

THE EAST REGIONAL SWIMMING CHAMPIONSHIPS

Hosted by
Team Delaware
at

University of Delaware's Harry Rawstrom Natatorium
Newark, Delaware

Sanctioned by Middle Atlantic Swimming #0463B

March 26-28, 2004

- FACILITY:** 8-lane, 25-yard pool with 4 feet of water at the shallow 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. Hy-Tek Meet Manager software is used to manage meet entries and results. Spectator seating for 700 is available in the balcony.
- ELIGIBILITY:** This meet is open to any swimmers registered in 2004 with the Middle Atlantic Association of USA Swimming who meets the entry times of their age group as determined by the swimmer's age on March 26, 2004.
All Swimmers may compete in a maximum of five (5) individual events per day.
Please note: Because these qualifying times are based on JOs qualifying times, not all are below an "A" time. Please refer to the "Schedule of Events" for the correct qualifying time for each event.
- ENTRIES:** **Entries should be submitted in the course in which they were achieved.** All courses will be accepted. However other courses will be seeded as non-conforming times.
All events are Timed Finals.
Entries should be submitted using **HY-TEK COMMLINK** software format.
A hard copy printout listing swimmers alphabetically, with each swimmer's events and entry times, must accompany the diskette.
If COMMLINK is not possible, the official entry form must be used.
If entering five (5) or more swimmers on this form, a processing fee of **\$5.00** per swimmer must be included.
All times submitted must be the swimmer's best time. All swimmers must be able to prove a qualifying time that is slower than the qualifying time presented in the attached "Schedule of Events" for their age group.
Notice: As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions.
- ENTRY LIMITS:** **Entries will be processed on a "first come, first serve" basis.**
The Meet Director reserves the right to limit entries in order to stay within a reasonable time limit. All entries not accepted will receive a full refund.
If limits become necessary, swimmers will be notified through their club contact.
Deck Entries may be accepted during the meet at the Meet Director's discretion.
Deck Entries may be accepted only during the first 30 minutes of each **warm-up** session.
Deck Entries will not be accepted after the start of a session.
Deck Entries will not be awarded.

ENTRIES DUE: All entries must be received by: **March 15, 2004 at 5:00 pm**
NO LATE or FAXED entries will be accepted!

Mail entries to:
Dan Sullivan
214 Horseshoe Dr
Middletown, DE 19709

Email entries to: Danesullivan@aol.com
payment for emailed entries must be received
by March 19, 2004 at 5:00 pm at address shown.

Please WAIVE the Signature Release.

Please do not send entries REQUIRING a signature. These entries are delivered only on Saturday and risk being late! For notification, please enclose a self-address, stamped postcard/envelope that can be returned.

ENTRY FEES: **\$3.00 per Individual Event**
\$6.00 per Deck Entry. Available lanes ONLY. Extra heats will not be added.
See the Meet Director prior to the end of warmup to Deck Enter an event.
Entries will not be processed without full payment.
Please send **ONE** check per club, made payable to "**Team Delaware**"

CHECK-IN: A Positive Check-in is required for the 500 Free and the 400 IM.
Positive Check-in for these events will close one hour after the start of their respective session.
Swimmers are responsible for providing their own timer and lap counter for the 500 Free events.
Scratch Policy: A swimmer may not swim their next individual event if they fail to show after they have positively checked in.

MEET DIRECTOR: **Denise Mullin, 302 761-9121**
Email: dmullin254@aol.com
Web Site: www.teamdelaware.org
Please direct all questions to the Meet Director.

SAFETY DIRECTOR: **Dan Sullivan, 302-593-4277**

AWARDS: 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 "B" award. Swimmers entered into the meet with "no time" are eligible to receive a "C" award.

"B" Awards:

Medals 1st to 3rd
Double Ribbons 4th to 8th

"C" Awards:

Double Ribbons 1st to 3rd
Ribbons 4th to 8th

START TIMES:

Friday Afternoon – 9-10; 11-12

Warm-up - 4:30pm, Meet Starts - 5:30pm

Saturday Morning – 13-14; 15-18

Warm-up - 8:00am, Meet Starts - 9:00am

Saturday Afternoon – 9-10; 11-12

Warm-up - 2:00pm, Meet Starts - 3:00pm

Sunday Morning – 13-14; 15-18

Warm-up - 8:00am, Meet Starts - 9:00am

Sunday Afternoon – 9-10; 11-12

Warm-up - 2:00pm, Meet Starts - 3:00pm

WARM-UP:

USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

The one-hour 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.

Sprint/Start lanes will be available for 10 minutes at the end of each warm-up session.

No diving or backstroke starts will be permitted except in sprint lanes when designated. The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.

All swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment. These swimmers will swim with and be supervised by the host club during warm-up.

Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.

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

Coaches are responsible for and must supervise their own swimmers in the 20-yard pool. Any swimmer found violating safety procedures will be removed from warm-up for the remainder of the warm-up session. Subsequent violations will cause the swimmer to be disqualified for the remainder of the meet. **Please enter the warmup/warm-down areas FEET FIRST- NO DIVING.** The Meet Director reserves the right to change or limit warm-up times, and/or close the warm-up pool at any time.

DECK ACCESS:

Only currently credentialed coaches, USA Swimming registered athletes, and meet personnel will be permitted on the deck. Volunteers should see the Meet Director to gain deck access. **NO PARENTS, unless volunteering, WILL BE PERMITTED ON DECK AT ANY TIME.**

START PROCEDURES:

This Meet will be conducted using the **No Recall** false start rule. This Meet will also use the whistle command starting procedure.

OFFICIALS:

If you are able to officiate at this meet, please contact Clyde Tinklepaugh (302) 475-2164 or email at CTINK1863@aol.com

ADMISSION:

Admission - \$ 2.00 per Session. Children under 12 years old are admitted free. **Programs** - \$12.00 per Program. Program includes the entire meet.

WEB SITE: For more meet info, please visit the Team Delaware web site at:

www.teamdelaware.org

The following info will be available via the web site.

**Meet Info Packet
Entry Form
Team Entry List
T-Shirt Design**

**Events File - for Team Manager
Import
Meet Results (Hy-Tek's CL2)
Meet Results (PDF)**

**EVENT
SPONSORS:**

Are you interested in sponsoring an event in the meet program? Each event costs \$10.00. Another choice is putting a special message on the message page. Please go to the website for more details! www.teamdelaware.org

NOTE: The **Events File**, once downloaded and imported into Team Manager for Windows, contains all the Events and Qualifying Times for the meet. Your meet entry person is ready to go! Import instructions are available on the web site.

RESULTS:

Results can be found on both the Middle Atlantic website: www.maswim.org and the Team Delaware website: www.teamdelaware.org

Spectators:

Balcony seating is available for up to 400 spectators. We also have a large concession area. There will be a swimming equipment vendor on-site.

Volunteers:

Volunteer timers are welcome for this meet. Volunteers will receive a refund on their admission and are welcome to our hospitality area during that time.

Hospitality:

There will be great food and drinks available at all sessions for officials and coaches.

T-Shirts:

There will be an East Regional Swimming Championship T-Shirt available at the meet.
\$15.00 each

Emergency Phone:

Those attending who need a telephone number for contact during the meet may call (609) 468-1445 ext. 2657. Please do not use this number prior to the meet dates!

Hotels:

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

Directions:

Take I-95 to Delaware exit 1B, Route 896 North. Continue straight on this road, which becomes South College Avenue. Turn Left onto West Main St /DE 2/ DE 273W Make first Right onto North College Ave. Make first right into parking lot. Drive to the back of the parking lot. Pool is located in the Carpenter Sports Building.

*****NOTE: Do not use "10&Under" or "OPEN" event titles when setting up events in Team Manager.
Please use "9-10" and 15-18.**

Session #1

Friday Afternoon – March 26, 2004 – 5:30pm (4:30 warmup)

W	Slower Than LC	Slower Than SCM	Slower Than SCY	Event Description	Slower Than SCY	Slower Than SCM	Slower Than LC	M
1	1:47.49	1:43.19	1:33.39	9-10 100 Breast	1:34.09	1:44.49	1:46.99	2
3	1:33.79	1:30.59	1:21.59	11-12 100Breast	1:21.29	1:29.79	1:33.89	4
5	2:59.89	2:52.79	2:36.39	9-10 200 Free	2:33.89	2:50.89	2:52.39	6
7	2:39.69	2:33.89	2:18.19	11-12 200 Free	2:16.89	2:31.19	2:36.19	8
9	43.69	42.19	38.19	9-10 50 Back	38.49	42.59	44.69	10
11	39.19	37.29	33.59	11-12 50 Back	33.69	37.39	38.79	12

Session #2

Saturday Morning – March 27, 2004 – 9:00am (8:00 warmup)

W	Slower Than LC	Slower Than SCM	Slower Than SCY	Event Description	Slower Than SCY	Slower Than SCM	Slower Than LC	M
13	2:48.39	2:43.29	2:25.09	13-14 200 IM	2:20.49	2:35.99	2:44.59	14
15	2:46.09	2:43.29	2:27.09	15-18 200 IM	2:14.19	2:28.99	3:37.19	16
17	1:19.69	1:15.49	1:07.59	13-14 100 Back	1:04.89	1:11.69	1:15.59	18
19	1:18.39	1:15.29	1:07.79	15-18 100 Back	1:02.39	1:08.29	1:11.99	20
21	2:49.59	2:44.19	2:28.59	13-14 200 Fly	2:22.99	2:37.19	2:41.59	22
23	2:44.69	2:42.79	2:27.69	15-18 200 Fly	2:14.59	2:28.69	2:32.19	24
25	31.89	30.39	27.19	13-14 50 Free	25.69	28.19	30.69	26
27	31.89	30.69	27.49	15-18 50 Free	24.49	27.39	28.79	28
29	3:11.99	3:05.69	2:47.99	13-14 200 Breast	2:36.29	2:52.69	3:02.39	30
31	3:08.49	3:02.59	2:45.29	15-18 200 Breast	2:30.09	2:45.89	2:54.29	32
33	5:16.59	5:03.99	5:47.39	13-14 500 Free	5:35.09	4:53.29	5:06.29	34
33	5:12.89	5:01.89	5:44.99	15-18 500 Free	5:25.29	4:44.69	4:53.29	34

Session #3

Saturday Afternoon – March 27, 2004 – 3:00pm (2:00 warmup)

W	Slower Than LC	Slower Than SCM	Slower Than SCY	Event Description	Slower Than SCY	Slower Than SCM	Slower Than LC	M
35	3:22.59	3:07.29	2:55.99	9-10 200 IM	2:56.29	3:16.09	3:20.89	36
37	3:00.19	2:51.89	2:34.79	11-12 200 IM	2:36.69	2:53.09	2:58.09	38
39	42.09	41.19	37.29	9-10 50 Fly	36.69	40.49	41.49	40
41	36.79	35.79	32.19	11-12 50 Fly	32.39	35.79	36.79	42
43	48.79	46.49	41.99	9-10 50 Breast	42.99	47.79	48.99	44
45	43.19	41.69	37.49	11-12 50 Breast	37.69	41.49	43.69	46
47	38.49	35.59	31.99	9-10 50 Free	31.89	35.29	36.79	48
49	33.59	31.69	28.49	11-12 50 Free	28.59	31.69	33.09	50

Session #4								
Sunday Morning – March 28, 2004 – 9:00am (8:00 warmup)								
W	Slower Than LC	Slower Than SCM	Slower Than SCY	Event Description	Slower Than SCY	Slower Than SCM	Slower Than LC	M
51	2:28.59	2:22.79	2:07.89	13-14 200 Free	2:02.69	2:16.99	2:24.99	52
53	2:25.39	2:22.19	2:07.39	15-18 200 Free	1:57.39	2:11.09	2:17.39	54
55	1:17.59	1:14.89	1:07.39	13-14 100 Fly	1:04.09	1:10.79	1:12.69	56
57	1:16.09	1:13.59	1:06.29	15-18 100 Fly	1:00.79	1:07.19	1:09.09	58
59	2:51.99	2:42.69	2:25.69	13-14 200 Back	2:19.69	2:34.19	2:42.99	60
61	2:47.59	2:41.99	2:26.89	15-18 200 Back	2:13.59	2:26.59	2:34.89	62
63	1:30.09	1:25.89	1:17.49	13-14 100Breast	1:12.29	1:19.89	1:23.59	64
65	1:29.79	1:24.79	1:16.79	15-18 100Breast	1:09.19	1:16.49	1:20.59	66
67	1:09.29	1:06.19	59.39	13-14 100 Free	56.09	1:02.69	1:06.39	68
69	1:08.09	1:05.99	59.09	15-18 100 Free	53.39	1:00.19	1:03.09	70
71	6:03.19	5:53.79	5:20.49	13-14 400 IM	5:02.89	5:34.69	5:46.79	72
71	5:57.59	5:47.09	5:14.09	15-18 400 IM	4:49.09	5:19.49	5:29.99	72

Session #5								
Sunday Afternoon – March 28, 2004 – 3:00pm (2:00 warmup)								
W	Slower Than LC	Slower Than SCM	Slower Than SCY	Event Description	Slower Than SCY	Slower Than SCM	Slower Than LC	M
73	1:21.89	1:19.29	1:11.39	9-10 100 Free	1:10.79	1:18.19	1:21.59	74
75	1:13.59	1:09.19	1:02.29	11-12 100 Free	1:02.19	1:09.09	1:11.59	76
77	1:35.49	1:30.89	1:22.19	9-10 100 Back	1:21.69	1:30.19	1:34.69	78
79	1:26.29	1:21.19	1:13.09	11-12 100 Back	1:13.09	1:20.69	1:24.09	80
81	---	1:31.29	1:22.19	9-10 100 IM	1:21.49	1:29.79	---	82
83	---	1:19.79	1:11.89	11-12 100 IM	1:12.39	1:20.39	---	84
85	1:39.69	1:35.79	1:26.69	9-10 100 Fly	1:26.69	1:36.29	1:38.19	86
87	1:24.09	1:21.19	1:13.09	11-12 100 Fly	1:12.49	1:20.19	1:23.09	88

*****NOTE: Do not use "10&Under" or "OPEN" event titles when setting up events in Team Manager.
Please use "9-10" and 15-18.**

East Regional March 26-28, 2004 Individual Events Form

Team Name: _____ Team Code: _____
 Contact: _____ Contact Phone: _____

Name Last, first	USA Swimming Id#	Friday		Saturday		Sunday	
		Event #	Time	Event #	Time	Event #	Time