

**Delaware Swim Team**  
Presents their  
**High Point**  
**A/BB/C Medal Meet**  
**November 6-7, 2004**

Held under the Sanction of USA Swimming  
Sanctioned by Middle Atlantic Swimming, Inc.  
Sanction # MA 0516 A

<b>LOCATION</b>	<p>McKean High School 310 McKennans Church Road Wilmington, DE 19808</p> <p>Day of meet ONLY emergency phone # 302-995-5135</p>
<b>FACILITIES</b>	<p>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".</p> <p>Seating Capacity: 500</p> <p>Parking: Large lot adjoining pool facility</p> <p>Refreshments: Snack Bar &amp; Coach/Volunteer hospitality area will be provided.</p>
<b>MEET REFEREE</b>	Kent Steeves 302-737-9291 e-mail: <a href="mailto:makk4@verizon.net">makk4@verizon.net</a>
<b>MEET DIRECTOR</b>	Pete Nellius 302-399-3673 e-mail: <a href="mailto:pnellius@aol.com">pnellius@aol.com</a>
<b>SAFETY DIRECTOR</b>	Michael Ramone 302-652-4378 e-mail: <a href="mailto:miker@freestyles.org">miker@freestyles.org</a>
<b>OFFICIALS</b>	Please contact our Meet Director, Pete Nellius, if you are able to officiate.
<b>ELIGIBILITY</b>	<p>This meet is open to all swimmers registered with USA Swimming. Swimmer's age is as of November 6, 2004. No proof of time is required as there are no qualifying times.</p> <p>Swimmers may enter a maximum of 5 individual events per day plus relays</p>
<b>ENTRY LIMITATIONS</b>	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><b>ORDER OF EVENTS</b></p> <p><b>WARM-UP PROCEDURES &amp; START TIMES</b></p>	<p>See attached sheet listing the order of events and event numbers.</p> <p>Warm-up: <b>NO DIVING OFF BLOCKS OR THE EDGE OF THE POOL</b> 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;"><b>Warm-up/Start Schedule Saturday &amp; Sunday</b></p> <table border="1" data-bbox="496 474 1502 606"> <thead> <tr> <th colspan="2"></th> <th>Warm-Up Time</th> <th>Start Time</th> </tr> </thead> <tbody> <tr> <td>Sessions 1 &amp; 3</td> <td>Senior</td> <td>7:30 AM</td> <td>8:30 AM</td> </tr> <tr> <td>Session 2—Sat.</td> <td>9-12</td> <td>No earlier than 11:15 AM</td> <td>No earlier than 12:00 PM</td> </tr> <tr> <td>Session 4—Sun.</td> <td>9-12</td> <td>No earlier than 3:00 PM</td> <td>No earlier than 4:00 PM</td> </tr> </tbody> </table>			Warm-Up Time	Start Time	Sessions 1 & 3	Senior	7:30 AM	8:30 AM	Session 2—Sat.	9-12	No earlier than 11:15 AM	No earlier than 12:00 PM	Session 4—Sun.	9-12	No earlier than 3:00 PM	No earlier than 4:00 PM
		Warm-Up Time	Start Time														
Sessions 1 & 3	Senior	7:30 AM	8:30 AM														
Session 2—Sat.	9-12	No earlier than 11:15 AM	No earlier than 12:00 PM														
Session 4—Sun.	9-12	No earlier than 3:00 PM	No earlier than 4:00 PM														
<p><b>DECK ENTRIES</b></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><b>SWIMMERS WITHOUT A COACH</b></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><b>SEEDING</b></p>	<p>This is a pre-seeded, timed final A/BB/C meet.</p>																
<p><b>HOW TO ENTER</b></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><b>ENTRY FEES</b></p>	<p><b>\$3.00 PER INDIVIDUAL EVENT</b></p> <p><b>\$6.00 PER RELAY ENTRY</b></p>																

<b>SEND ENTRIES TO</b>	<p>Delaware Swim &amp; 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: <a href="mailto:kathyd@freestyles.org">kathyd@freestyles.org</a> Fax: 302-652-5343</p>
<b>ENTRY DEADLINE</b>	<b>Monday, October 25, 2004.</b> No late entries will be accepted.
<b>RULES</b>	<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>
<b>SCORING &amp; AWARDS</b>	<p>9 &amp; Over Swimmers:  Swimmers entered with USA "A" times – Ribbons 1<sup>st</sup> – 6<sup>th</sup> places  Swimmers entered with USA "BB" times – Ribbons 1<sup>st</sup> – 6<sup>th</sup> places  Swimmers entered with USA "C" times – Ribbons 1<sup>st</sup> – 6<sup>th</sup> places  In addition to individual event ribbons, <b>Individual High Point Medals</b> will be awarded 1<sup>st</sup> through 3<sup>rd</sup> places in each age group. Relays are not included for individual high point scoring.</p> <p>Awards will not be given for Senior events.</p>
<b>PROGRAMS &amp; ADMISSION</b>  <b>VOLUNTEERS</b>	<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>
<b>RESULTS</b>	<p>Will be posted on the DST website: <a href="http://www.delawareswimteam.com">www.delawareswimteam.com</a>  and the Middle Atlantic website: <a href="http://www.maswim.org">www.maswim.org</a></p>
<b>DIRECTIONS</b>	<p>From Philadelphia &amp; NJ - Take I-95 South (follow signs for Baltimore) to Exit 4B: Churchman's Crossing/Stanton (Rt 58 &amp; 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>
<b>ACCOMODATIONS</b>	<p>Contact Kathy Drysdale at DST 302-652-4378 for referrals</p>

**DELAWARE SWIM TEAM'S  
HIGH POINT A/BB/C MEET  
NOVEMBER 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 = \$ \_\_\_\_\_

**# Relay Girl Entries** \_\_\_\_\_ X 6.00 = \$ \_\_\_\_\_

**# of Boy Swimmers** \_\_\_\_\_

**# Individual Boy Entries** \_\_\_\_\_ X 3.00 = \$ \_\_\_\_\_

**# 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: October 25, 2004.**

**THIS ENTRY SUMMARY FORM MUST BE FILLED OUT COMPLETELY**

# Delaware Swim Team's High Point A/BB/C Medal Meet

Saturday, November 6, 2004

## SESSION 1

Warm-up: 7:30 AM    Start: 8:30 AM

Women		Men
1	Senior 200 Yard Medley Relay	2
	5 Minute Break	
3	Senior 100 Yard Freestyle	4
5	Senior 200 Yard Breaststroke	6
7	Senior 100 Yard Butterfly	8
9	Senior 200 Yard Freestyle	10
11	Senior 100 Yard Backstroke	12
	15 Minute Break	
13	Senior 400 IM	14

## SESSION 2

Warm-up Immediately Following Session 1... No earlier than 11:15 AM    Start: No earlier than 12:00 Noon

15	9/10 200 Yard Medley Relay	16
17	11/12 200 Yard Medley Relay	18
	5 Minute Break	
19	9/10 50 Yard Butterfly	20
21	11/12 50 Yard Butterfly	22
23	9/10 100 Yard Backstroke	24
25	11/12 100 Yard Backstroke	26
27	9/10 50 Yard Breaststroke	28
29	11/12 50 Yard Breaststroke	30
31	9/10 100 Yard Freestyle	32
33	11/12 100 Yard Freestyle	34
35	9/10 100 Yard IM	36
37	11/12 100 Yard IM	38
39	9/10 200 Yard Freestyle	40
41	11/12 200 Yard Freestyle	42

Sunday, November 7, 2004

## SESSION 3

Warm-up: 7:30 AM    Start: 8:30 AM

Women		Men
43	Senior 200 Yard Free Relay	44
	5 Minute Break	
45	Senior 200 Yard IM	46
47	Senior 50 Yard Freestyle	48
49	Senior 200 Yard Backstroke	50
51	Senior 100 Yard Breaststroke	52
53	Senior 200 Yard Butterfly	54
	15 Minute Break	
55	Senior 500 Yard Freestyle	56

## SESSION 4

No earlier than 3:00 PM    Start: No earlier than 4:00 PM

57	9/10 200 Yard Freestyle Relay	58
59	11/12 200 Yard Freestyle Relay	60
	5 Minute Break	
61	9/10 100 Yard Butterfly	62
63	11/12 100 Yard Butterfly	64
65	9/10 50 Yard Backstroke	66
67	11/12 50 Yard Backstroke	68
69	9/10 100 Yard Breaststroke	70
71	11/12 100 Yard Breaststroke	72
73	9/10 50 Yard Freestyle	74
75	11/12 50 Yard Freestyle	76
77	9/10 200 Yard IM	78
79	11/12 200 Yard IM	80

