

Delaware Swim Team

Presents their

“Double Last Chance”

for MA Junior Olympics and Senior Champs Meet

February 20-21, 2010

Held under the Sanction of USA Swimming Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 1069 B

MEET DESCRIPTION	A Prelims/Finals Format, allowing swimmers a second chance to achieve their JO or MA Senior Champs 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	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 8 fastest prelim swimmers in each age group [9/10, 11/12, 13/14, 15-19] who did not achieve their 2010 MA Junior Olympics or 2010 MA Senior Championship cut for their age group in prelims. For the 500 Free and 400 IM, the 8 fastest prelim swimmers, regardless of age group, who did not achieve their 2010 MA Junior Olympics or MA Senior Champs 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 20, 2010. Swimmers must have best times slower than MA Jr. Olympic or MA Senior Championships time standards for their specific age group.

The purpose of this meet is to offer swimmers the best possible opportunity to achieve JO qualifying or MA Senior Championships time standards in specific events.

14 & under swimmers meet participation and finals qualifying criteria is based on the 2010 MA Jr Olympic Time Standards. These swimmers are not eligible for MA Sr. Champs time standard qualifying criteria.

15 -19 yr old swimmers meet and finals qualifying criteria is based on the 2010 MA Sr. Champs Time Standards.

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 20-21, 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

	<p>Any adjustments to this time schedule will be posted on DST's & Middle Atlantic's web sites.</p>
DECK ENTRIES	<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 \$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.</p>
SWIMMERS WITHOUT A COACH	<p>Swimmers unaccompanied by a credentialed USA Swimming coach should report to the Meet Director or Meet Referee before the warm-up for each session.</p>
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.</p> <p>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.</p> <p>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	<p>\$4.00 PER INDIVIDUAL EVENT</p>
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 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: clarkb@freestyles.org Fax: 302-234-8502</p>
ENTRY DEADLINE	<p>Friday, February 5, 2010. No late entries will be 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 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: 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. Each swimmer achieving a personal best time, but not qualifying for JOs will receive a Best Time Ribbon for that event. [Note: Only one award per swim, based upon the highest level award that applies] 15-19 year old swimmers will not receive awards.</p>								
<p>PROGRAMS, ADMISSION, & VOLUNTEERS</p>	<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>								
<p>RESULTS</p>	<p>Will be posted on DST's website: www.delawareswimteam.com and the Middle Atlantic website: www.maswim.org</p>								
<p>DIRECTIONS</p>	<p>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).</p> <p>Parking is located across the railroad tracks, opposite side of the street.</p> <p>If using MapQuest, use the address: 60 North College Avenue, Newark DE 19711. This is Unique Impressions and is located next to the pool.</p>								
<p>ACCOMODATIONS</p>	<p>Contact Clark Bickling at DST 302-234-8500 for referrals</p>								
<p>NEARBY LUNCHEON RESTAURANTS</p>	<table border="0"> <tr> <td>Charcoal Pit</td> <td>Ruby Tuesday's</td> </tr> <tr> <td>Dunkin Donuts/Baskin Robbins</td> <td>Subway</td> </tr> <tr> <td>Pietro's Pizza</td> <td>Valle's</td> </tr> <tr> <td>Pure Bred Deli</td> <td>Wings To Go</td> </tr> </table>	Charcoal Pit	Ruby Tuesday's	Dunkin Donuts/Baskin Robbins	Subway	Pietro's Pizza	Valle's	Pure Bred Deli	Wings To Go
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DST Double Last Chance Meet Format February 20-21, 2010

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

Prelim Session 1 ~ Saturday, February 20th
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 20th 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 20-21, 2010

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

Prelim Session 3 ~ Sunday, February 21st
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 21st 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 8 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 8 fastest prelim swimmers, regardless of age group, that did not achieve the JO cut in prelims will swim.

DELAWARE SWIM TEAM'S

DOUBLE LAST CHANCE MEET

February 20-21 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: Friday, February 5, 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 _____

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 - <i>Not supported by HY-TEK</i>	Update	N/A	N/A	N/A
MM 1.4Qe - <i>Not supported by HY-TEK</i>	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.