

Delaware Swim Team

Presents their

“Double Last Chance”

for J. O.’s B/C Meet

February 21st-22nd, 2009

Held under the Sanction of USA Swimming Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 0998 B

MEET DESCRIPTION	A Prelims/Finals Format, allowing swimmers a second chance to achieve their JO times!
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 302-465-0118 e-mail: makk4@verizon.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 Kathy Drysdale, at kathyd@freestyles.org , if you are able to officiate.
SEEDING	This is a pre-seeded prelims–finals format meet. Participation in finals will be open to the 6 fastest prelim swimmers in each age group [9/10, 11/12, 13/14, 15-19] who did not achieve their 2009 MA Junior Olympics cut for their age group in prelims. For the 500 Free and 400 IM, the 6 fastest prelim swimmers, regardless of age group, who did not achieve their 2009 MA Junior Olympics cut in prelims will swim. Exhibition swimmers are not eligible to compete in finals. The meet director reserves the right to combine age group events for finals based on participation/scratches. Combined events will be posted prior to the start of finals and will be scored separately by age group.

SCRATCH RULES

Any swimmer who does not swim a pre-seeded Preliminary event will not be penalized.

Any swimmer who positively checks-in for a deck-seeded event (500 Free and 400 IM) and does not swim that event will be barred from their next individual event, either on the same or next meet day.

Any swimmer who qualifies for Finals and does not swim that event at Finals will be barred from the rest of the Meet unless the swimmer has scratched, or indicated their possible intention to scratch, within thirty (30) minutes of the announcement of the Preliminary results of the event. Swimmers indicating a possible intention to scratch must confirm their intention within thirty (30) minutes of the announcement of the Preliminary results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention will not be scratched and will be seeded into the event and expected to swim. Swimmers initially announced as Alternates for the Finals heats will not be so penalized.

A swimmer may take a Declared False Start in a Preliminary or Timed Final event. At Finals, a Declared False Start, deliberate Delay of Meet False Start or other action to non-compete will be subject to the penalty for non-competition.

ELIGIBILITY

This meet is open to all swimmers registered with USA Swimming. Swimmer's age is as of February 21, 2009. Swimmers 9-14 years old must have best times slower than MA Jr. Olympic time standards for their specific age group. Swimmers 15-19 years old must have best times slower than MA Senior Champs time standards.

The purpose of this meet is to offer swimmers the best possible opportunity to achieve J O qualifying time standards in specific events.

Swimmers may enter a maximum of 3 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.

ORDER OF EVENTS

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

WARM-UP PROCEDURES & START TIMES

Warm-up: no diving off starting blocks or the edge of the pool during this time. Sprint lanes will be available for at least the last 10 minutes of each warm-up session. Swimmers must be under the direct supervision of a currently registered USA Swimming coach at all times. Open warm-ups will prevail unless lane assignments are required at the direction of the Meet Director.

Warm-up/Start Schedule Saturday & Sunday, February 21-22, 2009

		Warm-Up Time	Start Time
Session 1 - Sat	Prelims	8:00 AM	9:00 AM
Session 2 - Sat	Finals	3:00 PM	3:45 PM
Session 3 - Sun	Prelims	8:00 AM	9:00 AM
Session 4 - Sun.	Finals	3:00 PM	3:45 PM

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, prior to the start of each session, at the cost of \$8.00 per 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 points or awards, or be eligible to participate in finals. To enter, please see the Meet Director between the start of warm-ups and 10 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.
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 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 OR by e-mail to DST@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 whether you use e-mail, 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 (5) or more swimmers. This processing fee must be included with your entries.</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 DST@freestyles.org: Subject: Your team name/Double Last Chance Entry</p> <p>Any questions regarding entry forms should be directed to Kathy Drysdale: Phone: 302-234-8500 E-mail: kathyd@freestyles.org Fax: 302-234-8502</p>
ENTRY DEADLINE	Friday, February 6, 2009. No late 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</p>

	<p>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>
SCORING & AWARDS	<p>Awards will be based on times achieved (NOT entry times). The meet format is designed to encourage all competitors to succeed in reaching their goals, and to foster good sportsmanship as they assist their teammates and competitors in meeting their own goals. Accordingly, awards will be as follows:</p> <p>Each Swimmer achieving a first time MA Jr. Olympic qualifying time in an event will receive a medal for that event. This includes times achieved in either prelims or finals.</p> <p>Each swimmer achieving a personal best time, but not qualifying for JOs will receive a Best Time Ribbon for that event.</p> <p>[Note: Only one award per swim, based upon the highest level award that applies]</p>
PROGRAMS, ADMISSION, & VOLUNTEERS	<p>\$3.00 Per Preliminary Session and \$1.00 Per Finals Session ~ 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 DST's 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: Stanton/Churchman's Cross/Rt7 North...Follow signs for Rt 7 North. Stay in left lanes to continue on Rt7 North (road bends to the left)...Continue on Rt 7 and crossover Rt 2...After about a ½ mile turn right at Mealey's Funeral Home onto McKennan's Church Rd. Go straight through traffic light (crossover Miltown Rd). Go through 2 more traffic lights and once you get to the 3rd light (blinking yellow) turn left into McKean High School. Follow the road (bends to the right) and the pool is in the first building on the right with parking in front of it.</p>
ACCOMODATIONS	<p>Contact Kathy Drysdale at DST 302-234-8500 for referrals</p>
NEARBY LUNCHEON RESTAURANTS	<p>Charcoal Pit Dunkin Donuts/Baskin Robbins Pietro's Pizza Pure Bred Deli Ruby Tuesday's Subway Valle's Wings to Go</p>

DST Double Last Chance Meet Format

February 21st – 22nd, 2009

ENTRY TIMES MUST BE SLOWER THAN THE ATTACHED JR OLYMPIC/SENIOR CHAMPS EVENT SCHEDULE

Prelim Session 1 ~ Saturday, February 21st

Warm up: 8:00 AM Meet Start: 9:00 AM

Girls	Event	Boys
1	11-19 200 Breast	2
3	9/12 50 Breast	4
5	13-19 100 Back	6
7	9/12 100 Back	8
9	13-19 50 Free	10
11	9/12 50 Free	12
13	13-19 100 Fly	14
15	9/12 100 Fly	16
17	13-19 200 IM	18
19	9/12 200 IM	20
21	9-19 500 Free*	22

Finals Session 2 ~ Saturday, February 21st Order of Events

Warm up: 3:00 PM Meet Start: 3:45 PM

GIRLS events followed by
BOYS events
11/12 200 Breast
13/14 200 Breast
15-19 200 Breast
9/10 50 Breast
11/12 50 Breast
13/14 100 Back
15-19 100 Back
9/10 100 Back
11/12 100 Back
13/14 50 Free
15-19 50 Free
9/10 50 Free
11/12 50 Free
13/14 100 Fly
15-19 100 Fly
9/10 100 Fly
11/12 100 Fly
13/14 200 IM
15-19 200 IM
9/10 200 IM
11/12 200 IM
9-19 500 Free

**Positive Check-in is required to be seeded. Events will swim fastest to slowest.*

**Swimmers must provide their own timer (and counter for 500 Free) for both prelims and finals.*

DST Double Last Chance Meet Format

February 21st –22nd, 2009

ENTRY TIMES MUST BE SLOWER THAN THE ATTACHED JR OLYMPIC/SENIOR CHAMPS EVENT SCHEDULE

Prelim Session 3 ~ Sunday, February 22nd

Warm up: 8:00 AM Meet Start: 9:00 AM

Girls	Event	Boys
23	9-19 200 Free	24
25	9/12 100 IM	26
27	11-19 200 Back	28
29	9/12 50 Back	30
31	13-19 100 Free	32
33	9/12 100 Free	34
35	11-19 200 Fly	36
37	9/12 50 Fly	38
39	13-19 100 Breast	40
41	9/12 100 Breast	42
43	11-19 400 IM*	44

Final Session 4 ~ Sunday February 22nd Order of Events

Warm Up: 3:00 PM Meet Start: 3:45 PM

GIRLS events followed by BOYS events
9/10 200 Free
11/12 200 Free
13/14 200 Free
15-19 200 Free
9/10 100 IM
11/12 100 IM
11/12 200 Back
13/14 200 Back
15-19 200 Back
9/10 50 Back
11/12 50 Back
13/14 100 Free
15-19 100 Free
9/10 100 Free
11/12 100 Free
11/12 200 Fly
13/14 200 Fly
15-19 200 Fly
9/10 50 Fly
11/12 50 Fly
13/14 100 Breast
15-19 100 Breast
9/10 100 Breast
11/12 100 Breast
11-19 400 IM

Participation in finals will be open to the 6 fastest prelim swimmers in each age group [9/10, 11/12, 13/14, 15-18] that did not achieve the JO cut for their age group in prelims. For the 400IM, the 6 fastest prelim swimmers, regardless of age group, that did not achieve the JO cut in prelims will swim.

2009 JO Qualifying Times

Entries times for 9-14 year old swimmers must be slower than JO Qualifying Times

GIRLS			13-14	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
31.89	30.49	27.49	50 Free	25.49	28.49	30.69
1:09.29	1:04.89	58.59	100 Free	55.59	1:01.89	1:06.39
2:28.59	2:23.69	2:08.59	200 Free	2:03.59	2:17.89	2:24.99
5:16.59	5:04.49	5:48.69	400/500 Free	5:33.09	4:51.49	5:06.29
10:47.99	10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:15.09	1:07.69	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	200 Back	2:19.49	2:35.99	2:42.99
1:30.09	1:24.89	1:16.49	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:03.69	2:45.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:14.29	1:06.69	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:22.29	2:37.19	2:41.59
2:48.39	2:42.79	2:25.79	200 IM	2:18.99	2:35.19	2:44.59
6:03.19	5:54.79	5:17.49	400 IM	5:02.39	5:34.19	5:46.79

GIRLS			11-12	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
33.59	31.99	28.59	50 Free	28.09	31.19	33.09
1:13.59	1:08.39	1:01.19	100 Free	1:01.19	1:08.09	1:11.59
2:39.69	2:30.39	2:14.49	200 Free	2:16.89	2:31.19	2:36.19
5:32.29	5:13.79	5:59.29	400/500 Free	6:01.09	5:15.79	5:30.89
11:36.46	11:16.49	12:52.99	800/1000 Free	12:48.89	11:12.89	11:39.29
22:23.79	21:34.09	21:41.69	1500/1650 Free	21:35.89	21:28.39	22:27.89
39.19	36.79	33.09	50 Back	33.29	36.79	38.79
1:26.29	1:20.49	1:11.39	100 Back	1:12.09	1:19.69	1:24.09
3:00.69	2:51.59	2:35.09	200 Back	2:33.79	2:49.99	3:01.59
43.19	41.29	37.09	50 Breast	37.59	41.39	43.69
1:33.79	1:30.19	1:20.79	100 Breast	1:21.29	1:29.79	1:33.89
3:23.69	3:15.89	2:57.29	200 Breast	2:52.99	3:11.09	3:21.19
36.79	35.19	31.59	50 Fly	31.89	35.29	36.79
1:24.09	1:20.79	1:12.39	100 Fly	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	200 Fly	2:38.29	2:54.89	3:02.19
N/A	1:18.99	1:11.09	100 IM	1:11.39	1:19.39	N/A
3:00.19	2:52.89	2:34.69	200 IM	2:35.19	2:52.59	2:58.09
6:20.09	6:15.39	5:38.09	400 IM	5:36.69	6:11.99	6:24.29

GIRLS			10/Under	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
38.49	35.79	31.99	50 Free	31.89	35.69	36.79
1:21.89	1:18.29	1:10.39	100 Free	1:10.19	1:17.59	1:21.59
2:59.89	2:52.79	2:36.39	200 Free	2:33.89	2:50.89	2:54.39
6:09.69	5:54.59	6:48.39	400/500 Free	6:44.59	5:54.09	6:06.29
43.69	41.69	37.49	50 Back	37.79	42.09	44.69
1:35.49	1:29.89	1:21.19	100 Back	1:21.69	1:30.19	1:34.69
48.79	46.49	41.99	50 Breast	42.99	47.79	48.99
1:47.49	1:43.19	1:33.39	100 Breast	1:34.09	1:44.49	1:46.99
42.09	41.19	36.99	50 Fly	36.69	40.49	41.49
1:39.69	1:34.19	1:25.79	100 Fly	1:26.69	1:36.29	1:38.19
N/A	1:30.39	1:21.29	100 IM	1:21.49	1:29.79	N/A
3:22.59	3:14.29	2:54.99	200 IM	2:56.29	3:16.09	3:20.89

2009 MA SENIOR CHAMPS TIME STANDARDS

Entry times for 15-19 year old swimmers must be slower than SR Champs Qualifying Times.

QUALIFYING TIMES – Middle Atlantic Short Course Senior Championships 2009

WOMEN

MEN

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
1	1:29.79	1:24.59	1:15.79	100 Breaststroke	1:09.19	1:16.49	1:20.59	2
3	2:25.39	2:19.99	2:05.49	200 Freestyle	1:55.39	2:08.79	2:17.39	4
5	1:16.09	1:12.89	1:05.29	100 Butterfly	59.79	1:06.79	1:09.09	6
7	2:46.09	2:43.29	2:24.99	200 Individual Medley	2:17.39	2:33.39	2:37.19	8
9				800 Freestyle Relay				10
11	10:41.89	10:26.49	11:55.89	1000 Freestyle	11:12.19	9:48.19	10:04.59	12

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
13	5:57.59	5:47.09	5:14.09	400 Individual Medley	4:49.09	5:19.49	5:29.99	14
15	31.89	32.39	26.99	50 Freestyle	24.09	26.89	28.79	16
17	1:18.39	1:14.59	1:06.79	100 Backstroke	1:03.29	1:10.69	1:11.99	18
19	3:08.49	3:06.79	2:47.29	200 Breaststroke	2:30.09	2:45.89	2:54.29	20
21	5:12.89	5:01.89	5:44.99	500 Freestyle	5:20.29	4:40.29	4:53.29	22
23				400 Medley Relay				24

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
25	2:47.59	2:43.49	2:26.49	200 Backstroke	2:13.59	2:26.59	2:34.89	26
27	1:08.09	1:04.89	58.39	100 Freestyle	52.49	58.59	1:03.09	28
29	2:44.69	2:42.79	2:27.69	200 Butterfly	2:14.59	2:28.69	2:32.19	30
31				400 Freestyle Relay				32
33	20:28.49	19:51.99	19:59.89	1650 Freestyle	18:47.49	18:41.39	19:22.99	34

DELAWARE SWIM TEAM'S

DOUBLE LAST CHANCE MEET

February 21-22, 2009

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 \$5.00 = \$ _____

Total Amount Due: \$ _____

(Checks Payable to Delaware Swim Team Boosters)

Entry Deadline: Friday, February 6, 2009.

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

