

Delaware Swim Team

Presents their

Double Last Chance for J. O.'s B/C Meet

March 4th - 5th, 2006

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 0676 B

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|------------------------|--|
| 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 REFEREE | Kent Steeves 302-456-0118 e-mail: makk4@verizon.net |
| MEET DIRECTOR | Pete Nellius 302-388-3456 e-mail: pnellius@bcconsulting.org |
| SAFETY DIRECTOR | Michael Ramone 302-652-4378 e-mail: miker@freestyles.org |
| OFFICIALS | Please contact Jeff Reardon at jeffreardon@comcast.net if you are able to officiate |
| SEEDING | This is a pre-seeded prelims–finals format meet. Participation in finals will be open to the 6 fastest prelim swimmers in each age group [9/10, 11/12, 13/14, 15-18] that did not achieve their 2006 MA Junior Olympics cut for their age group in prelims. [Finals will be limited by age group to events available in JOs – for example there will not be a 9-10 200 fly, etc.]For the 500 Free and 400 IM, the 6 fastest prelim swimmers, regardless of age group, that did not achieve their 2006 MA Junior Olympics cut in prelims will swim. 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. |

| <p>SCRATCH RULES</p> | <p>Any swimmer who does not swim a pre-seeded Preliminary event will not be penalized.</p> <p>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.</p> <p>Any swimmer who qualifies for Finals and does not report for and swim the Finals will be barred from the rest of the Meet unless the swimmer has scratched.</p> <p>Swimmers intending to scratch from Finals must do so by the end of the prelims session for each day.</p> <p>Swimmers who are initially listed/announced as Alternates for the Finals will not be so penalized.</p> | | | | | | | | | | | | | | | | | | | | |
|--|---|--------------|------------|--------------|------------|-----------------|---------|---------|---------|-----------------|--------|---------|---------|-----------------|---------|---------|---------|------------------|--------|---------|---------|
| <p>ELIGIBILITY</p> | <p>This meet is open to all swimmers registered with USA Swimming. Swimmer's age is as of March 4, 2006. Swimmers must have best times slower than MA Jr. Olympic time standards for their specific age group.</p> <p>The purpose of this meet is to offer swimmers the best possible opportunity to achieve qualifying time standards in specific events.</p> <p>Swimmers may enter a maximum of 3 individual events per day.</p> | | | | | | | | | | | | | | | | | | | | |
| <p>ENTRY LIMITATIONS</p> | <p>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.</p> | | | | | | | | | | | | | | | | | | | | |
| <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 each session 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="456 1432 1528 1610"> <thead> <tr> <th colspan="2"></th> <th>Warm-Up Time</th> <th>Start Time</th> </tr> </thead> <tbody> <tr> <td>Session 1 - Sat</td> <td>Prelims</td> <td>8:00 AM</td> <td>9:00 AM</td> </tr> <tr> <td>Session 2 - Sat</td> <td>Finals</td> <td>4:00 PM</td> <td>5:00 PM</td> </tr> <tr> <td>Session 3 - Sun</td> <td>Prelims</td> <td>8:00 AM</td> <td>9:00 AM</td> </tr> <tr> <td>Session 4 - Sun.</td> <td>Finals</td> <td>4:00 PM</td> <td>5:00 PM</td> </tr> </tbody> </table> | | | Warm-Up Time | Start Time | Session 1 - Sat | Prelims | 8:00 AM | 9:00 AM | Session 2 - Sat | Finals | 4:00 PM | 5:00 PM | Session 3 - Sun | Prelims | 8:00 AM | 9:00 AM | Session 4 - Sun. | Finals | 4:00 PM | 5:00 PM |
| | | Warm-Up Time | Start Time | | | | | | | | | | | | | | | | | | |
| Session 1 - Sat | Prelims | 8:00 AM | 9:00 AM | | | | | | | | | | | | | | | | | | |
| Session 2 - Sat | Finals | 4:00 PM | 5:00 PM | | | | | | | | | | | | | | | | | | |
| Session 3 - Sun | Prelims | 8:00 AM | 9:00 AM | | | | | | | | | | | | | | | | | | |
| Session 4 - Sun. | Finals | 4:00 PM | 5:00 PM | | | | | | | | | | | | | | | | | | |
| <p>DECK ENTRIES</p> | <p>Deck entries will not be accepted for this meet.</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> | | | | | | | | | | | | | | | | | | | | |

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| <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 OR by e-mail . 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 whether you use the e-mail, 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 (5) or more swimmers. This processing fee must be included with your entries.</p> |
| <p>ENTRY FEES</p> | <p>\$3.00 PER INDIVIDUAL EVENT</p> |
| <p>SEND ENTRIES TO</p> | <p>Delaware Swim Team Booster Club (Make all checks payable to "Delaware Swim Team Booster Club") c/o Kathy Drysdale/Meet Entries 2150 New Castle Avenue New Castle, DE. 19720 E-mail entries to KathyD@freestyles.org, subject Last Chance Entry</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> |
| <p>ENTRY DEADLINE</p> | <p>Friday, February 17, 2006. No phone 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>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:</p> <p>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.</p> |

| | |
|---|---|
| | <p>Each swimmer achieving a personal best time, but not qualifying for JOs will receive a ribbon for that event.</p> <p>[Note: Only one award per swim, based upon the highest level award that applies]</p> <p>The male and female swimmer in each age group 9/10, 11/12, 13/14, 15-19 receiving the most MA Jr Olympic qualifying times over the course of the meet will receive trophies.</p> |
| <p>PROGRAMS & ADMISSION</p> <p>VOLUNTEERS</p> | <p>\$3.00 Per Session</p> <p>A free session 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 the DST website: www.delawareswimteam.com and the Middle Atlantic website: www.maswim.org</p> |
| <p>DIRECTIONS</p> | <p>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.</p> |
| <p>ACCOMODATIONS</p> | <p>Contact Kathy Drysdale at DST 302-652-4378 for referrals</p> |

DST Double Last Chance Meet Format

March 4th - 5th, 2006

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

Prelim Session 1 ~ Saturday, March 4th

Warm up: 8:00 AM Meet Start: 9:00 AM

| Girls | Event | Boys |
|---|-----------------|------|
| 1 | Open 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 | Open 500 Free* | 22 |
| * 500 Free will be swum slowest to fastest. Positive check-in is required. Positive check-in will close at 10:00 am | | |

Finals Session 2 ~ Saturday, March 4th Order of Events

Warm up: 4:00 PM Meet Start: 5:00 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 |
| Open 500 Free |

DST Double Last Chance Meet Format

March 4th - 5th, 2006

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

Prelim Session 3 ~ Sunday, March 5th

Warm up: 8:00 AM Meet Start: 9:00 AM

| Girls | Event | Boys |
|-------|------------------|------|
| 23 | Open 200 Free | 24 |
| 25 | 9/12 100 IM | 26 |
| 27 | Open 200 Back | 28 |
| 29 | 9/12 50 Back | 30 |
| 31 | 13-19 100 Free | 32 |
| 33 | 9/12 100 Free | 34 |
| 35 | Open 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 |

* 400 IM will be swum slowest to fastest. Positive check-in is required. Positive check-in will close at 10:00 am

Final Session 4 ~ Sunday March 5th Order of Events

Warm Up: 4:00 PM Meet Start: 5:00 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 6 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 6 fastest prelim swimmers, regardless of age group, that did not achieve the JO cut in prelims will swim.

**2005-06
JUNIOR OLYMPIC TIME STANDARDS**

| GIRLS | | | | BOYS | | |
|---------|---------|---------|-------------------|---------|---------|---------|
| JO LC | JO SCM | JO SCY | 10/Under | JO SCY | JO SCM | JO LC |
| :38.49 | :36.29 | :32.49 | 50 Free | :32.39 | :36.19 | :36.79 |
| 1:21.89 | 1:19.29 | 1:11.39 | 100 Free | 1:10.79 | 1:18.19 | 1:21.59 |
| 2:59.89 | 2:52.79 | 2:36.39 | 200 Free | 2:33.89 | 2:50.89 | 2:54.39 |
| 6:09.69 | 5:57.39 | 6:48.39 | 500 Free | 6:44.59 | 5:54.09 | 6:06.79 |
| :43.69 | :42.19 | :37.99 | 50 Back | :38.29 | :42.59 | :44.69 |
| 1:35.49 | 1:30.89 | 1:22.19 | 100 Back | 1:21.69 | 1:30.19 | 1:34.69 |
| :48.79 | :46.49 | :41.99 | 50 Breast | :42.99 | :47.79 | :48.99 |
| 1:47.49 | 1:43.19 | 1:33.39 | 100 Breast | 1:34.09 | 1:44.49 | 1:46.99 |
| :42.09 | :41.69 | :37.49 | 50 Fly | :36.69 | :40.49 | :41.49 |
| 1:39.69 | 1:35.09 | 1:26.69 | 100 Fly | 1:26.69 | 1:36.29 | 1:38.19 |
| N/A | 1:31.39 | 1:22.29 | 100 IM | 1:21.49 | 1:29.79 | N/A |
| 3:22.59 | 3:07.29 | 2:55.99 | 200 IM | 2:56.29 | 3:16.09 | 3:20.89 |

| GIRLS | | | | BOYS | | |
|---------|---------|---------|---------------------|---------|---------|---------|
| JO LC | JO SCM | JO SCY | 11/12 YO | JO SCY | JO SCM | JO LC |
| :33.59 | :31.99 | :28.59 | 50 Free | :28.59 | :31.69 | :33.09 |
| 1:13.59 | 1:08.49 | 1:01.29 | 100 Free | 1:02.19 | 1:09.09 | 1:11.59 |
| 2:39.69 | 2:32.09 | 2:16.19 | 200 Free | 2:16.89 | 2:31.19 | 2:36.19 |
| 5:32.29 | 5:18.79 | 6:04.29 | 400/500 Free | 6:06.09 | 5:20.29 | 5:30.89 |
| :39.19 | :36.79 | :33.09 | 50 Back | :33.79 | :37.59 | :38.79 |
| 1:26.29 | 1:20.49 | 1:12.09 | 100 Back | 1:13.09 | 1:20.69 | 1:24.09 |
| 3:00.69 | 2:53.59 | 2:37.09 | 200 Back | 2:33.79 | 2:49.99 | 3:01.59 |
| :43.19 | :41.79 | :37.59 | 50 Breast | :37.69 | :41.49 | :43.69 |
| 1:33.79 | 1:30.19 | 1:20.79 | 100 Breast | 1:21.29 | 1:29.79 | 1:33.89 |
| 3:23.69 | 3:16.29 | 2:57.69 | 200 Breast | 2:52.99 | 3:11.09 | 3:21.19 |
| :36.79 | :35.69 | :32.09 | 50 Fly | :32.39 | :35.79 | :36.79 |
| 1:24.09 | 1:21.79 | 1:13.29 | 100 Fly | 1:12.49 | 1:20.19 | 1:23.09 |
| 3:07.89 | 3:01.99 | 2:44.69 | 200 Fly | 2:38.29 | 2:54.89 | 3:02.19 |
| N/A | 1:19.79 | 1:11.89 | 100 IM | 1:12.39 | 1:20.39 | N/A |
| 3:00.19 | 2:54.89 | 2:36.69 | 200 IM | 2:36.69 | 2:53.09 | 2:58.09 |
| 6:42.49 | 6:31.89 | 5:54.59 | 400 IM | 5:36.69 | 6:11.99 | 6:24.29 |

| GIRLS | | | | BOYS | | |
|----------|----------|----------|-----------------------|----------|----------|----------|
| JO LC | JO SCM | JO SCY | 13/14 YO | JO SCY | JO SCM | JO LC |
| :31.89 | :30.49 | :27.49 | 50 Free | :25.89 | :28.89 | :30.69 |
| 1:09.29 | 1:05.89 | :59.59 | 100 Free | :55.59 | 1:01.89 | 1:06.39 |
| 2:28.59 | 2:24.99 | 2:09.89 | 200 Free | 2:04.69 | 2:19.19 | 2:24.99 |
| 5:16.59 | 5:09.49 | 5:53.69 | 400/500 Free | 5:35.09 | 4:53.29 | 5:06.29 |
| 10:47.99 | 10:36.69 | 12:07.59 | 800/1000 Free | 11:43.89 | 10:15.99 | 10:31.29 |
| 20:39.79 | 20:05.09 | 20:12.19 | 1500/1650 Free | 19:39.49 | 19:32.59 | 20:14.39 |
| 1:19.69 | 1:15.49 | 1:08.09 | 100 Back | 1:04.89 | 1:11.69 | 1:15.59 |
| 2:51.99 | 2:42.69 | 2:25.69 | 200 Back | 2:19.69 | 2:34.19 | 2:42.99 |
| 1:30.09 | 1:25.89 | 1:17.49 | 100 Breast | 1:12.29 | 1:19.89 | 1:23.59 |
| 3:11.99 | 3:05.69 | 2:47.99 | 200 Breast | 2:36.29 | 2:52.69 | 3:02.39 |
| 1:17.59 | 1:14.89 | 1:07.39 | 100 Fly | 1:04.09 | 1:10.79 | 1:12.69 |
| 2:49.59 | 2:44.19 | 2:28.59 | 200 Fly | 2:22.29 | 2:37.19 | 2:41.59 |
| 2:48.39 | 2:42.79 | 2:25.79 | 200 IM | 2:20.49 | 2:35.99 | 2:44.59 |
| 6:03.19 | 5:58.79 | 5:21.49 | 400 IM | 5:02.89 | 5:34.69 | 5:46.79 |

| GIRLS | | | | BOYS | | |
|----------|----------|----------|-----------------------|----------|----------|----------|
| JO LC | JO SCM | JO SCY | 15/19 YO | JO SCY | JO SCM | JO LC |
| :31.89 | :32.39 | :26.99 | 50 Free | :24.09 | :26.89 | :28.79 |
| 1:08.09 | 1:04.89 | 58.39 | 100 Free | :52.49 | :58.59 | 1:03.09 |
| 2:25.39 | 2:19.99 | 2:05.49 | 200 Free | 1:55.39 | 2:08.79 | 2:17.39 |
| 5:12.89 | 5:01.89 | 5:44.99 | 400/500 Free | 5:20.29 | 4:40.29 | 4:53.29 |
| 10:41.89 | 10:26.49 | 11:55.89 | 800/1000 Free | 11:12.19 | 9:48.19 | 10:04.59 |
| 20:28.49 | 19:51.99 | 19:59.89 | 1500/1650 Free | 18:47.49 | 18:41.39 | 19:22.99 |
| 1:18.39 | 1:14.59 | 1:06.79 | 100 Back | 1:03.29- | 1:10.69- | 1:11.99 |
| 2:47.59 | 2:43.49 | 2:26.49 | 200 Back | 2:13.59 | 2:26.59 | 2:34.89 |
| 1:29.79 | 1:24.59 | 1:15.79 | 100 Breast | 1:09.19 | 1:16.49 | 1:20.59 |
| 3:08.49 | 3:06.79 | 2:47.29 | 200 Breast | 2:30.09 | 2:45.89 | 2:54.29 |
| 1:16.09 | 1:12.89 | 1:05.29 | 100 Fly | :59.79 | 1:06.79 | 1:09.09 |
| 2:44.69 | 2:42.79 | 2:28.00 | 200 Fly | 2:14.59 | 2:28.69 | 2:32.19 |
| 2:46.09 | 2:43.29 | 2:24.99 | 200 IM | 2:17.39 | 2:33.39 | 2:37.19 |
| 5:57.59 | 5:47.09 | 5:14.09 | 400 IM | 4:49.09 | 5:19.49 | 5:29.99 |

**DELAWARE SWIM TEAM'S
Double Last Chance B/C MEET
MARCH 4th – 5th, 2006**

**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 Girl Entries _____ **X 3.00 = \$** _____

of Boy Swimmers _____

Individual Boy Entries _____ **X 3.00 = \$** _____

Swimmer Surcharge If Applicable

Total # Swimmers _____ **X \$5.00 = \$** _____

Total Amount Enclosed: \$ _____

Make Checks Payable to: Delaware Swim Team Booster Club

**Mail Entries to: Delaware Swim Team Booster Club
c/o Kathy Drysdale/Meet Entries
2150 New Castle Avenue
New Castle, DE 19720**

Phone: (302) 652-4378

Entry Deadline: FRIDAY, FEBRUARY 17, 2006.

THIS ENTRY SUMMARY FORM MUST BE FILLED OUT COMPLETELY

