

Delaware Swim Team
Presents their
January Freeze Mini Meet
January 15, 2005

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 0570 M

LOCATION	Strath Haven High School 205 S. Providence Road, Wallingford, PA Day of meet ONLY emergency phone # 610-872-2970
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'. Seating Capacity: 300 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 302-399-3673 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.
SEEDING	This is a pre-seeded, timed final mini meet.
ELIGIBILITY	This meet is open to all swimmers registered with USA Swimming. Swimmer's age is as of January 15, 2005. 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.</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 Saturday</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">Warm-Up Time</td> <td style="text-align: center;">Start Time</td> </tr> <tr> <td style="text-align: center;">No earlier than 11:30 AM</td> <td style="text-align: center;">No earlier than 12:15 PM</td> </tr> </table>	Warm-Up Time	Start Time	No earlier than 11:30 AM	No earlier than 12:15 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>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 ten or more swimmers. This processing fee must be included with your entries.</p>				
<p>ENTRY FEES</p>	<p>\$2.50 PER INDIVIDUAL EVENT</p> <p>\$6.00 PER RELAY EVENT</p>				

<p>SEND ENTRIES TO</p>	<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>
<p>ENTRY DEADLINE</p>	<p>Friday, January 7, 2005.</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>SCORING & AWARDS</p>	<p>For each event: Rosettes: 1st through 3rd places Standard ribbons: 4th through 6th places</p>
<p>PROGRAMS & ADMISSION</p> <p>VOLUNTEERS</p>	<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>
<p>RESULTS</p>	<p>Will be posted on the DST website: www.delawareswimteam.com and the Middle Atlantic website: www.maswim.org</p>
<p>DIRECTIONS</p>	<p>Take Route 1 North to Granite Run Mall. Take the Baltimore Pike into Media. Once in Media, turn right onto 252 South (Providence Road). The High School is about 3 miles on your right. The pool is on the left side of the building.</p>

JANUARY FREEZE MINI MEET

JANUARY 15, 2005

Girls

Boys

1	100 IM	8 Year Olds	100 IM	2
3	100 IM	7 & Under	100 IM	4
5	25 Free	8 Year Olds	25 Free	6
7	25 Free	7 Year Olds	25 Free	8
9	25 Free	6 Year Olds	25 Free	10
11	25 Free	5 & Under	25 Free	12
13	50 Free	8 & Under	50 Free	14
15	25 Breast	8 Year Olds	25 Breast	16
17	25 Breast	7 Year Olds	25 Breast	18
19	25 Breast	6 & Under	25 Breast	20
21	50 Breast	8 & Under	50 Breast	22
23	25 Fly	8 Year Olds	25 Fly	24
25	25 Fly	7 Year Olds	25 Fly	26
27	25 Fly	6 & Under	25 Fly	28
29	50 Fly	8 & Under	50 Fly	30
31	25 Back	8 Year Olds	25 Back	32
33	25 Back	7 Year Olds	25 Back	34
35	25 Back	6 Year Olds	25 Back	36
37	25 Back	5 & Under	25 Back	38
39	50 Back	8 & Under	50 Back	40
41	100 Free	7 & Under	100 Free	42
43	100 Free	8 Year Olds	100 Free	44

**DELAWARE SWIM TEAM'S
JANUARY FREEZE MINI MEET
JANUARY 15, 2005**

**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 2.50 = \$ _____

Relay Girl Entries _____ X 6.00 = \$ _____

of Boy Swimmers _____

Individual Boy Entries _____ X 2.50 = \$ _____

Relay Boy Entries _____ X 6.00 = \$ _____

Swimmer Surcharge If Applicable

Total # Swimmers _____ 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: JANUARY 7, 2005

THIS ENTRY SUMMARY FORM MUST BE FILLED OUT COMPLETELY

