

Delaware Swim Team
Presents their
1st Annual
First State Cup

An A/BB/C/ Mini Meet
November 26-28, 2010

Held under the Sanction of USA Swimming ~ Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 1105 A (9 & over) MA 1106 M (*8 & under)

MEET DESCRIPTION	An A/BB/C meet where each heat winner receives a First State Bag Tag. Heat Winners will be counted for each team ~ the team with the most heat winners at the end of the meet (therefore the team with the most bag tags) is the meet Champion and will receive the FIRST STATE CUP.
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 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. Spectator seating for 700 is available in the balcony. Doors will not open until 30 minutes prior to warm-up. 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: Coach/Volunteer hospitality area will be provided. Spectator Snack Bar/Concession stand will be available at the discretion of the University of Delaware.
MEET REFEREE	Cecil Gordon: 302-234-8500 email: dst@freestyles.org
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 us at dst@freestyles.org if you are able to officiate.
ELIGIBILITY	This meet is open to all swimmers registered with USA Swimming. Swimmer's age is as of November 26, 2010. 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. 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.

ORDER OF EVENTS WARM-UP PROCEDURES & START TIMES

See attached sheet listing the order of events and event numbers.
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:
Friday, Saturday & Sunday, November 26-28,2010

		Warm-Up Time	Start Time
Session 1	Distance	4:00 PM	5:00 PM
Session 2 & 5	9-12	7:00 AM	8:00 AM
Session 3 & 6	8 & under	No earlier than 12:00 PM	No earlier than 12:30 PM
Session 4 & 7	9-12	No earlier than 3:30 PM	No earlier than 4:30 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, up until 10 minutes prior to the start of each session, at the cost of \$8.00 per individual event or \$16.00 per relay. 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 as a heat winner or awards. To enter, please see the Meet Director before or during warm-ups.

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.

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.

SEEDING

This is a pre-seeded, timed final A/BB/C meet. In order to be seeded, positive check-in will be required for the 500 & 1650 freestyle and 400 IM. 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>PROGRAMS, ADMISSION, & VOLUNTEERS</p>	<p>Admission - \$ 5.00 per Day. Children under 12 years old are admitted free. Programs - \$3.00 per Program. Programs include one 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 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). Parking is located across the railroad tracks, opposite side of the street. 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>

Order of Events for Friday November 26th

Event #	Session 1	Event #
Female	Event Description	Male
1	<i>Open500 Freestyle</i>	2
3	<i>Open 400 IM</i>	4
5	<i>11-18 1650 Freestyle</i>	6
Warm-up: 4:00pm		Start: 5:00pm

Order of Events for Saturday November 27th

Event #	Session 2	Event #
Female	Event Description	Male
7	<i>11-12 200 Freestyle Relay</i>	8
9	<i>9-10 200 Freestyle Relay</i>	10
11	<i>11-12100 Freestyle</i>	12
13	<i>9-10 100 Freestyle</i>	14
15	<i>11-12 50 Butterfly</i>	16
17	<i>9-10 50 Butterfly</i>	18
19	<i>11-12 100 Backstroke</i>	20
21	<i>9-10 100 Backstroke</i>	22
23	<i>11-12 50 Breaststroke</i>	24
25	<i>9-10 50 Breaststroke</i>	26
27	<i>11-12 200 IM</i>	28
29	<i>9-10 200 IM</i>	30
Warm-up: 7:00am		Start: 8:00am

Event #	Session 3	Event #
Female	Event Description	Male
31	<i>8 & under 100 Freestyle Relay</i>	32
33	<i>8 & under 50 Freestyle</i>	34
35	<i>6 & under 25 Breaststroke</i>	36
37	<i>7 year old 25 Breaststroke</i>	38
39	<i>8 year old 25 Breaststroke</i>	40
41	<i>8 & under 200 Freestyle</i>	42
43	<i>6 & under 25 Backstroke</i>	44
45	<i>7 year old 25 Backstroke</i>	46
47	<i>8 year old 25 Backstroke</i>	48
49	<i>8 & under50 Butterfly</i>	50
51	<i>8 & under100 IM</i>	52
no earlier than Warm-up:12:00pm		no earlier than Start: 12:30pm

Event #	Session 4	Event #
Female	Event Description	Male
53	<i>Open 200 Freestyle Relay</i>	54
55	<i>Open200 Freestyle</i>	56
57	<i>Open 100 Backstroke</i>	58
59	<i>Open 200 Breaststroke</i>	60
61	<i>Open 50 Freestyle</i>	62
63	<i>Open 200 Butterfly</i>	64
no earlier than Warm-up: 3:30 pm		no earlier than Start: 4:30 pm

Order of Events for Sunday November 28th

Event #	Session 5	Event #
Female	Event Description	Male
65	<i>11-12 200 Medley Relay</i>	66
67	<i>9-10 200 Medley Relay</i>	68
69	<i>11-12 100 IM</i>	70
71	<i>9-10 100 IM</i>	72
73	<i>11-12 50 Freestyle</i>	74
75	<i>9-10 50 Freestyle</i>	76
77	<i>11-12 100 Breaststroke</i>	78
79	<i>9-10 100 Breaststroke</i>	80
81	<i>11-12 50 Backstroke</i>	82
83	<i>9-10 50 Backstroke</i>	84
85	<i>11-12 100 Butterfly</i>	86
87	<i>9-10 100 Butterfly</i>	88
89	<i>11-12 200 Freestyle</i>	90
91	<i>9-10 200 Freestyle</i>	92
Warm-up: 7:00am		Start: 8:00am

Event #	Session 6	Event #
Female	Event Description	Male
93	<i>8 & under 100 Medley Relay</i>	94
95	<i>8 & under 50 Backstroke</i>	96
97	<i>6 & under 25 Butterfly</i>	98
99	<i>7 year old 25 Butterfly</i>	100
101	<i>8 year old 25 Butterfly</i>	102
103	<i>8 & under 200 IM</i>	104
105	<i>6 & under 25 Freestyle</i>	106
107	<i>7 year old 25 Freestyle</i>	108
109	<i>8 year old 25 Freestyle</i>	110
111	<i>8 & under 50 Breaststroke</i>	112
113	<i>8 & under 100 Freestyle</i>	114
no earlier than Warm-up: 12:00pm		no earlier than Start: 12:30pm

Event #	Session 7	Event #
Female	Event Description	Male
115	<i>Open 200 Medley Relay</i>	116
117	<i>Open 100 Freestyle</i>	118
119	<i>Open 200 IM</i>	120
121	<i>Open 100 Breaststroke</i>	122
123	<i>Open 200 Backstroke</i>	124
125	<i>Open 100 Butterfly</i>	126
no earlier than Warm-up: 3:30 pm		no earlier than Start: 4:30 pm

*DELAWARE SWIM TEAM'S
First State Cup
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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, November 12, 2010

*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	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 - Not supported by HY-TEK	Update	N/A	N/A	N/A
MM 1.4Qe - Not supported by HY-TEK	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.