

REVISED 11/18/02

Delaware Swim Team

Presents their

January Freeze A/BB/C Meet

A Single Age Group High Point Trophy Classic

January 4-5, 2003

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # 0341A

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 DIRECTOR	Pete Nellius 302-399-3673 e-mail: pnellius@aol.com
SAFETY DIRECTOR	Michael Ramone 302-652-4378 e-mail: miker@freestyles.org
OFFICIALS	Please contact our Meet Director, Pete Nellius, if you are able to officiate.
ELIGIBILITY	This meet is open to all 9 and over swimmers registered with USA Swimming. Swimmer's age is as of January 4, 2003. No proof of time is required as there are no qualifying times. Swimmers may enter a maximum of 4 individual events per day plus relays
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.

<p>ORDER OF EVENTS</p> <p>WARM-UP PROCEDURES & START TIMES</p>	<p>See attached sheet listing the order of events and event numbers.</p> <p>Warm-up: NO DIVING OFF BLOCKS OR THE EDGE OF THE POOL during this time. The last 10 minutes of warm-up 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;">Warm-up/Start Schedule Saturday & Sunday</p> <table border="1" data-bbox="477 548 1544 688"> <thead> <tr> <th colspan="3"></th> <th>Warm-Up Time</th> <th>Start Time</th> </tr> </thead> <tbody> <tr> <td>Session 1</td> <td>Sat</td> <td>12 & Under</td> <td>1:30 PM</td> <td>2:15 PM</td> </tr> <tr> <td>Session 2</td> <td>Sun</td> <td>13 & Over</td> <td>9:00 AM</td> <td>10:00 AM</td> </tr> <tr> <td>Session 3</td> <td>Sun</td> <td>12 & Under</td> <td>No earlier than 1:30 PM</td> <td>No earlier than 2:15 PM</td> </tr> </tbody> </table>				Warm-Up Time	Start Time	Session 1	Sat	12 & Under	1:30 PM	2:15 PM	Session 2	Sun	13 & Over	9:00 AM	10:00 AM	Session 3	Sun	12 & Under	No earlier than 1:30 PM	No earlier than 2:15 PM
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<p>DECK ENTRIES</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>SWIMMERS WITHOUT A COACH</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>SEEDING</p>	<p>This is a pre-seeded, timed finals A/BB/C meet. Positive check-in will be required for the 500 Free, 400 IM, and 1000 Free. Check-ins will close 30 minutes into the warm-up period. Only these events will be deck seeded and will swim fastest to slowest. If a swimmer checks in and does not swim, that swimmer will not be eligible to swim their next individual event.</p>																				
<p>HOW TO ENTER</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 five or more swimmers. This processing fee must be included with your entries.</p>																				

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ENTRY FEES	\$3.00 PER INDIVIDUAL EVENT / \$6.00 PER RELAY ENTRY
SEND ENTRIES TO	<p>Delaware Swim & 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: kathyd@freestyles.org Fax: 302-652-5343</p>
ENTRY DEADLINE	Monday, December 23, 2002. 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 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>
SCORING & AWARDS	Swimmers will compete together in listed age groups, The top 12 finishers in each AGE (not age group) will receive High Point Trophy Awards as follows: 9, 10, 11, 12, 13, 14, SR
PROGRAMS & ADMISSION	\$3.00 Per Session
RESULTS	Will be posted on the Delaware Swim Team website: www.delawareswimteam.com and the Middle Atlantic website www.maswim.org
DIRECTIONS	From Philadelphia & NJ - Take I-95 South (follow signs for Baltimore) to Exit 4B: Churchman's Crossing/Stanton (Rt 58 & 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.
ACCOMODATIONS	Contact Kathy Drysdale at DST 302-652-4378 for referrals

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**Delaware Swim Team's January Freeze
Saturday, January 4, 2003**

SESSION 1 - Warm-up 1:30 Start 2:30

Women		Men
1	9-10 50 Fly	2
3	11-12 50 Fly	4
5	9-10 50 Breast	6
7	11-12 50 Breast	8
9	9-10 200 Free	10
11	11-12 200 Free	12
13	9-10 100 Back	14
15	11-12 100 Back	16
17	9-10 50 Free	18
19	11-12 50 Free	20
21	9-10 100 IM	22
23	11-12 100 IM	24
25	9-10 200 Free Relay	26
27	11-12 200 Free Relay	28

Sunday, January 5, 2003

SESSION 2 - Warm-up 9:00 Start 10:00

29	13 & Over 200 Medley Relay	30
	5 Minute Break	
31	13 & Over 1000 Free	32
33	13 & Over 200 Free	34
35	13 & Over 100 Back	36
37	13 & Over 100 Breast	38
39	13 & Over 200 Fly	40
41	13 & Over 50 Free	42
	10 Minute Break	
43	13 & Over 100 Free	44
45	13 & Over 200 Back	46
47	13 & Over 200 Breast	48
49	13 & Over 500 Free	50
51	13 & Over 100 Fly	52
	5 Minute Break	
53	13 & Over 400 IM	54
	5 Minute Break	
55	13 & Over 200 Free Relay	56

SESSION 3 Warm-Up No earlier than 1:30 Start No Earlier than 2:30

57	9-10 100 Fly	58
59	11-12 100 Fly	60
61	9-10 100 Breast	62
63	11-12 100 Breast	64
65	9-10 50 Back	66
67	11-12 50 Back	68
69	9-10 100 Free	70
71	11-12 100 Free	72
73	9-10 200 IM	74
75	11-12 200 IM	76
77	9-10 200 Medley Relay	78
79	11-12 200 Medley Relay	80

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**DELAWARE SWIM TEAM'S
JANUARY FREEZE A/BB/C MEET
January 4-5, 2003**

**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 Female Swimmers _____

Female Individual Entries _____ X \$3.00 = \$ _____

Female Relay Entries _____ X \$6.00 = \$ _____

Male Individual Entries _____ X \$3.00 = \$ _____

Male Relay Entries _____ X \$6.00 = \$ _____

Swimmer Surcharge If Applicable for Manual entry:

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/January Freeze Entries
2150 New Castle Avenue
New Castle, DE 19720**

Phone: (302) 652-4378

**Entry Deadline: December 23, 2002
THIS ENTRY SUMMARY FORM MUST BE FILLED OUT COMPLETELY**

