Customers. [Click Here](#) for information about upgrading to the Track TM 2.0 CD.
- **MEET MANAGER: Please Note** that the Track MM 2.0 FREE Service Pack is not available for Track MM 1.2 Customers. [Click Here](#) for information about upgrading to the Track MM 2.0 CD.