

Delaware Swim Team
Presents their
Last Chance Meet

Sunday, February 29, 2004

Saturday, March 6, 2004

Sunday, March 7, 2004

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # 0464A

LOCATION	McKean High School 310 McKennans Church Road Wilmington, DE 19808 Day of meet ONLY emergency phone # 302-995-5135
FACILITIES	A 6 lane, 25 yard indoor pool with electronic timing, judging system, and scoreboard. Depth of the pool at the starting end is 12'. Height of the starting blocks is 29". Seating Capacity: 500 Parking: Large lot adjoining pool facility Refreshments: Snack Bar & Coach/Volunteer hospitality area will be provided.
MEET REFEREE	Kent Steeves 302-737-9291 e-mail: makk4@verizon.net
MEET DIRECTOR	Pete Nellius 302-388-3456 e-mail: pnellius@aol.com
SAFETY DIRECTOR	Michael Ramone 302-652-4378 e-mail: miker@freestyles.org
OFFICIALS	Please contact our Meet Director, Pete Nellius, if you are able to officiate.
ELIGIBILITY	This meet is open to all swimmers registered with USA Swimming. Swimmer's age is as of February 29, 2004 for the events on that day. Swimmers whose birthday falls between March 1 and March 6 will be aged up for the events beginning on March 6, 2004. No proof of time is required as there are no qualifying times. Swimmers may enter a maximum of 5 individual events per day.
ENTRY LIMITATIONS	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.

<p>ORDER OF EVENTS</p> <p>WARM-UP PROCEDURES & START TIMES</p>	<p>See attached sheet listing the order of events and event numbers. Swimmers are not required to swim both weekends, but may do so.</p> <p>Warm-up: NO DIVING OFF BLOCKS OR THE EDGE OF THE POOL during this time. The last 10 minutes of each session will be sprints, with all starts beginning at the starting block end of the pool. Swimmers must swim one length of the pool and exit the pool at the opposite end. Swimmers must be under the direct supervision of a currently registered USA Swimming coach. Lane assignments for warm-up will be posted at the meet.</p> <p style="text-align: center;">Warm-up/Start Schedule</p> <table border="1" data-bbox="383 474 1576 709"> <thead> <tr> <th></th> <th></th> <th></th> <th>Warm-Up Time</th> <th>Start Time</th> </tr> </thead> <tbody> <tr> <td>Session 1</td> <td>Sunday, Feb 29th</td> <td>13 & Over</td> <td>10:00 AM</td> <td>11:00 AM</td> </tr> <tr> <td>Session 2</td> <td>Sunday, Feb 29th</td> <td>9-12</td> <td>No earlier than 2:00 PM</td> <td>No earlier than 3:00 PM</td> </tr> <tr> <td>Session 3</td> <td>Saturday, Mar 6th</td> <td>Open</td> <td>10:00 AM</td> <td>11:00AM</td> </tr> <tr> <td>Session 4</td> <td>Sunday, Mar 7th</td> <td>13 & Over</td> <td>10:00 AM</td> <td>11:00 AM</td> </tr> <tr> <td>Session 5</td> <td>Sunday, Mar 7th</td> <td>9-12</td> <td>No earlier than 2:00 PM</td> <td>No earlier than 3:00 PM</td> </tr> </tbody> </table>				Warm-Up Time	Start Time	Session 1	Sunday, Feb 29th	13 & Over	10:00 AM	11:00 AM	Session 2	Sunday, Feb 29 th	9-12	No earlier than 2:00 PM	No earlier than 3:00 PM	Session 3	Saturday, Mar 6 th	Open	10:00 AM	11:00AM	Session 4	Sunday, Mar 7 th	13 & Over	10:00 AM	11:00 AM	Session 5	Sunday, Mar 7th	9-12	No earlier than 2:00 PM	No earlier than 3:00 PM
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<p>DECK ENTRIES</p>	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$6.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet Director before or during warm-ups.</p>																														
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed USA Swimming coach should report to the Meet Director before the warm-up for each session.</p>																														
<p>SEEDING</p>	<p>This is a pre-seeded, timed finals A/BB/C meet.</p>																														
<p>HOW TO ENTER</p>	<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 entries must be submitted manually on the attached DST non-computer entry form (Swimmer's USA Swimming Registration number must be clearly included) OR on a 3 ½" disk. If you have the Hy-Tek computer programs Team Manager and COMMLINK, submit the following printouts along with the diskette: 1 printout from COMMLINK of entries, 1 printout from COMMLINK of swimmers, 1 printout from Team Manager of the meet entries - separate the boys and girls and sort by age.</p> <p>You must complete the DST Meet Summary Form and mail with the entry whether you use the disk entry or the manual entry form. A club contact person must be listed on the entry summary form, including an e-mail address. A \$5.00 surcharge per swimmer will be imposed on teams that have submitted a non-computer entry with five or more swimmers. This processing fee must be included with your entries.</p>																														
<p>ENTRY FEES</p>	<p>\$3.00 PER INDIVIDUAL EVENT</p>																														

SEND ENTRIES TO	<p>Delaware Swim & Fitness Center (Make all checks payable to "Delaware Swim Team") c/o Kathy Drysdale/Meet Entries 2150 New Castle Avenue New Castle, DE. 19720</p> <p>Any questions regarding entry forms should be directed to Kathy Drysdale: Phone: 302-652-4378 E-mail: kathyd@freestyles.org Fax: 302-652-5343</p>
ENTRY DEADLINE	Wednesday, February 18, 2004. No post entries will be accepted.
RULES	<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>
SCORING & AWARDS	<p>9-12 Year Old Swimmers: Swimmers entered with USA "A" times – Medals 1st-3rd, Ribbons 4th – 6th places Swimmers entered with USA "BB" times – Rosettes 1st-3rd, Ribbons 4th – 6th places Swimmers entered with USA "C" times – Ribbons 1st – 6th places</p> <p>Awards will not be given for "13 and Over" events.</p>
PROGRAMS & ADMISSION VOLUNTEERS	<p>\$3.00 Per Session</p> <p>A free program and refreshments will be offered to those volunteering to assist with the operation of the meet by serving as timers, runners, or in any other function as designated by the meet director.</p>
RESULTS	<p>Will be posted on the Delaware Swim Team website: www.delawareswimteam.com and the Middle Atlantic website: www.maswim.org</p>
DIRECTIONS	<p>From Philadelphia & NJ - Take I-95 South (follow signs for Baltimore) to Exit 4B: Churchman's Crossing/Stanton (Rt 58 & 7) Bear right at top of ramp. Turn right on Route 7 North. Proceed on Route 7 North, cross Route 2, and bear right at Mealy's Funeral Home on to McKennan's Road. Continue straight until you come to McKean High School. Entrance on the left.</p>
ACCOMODATIONS	Contact Kathy Drysdale at DST 302-652-4378 for referrals

**DELAWARE SWIM TEAM'S
LAST CHANCE MEET
FEBRUARY 29, MARCH 6-7, 2004**

**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 Girl Entries _____ X 3.00 = \$ _____

of Boy Swimmers _____

Individual Boy Entries _____ X 3.00 = \$ _____

Swimmer Surcharge If Applicable

Total # Swimmers (five or more) _____ X \$5.00 = \$ _____

Total Amount Enclosed: \$ _____

Make Checks Payable to: Delaware Swim Team

Mail Entries to: Delaware Swim & Fitness Center
c/o Kathy Drysdale/Meet Entries
2150 New Castle Avenue
New Castle, DE 19720

Phone: (302) 652-4378

Entry Deadline: February 18, 2004

THIS ENTRY SUMMARY FORM MUST BE FILLED OUT COMPLETELY

Delaware Swim Team's Last Chance Meet

Sunday, February 29, 2004

SESSION 1

Warm-up: 10:00 AM Start: 11:00 AM

Women		Men
1	13 & Over 200 Yard I.M.	2
3	13 & Over 50 Yard Free	4
5	13 & Over 100 Yard Breast	6
7	11 & Over 200 Yard Fly	8
9	13 & Over 100 Yard Back	10
11	13 & Over 200 Yard Free	12

SESSION 2

Warm-up Immediately Following Session 1... No earlier than 2:00 PM Start: No earlier than 3:00 PM

13	9/10 200 Yard I.M.	14
15	11/12 200 Yard I.M.	16
17	9/10 50 Yard Free	18
19	11/12 50 Yard Free	20
21	9/10 100 Yard Breast	22
23	11/12 100 Yard Breast	24
25	9/10 50 Yard Fly	26
27	11/12 50 Yard Fly	28
29	9/10 100 Yard Back	30
31	11/12 100 Yard Back	32
33	9/10 100 Yard Free	34
35	11/12 100 Yard Free	36

Saturday, March 6, 2004

SESSION 3

Warm-up: 10:00 AM Start: 11:00 AM

Women		Men
37	13 & Over 500 Yard Free	38
39	9-12 500 Yard Free	40
41	13 & Over 400 Yard I.M.	42
43	13 & Over 1650 Yard Free	44

Sunday, March 7, 2004

SESSION 4

Warm-Up: 10:00 AM Start: 11:00 AM

45	13 & Over 100 Yard Free	46
47	11 & Over 200 Yard Breast	48
49	13 & Over 100 Yard Fly	50
51	11 & Over 200 Yard Back	52

SESSION 5

Warm-up Immediately Following Session 4... No earlier than 2:00 PM Start: No earlier than 3:00 PM

53	9/10 200 Yard Free	54
55	11/12 200 Yard Free	56
57	9/10 50 Yard Breast	58
59	11/12 50 Yard Breast	60
61	9/10 100 Yard Fly	62
63	11/12 100 Yard Fly	64
65	9/10 50 Yard Back	66
67	11/12 50 Yard Back	68
69	9/10 100 Yard I.M.	70
71	11/12 100 Yard I.M.	72

