

# Delaware Swim Team

Presents

## WEST REGIONALS

### April 2-3, 2011

Held under the Sanction of USA Swimming  
Sanctioned by Middle Atlantic Swimming, Inc.  
Sanction # MA 1189 B

<b>MEET DESCRIPTION</b>	A Regional Meet for swimmers yet to achieve Junior Olympic or Senior Championship qualifying times.
<b>LOCATION</b>	University of Delaware, Carpenter Sports Building, Harry Rawstrom Pool, Newark, DE. Day of meet ONLY emergency phone # 302- 831-2264
<b>FACILITIES</b>	<p>8-lane, 25-yard pool with 4 feet of water at the starting and turning ends of the pool. The competition course has not been certified in accordance with 104.2.2C (4). 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.</p> <p><b>Spectator seating</b> for 550 is available in the balcony. Doors will not open until 15 minutes prior to warm-up.</p> <p><b>Parking</b> 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.</p> <p><b>Refreshments:</b> Coach/Volunteer hospitality area will be provided. Spectator Snack Bar/Concession stand will be available at the discretion of the University of Delaware.</p>
<b>MEET REFEREE</b>	Fred Polaski may be contacted at: <a href="mailto:polaski5@comcast.net">polaski5@comcast.net</a>
<b>MEET DIRECTOR</b>	Brian Drysdale may be contacted at: <a href="mailto:briand@freestyles.org">briand@freestyles.org</a>
<b>SAFETY DIRECTOR</b>	Kathy Drysdale 302-234-8500 e-mail: <a href="mailto:kathyd@freestyles.org">kathyd@freestyles.org</a>
<b>OFFICIALS</b>	Chris Hausler 302-234-8500 email: <a href="mailto:obxman66@gmail.com">obxman66@gmail.com</a>
<b>ELIGIBILITY</b>	<p>This meet is open to all swimmers registered with USA Swimming. Swimmer's age is as of April 2, 2011. Up until 10 minutes prior to the start of each session, unregistered swimmers may register on deck by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$120 per swimmer for 2010-11 registration). This applies to all swimmers attached to a club.</p> <p><b>Entry times must be slower than MA Junior Olympic (14yr &amp; u) or MA Senior Championship (15-18yr) qualifying times.</b></p> <p><b>9-12 swimmers may compete in a maximum of five (5) individual events per day.</b> ( relays do not count towards daily max)</p> <p><b>13-18 swimmers may compete in a maximum of five (5) individual events per day.</b> ( relays do not count towards daily max)</p> <p>Qualifying times can be found at: <a href="http://www.maswim.org/timestandards.htm">http://www.maswim.org/timestandards.htm</a></p> <p><i>Please note: Because these qualifying times are based on JOs qualifying times, not all are below an "A" time.</i></p>

**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**

USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. The Meet Director reserves the right to change or limit warm-up times, and/or close the warm-up pool at any time. Warm-ups are subject to the following procedures:

The warm-up period may be divided into equal sessions depending on the number of swimmers entered into each session. Warm-up schedules will be posted and will be made available to coaches.

At the discretion of the Meet Director, Sprint/Start lanes will be available at the end of each warm-up session.

No diving or backstroke starts will be permitted except in sprint lanes when designated.

Swimmers must be under the direct supervision of a currently registered USA Swimming coach at all times.

**Warm-up/Start Schedule****Saturday & Sunday, April 2-3, 2011**

Session	Warm-up time:	Start time:
1 & 5: 13-18 yr olds	8:30am	9:30am
2 & 6: 13-18 yr olds distance	12:30pm	12:45pm
3 & 7: 9-12 yr olds	1:30pm	2:30pm
4 & 7: 9-12 yr old 200's	5:30pm	5:45pm

The 6-lane 20-yard pool may be used for continuous warm-up/warm down.

Coaches are responsible for and must supervise their own swimmers in the 20-yard pool. 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, up until **30** minutes prior to the start of each session, at the cost of \$8.00 per individual 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 awards. To enter, please see the Meet Director 30 minutes prior to the start of the session.

**RACING START CERTIFICATION**

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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.

<p><b>SEEDING</b></p>	<p>Sessions are pre-seeded, timed final events.</p> <p>In order to be seeded, positive check-in will be required for the 13-18yr 400 IM and 500 FR, as well as the 9-12yr 200 IM and 200 FR. These events will be run FASTEST to SLOWEST.</p> <p>Positive check-in events will generally close for seeding thirty minutes before the expected starting time for that event. Any swimmer who positively checks-in for a deck-seeded event and does not swim that event may be barred from their next Individual event.</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 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. If you have Team Manager, please also provide a printout of the meet entries by name.</p> <p>You must complete the DST <b>Meet Summary Form</b> and mail/e-mail with the entry. A club contact person must be listed on the entry summary form, including an e-mail address. 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>
<p><b>ENTRY FEES</b></p>	<p><b>\$4.00 PER INDIVIDUAL EVENT      \$8.00 PER RELAY EVENT</b></p>
<p><b>SEND ENTRIES TO</b></p>	<p>Delaware Swim Team Booster Club  (Make all checks payable to "Delaware Swim Team Boosters")  c/o Clark Bickling/Meet Entries  4905 Mermaid Blvd, Wilmington, DE 19808</p> <p>E-mail entries to <a href="mailto:ClarkB@freestyles.org">ClarkB@freestyles.org</a> :  Subject: Your team name/Regional Meet Entry  Any questions regarding entry forms should be directed to Clark Bickling: Phone: 302-234-8500 E-mail: <a href="mailto:clarkb@freestyles.org">clarkb@freestyles.org</a> Fax: 302-234-8502</p>
<p><b>ENTRY DEADLINE</b></p>	<p><b>Entries must be received <u>no later</u> than March 18, 2011</b>  Entries entered in the order received. Late entries not accepted.</p>
<p><b>RULES</b></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>Swimmers competing in the 500 FR must provide their own timer and counter. Swimmers competing in the 400 IM must provide their own timer.</p>
<b>SCORING &amp; AWARDS</b>	<p>Awards are presented for each event based on the time submitted, not on the time swum during the meet. A swimmer entered into an event with a "C" time is eligible to receive a "C" award. Swimmers entered into the meet with times faster than a "C" time are eligible to receive a "BB" award. Swimmers entered into the meet with "no time" are eligible to receive a "C" award. Swimmers with times slower than Jo times but faster than "BB" times will receive "BB" awards.</p> <p><b>"BB" Awards:</b></p> <p>Medals 1st to 3rd</p> <p>Double Ribbons 4th to 8th</p> <p><b>"C" Awards:</b></p> <p>Double Ribbons 1st to 3rd</p> <p>Ribbons 4th to 8th</p>
<b>PROGRAMS, ADMISSION, &amp; VOLUNTEERS</b>	<p>Admission - \$ 5.00 per Day. Children under 12 years old are admitted free. Programs - \$3.00 per Program. Programs includes one 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>
<b>RESULTS</b>	<p>Will be posted on DST's 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 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>

**ACCOMODATIONS**

Contact Clark Bickling at DST 302-234-8500 for referrals

Comfort Inn  
1120 S. College Ave  
(302) 368-8715

Sleep Inn  
630 S. College Ave  
(302) 453- 1700

Shoney's Inn  
900 Churchman's Rd  
(302) 368- 2400

Best Western  
I-95 & Rt. 273 East  
(302) 738-3400

Christiana Hilton Inn  
100 Continental Dr  
(302) 454-1500

## Order of Events for Saturday April 2nd

Entry times for 14 & under swimmers must be slower than  
2011 MA Junior Olympic qualifying time standards

Entry times for 15 to 19 yr old swimmers must be slower than  
2011 MA Senior Championship qualifying time standards

Event #	Warm-up: 8:30 am	Session 1	Start: 9:30am	Event #
Female	Event Description			Male
1		15-18 200 Freestyle		2
3		13-14 200 Freestyle		4
5		15-18 100 Backstroke		6
7		13-14 100 Backstroke		8
9		15-18 200 Breaststroke		10
11		13-14 200 Breaststroke		12
13		15-18 50 Freestyle		14
15		13-14 50 Freestyle		16
17		15-18 200 Butterfly		18
19		13-14 200 Butterfly		20
21		13-18 200 Medley Relay		22

Event #	No earlier than Warm-up: 12:30pm	Session 2	No earlier than Start: 12:45pm	Event #
Female	Event Description			Male
23		13-18 400 IM		24

Event #	No earlier than Warm-up: 1:30pm	Session 3	No earlier than Start: 2:30pm	Event #
Female	Event Description			Male
25		11-12 100 Freestyle		26
27		9-10 100 Freestyle		28
29		11-12 50 Butterfly		30
29		9-10 50 Butterfly		32
31		11-12 100 Backstroke		34
33		9-10 100 Backstroke		36
35		11-12 50 Breaststroke		38
37		9-10 50 Breaststroke		40
39		11-12 100 Butterfly		42
43		9-10 100 Butterfly		44
45		9-12 200 Medley Relay		46

Event #	No earlier than Warm-up: 5:30pm	Session 4	No earlier than Start: 5:45pm	Event #
Female	Event Description			Male
47		9-12 200 IM		48

## Order of Events for Sunday March 28th

Entry times for 14 & under swimmers must be slower than  
2011 MA Junior Olympic qualifying time standards

Entry times for 15 to 19 yr old swimmers must be slower than  
2011 MA Senior Championship qualifying time standards

Event #	Warm-up: 8:30am	Session 5	Start: 9:30am	Event #
Female	Event Description			Male
49		<i>15-18</i> 100 Freestyle		50
51		<i>13-14</i> 100 Freestyle		52
53		<i>15-18</i> 200 IM		54
55		<i>13-14</i> 200 IM		56
57		<i>15-18</i> 100 Breaststroke		58
59		<i>13-14</i> 100 Breaststroke		60
61		<i>15-18</i> 200 Backstroke		62
63		<i>13-14</i> 200 Backstroke		64
65		<i>15-18</i> 100 Fly		66
67		<i>13-14</i> 100 Fly		68
69		<i>13-18</i> 200 Freestyle Relay		70

Event #	No earlier than Warm-up: 12:30pm	Session 6	No earlier than Start: 12:45pm	Event #
Female	Event Description			Male
71		<i>13-18</i> 500 Free		72

Event #	No earlier than Warm-up: 1:30pm	Session 7	No earlier than Start: 2:30pm	Event #
Female	Event Description			Male
73		<i>11-12</i> 100 IM		74
75		<i>9-10</i> 100 IM		76
77		<i>11-12</i> 50 Freestyle		78
79		<i>9-10</i> 50 Freestyle		80
81		<i>11-12</i> 100 Breaststroke		82
83		<i>9-10</i> 100 Breaststroke		84
85		<i>11-12</i> 50 Backstroke		86
87		<i>9-10</i> 50 Backstroke		88
89		<i>9-12</i> 200 Freestyle Relay		90

Event #	No earlier than Warm-up: 5:30pm	Session 8	No earlier than Start: 5:45pm	Event #
Female	Event Description			Male
91		<i>9-12</i> 200 Freestyle		92

DELAWARE SWIM TEAM'S  
WEST REGIONALS  
April 2-3, 2011  
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 Girls Relays \_\_\_\_\_ x \$8.00 = \$ \_\_\_\_\_

# of Boy Swimmers \_\_\_\_\_ # Individual Boys Entries \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# of Boys Relays \_\_\_\_\_ x \$8.00 = \$ \_\_\_\_\_

Swimmer Surcharge If Applicable..... Total # Swimmers \_\_\_\_\_ X \$15.00 = \$ \_\_\_\_\_

Total Amount Due: \$ \_\_\_\_\_  
(Checks Payable to Delaware Swim Team Boosters)

Entry Deadline: Friday March 18, 2011

Mail Entries to: Delaware Swim Team Booster Club  
c/o Clark Bickling/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	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Lite</a>
MEET MANAGER 2.0	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Demo</a>
Sports BUSINESS MANAGER 5.1	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Demo</a>
Personal SWIM MANAGER 2.1	<a href="#">Update</a>	<a href="#">User Guide</a>	N/A	<a href="#">Demo</a>
TM 4.0Sm - Not supported by HY-TEK	<a href="#">Update</a>	N/A	N/A	N/A
MM 1.4Qe - Not supported by HY-TEK	<a href="#">Update</a>	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.