

# THE EAST REGIONAL SWIMMING CHAMPIONSHIPS

Hosted by

Team Delaware

at the

University of Delaware's Harry Rawstrom Natatorium

Newark, Delaware

Sanctioned by Middle Atlantic Swimming # MA 0671 B

March 31<sup>st</sup> - April 2<sup>nd</sup>

- Please Note:** The due date for entries of this meet is March 15, 2006. This meet was full last year, and we unfortunately had to turn teams away. Please get your entries in as early as possible to secure your entries into the meet.
- FACILITY:** 8-lane, 25-yard pool with 4 feet of water at the starting and shallow ends. 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.
- LOCATION/  
PARKING** University of Delaware, Carpenter Sports Building, Harry Rawstrom Pool, Newark, DE; (302) 831-8600. 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 pool. Additional parking is located in the parking garage at the end of Main Street. If using map-quest, use the address: 60 North College Avenue, Newark DE 19711. This is Unique Impressions and is located next to the pool.
- ELIGIBILITY:** This meet is open to any swimmers registered in 2006 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 31<sup>st</sup>, 2006..  
**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 page 9 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, LCM & SCM will be seeded as non-conforming times.  
All events are Timed Finals.  
Entries should be submitted using **HY-TEK Team Manager** 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.  
**For a team entry to be accepted, a Summary Sheet, the Official Entry and Payment must be submitted.**  
**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- Swimmers not previously entered in the meet must provide proof of current USA Swimming registration  
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, 2006 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](mailto:Danesullivan@aol.com)  
payment for emailed entries must be received  
by March 25, 2006 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 warm-up 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:** Failure to swim in a deck seeded event after checking in will result in a 1-event penalty for the swimmer who will not be allowed to swim in his/her next individual event

**MEET DIRECTOR:** **Denise Mullin, 302 761-9121**  
**Email:** [dmullin254@aol.com](mailto:dmullin254@aol.com)  
**Web Site:** [www.teamdelaware.org](http://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](mailto: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](http://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)

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.

- 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](http://www.teamdelaware.org)
- RESULTS:** Results can be found on both the Middle Atlantic website: [www.maswim.org](http://www.maswim.org) and the Team Delaware website: [www.teamdelaware.org](http://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 for \$15.00 each
- EMERGENCY PHONE:** Those attending who need a telephone number for contact during the meet may call (302) 831-8600. Please do not use this number prior to the meet dates!
- Hotels:**
- |  |  |
|--|--|
| Comfort Inn, 1120 S. College Ave,<br>(302) 368-8715          | Sleep Inn, 630 S. College Ave, (302)<br>453- 1700    |
| Shoney's Inn, 900 Churchman's Rd,<br>(302) 368- 2400         | Best Western, I-95 & Rt. 273 East,<br>(302) 738-3400 |
| Christiana Hilton Inn, 100 Continental<br>Dr, (302) 454-1500 |  |

## Order of Events

<b>Session #1</b>		
<b>Friday Afternoon – April 1, 2005 – 5:30pm (4:30 warm-up)</b>		
<b>Girls #</b>	<b>Event Description</b>	<b>Boys #</b>
<b>1</b>	9-10 200 IM	<b>2</b>
<b>3</b>	11-12 200 IM	<b>4</b>
<b>5</b>	9-10 200 Free	<b>6</b>
<b>7</b>	11-12 200 Free	<b>8</b>
<b>9</b>	9-10 50 Back	<b>10</b>
<b>11</b>	11-12 50 Back	<b>12</b>
<b>Session #2</b>		
<b>Saturday Morning – April 2, 2005 – 9:00am (8:00 warm-up)</b>		
<b>Girls #</b>	<b>Event Description</b>	<b>Boys #</b>
<b>13</b>	13-14 200 IM	<b>14</b>
<b>15</b>	15-18 200 IM	<b>16</b>
<b>17</b>	13-14 100 Back	<b>18</b>
<b>19</b>	15-18 100 Back	<b>20</b>
<b>21</b>	13-14 200 Fly	<b>22</b>
<b>23</b>	15-18 200 Fly	<b>24</b>
<b>25</b>	13-14 50 Free	<b>26</b>
<b>27</b>	15-18 50 Free	<b>28</b>
<b>29</b>	13-14 200 Breast	<b>30</b>
<b>31</b>	15-18 200 Breast	<b>32</b>
<b>33</b>	13-14 500 Free	<b>34</b>
<b>33</b>	15-18 500 Free	<b>34</b>
<b>Session #3</b>		
<b>Saturday Afternoon – April 2, 2005 – 3:00pm (2:00 warm-up)</b>		
<b>Girls #</b>	<b>Event Description</b>	<b>Boys #</b>
<b>35</b>	9-10 100 Free	<b>36</b>
<b>37</b>	11-12 100 Free	<b>38</b>
<b>39</b>	9-10 50 Fly	<b>40</b>
<b>41</b>	11-12 50 Fly	<b>42</b>
<b>43</b>	9-10 50 Breast	<b>44</b>
<b>45</b>	11-12 50 Breast	<b>46</b>
<b>47</b>	9-10 50 Free	<b>48</b>
<b>49</b>	11-12 50 Free	<b>50</b>

<b>Session #4</b>		
<b>Sunday Morning – April 3, 2005 – 9:00am (8:00 warm-up)</b>		
<b>Girls #</b>		<b>Boys #</b>
<b>51</b>	13-14 200 Free	<b>52</b>
<b>53</b>	15-18 200 Free	<b>54</b>
<b>55</b>	13-14 100 Fly	<b>56</b>
<b>57</b>	15-18 100 Fly	<b>58</b>
<b>59</b>	13-14 200 Back	<b>60</b>
<b>61</b>	15-18 200 Back	<b>62</b>
<b>63</b>	13-14 100Breast	<b>64</b>
<b>65</b>	15-18 100Breast	<b>66</b>
<b>67</b>	13-14 100 Free	<b>68</b>
<b>69</b>	15-18 100 Free	<b>70</b>
<b>71</b>	13-14 400 IM	<b>72</b>
<b>71</b>	15-18 400 IM	<b>72</b>
<b>Session #5</b>		
<b>Sunday Afternoon – April 3, 2005 – 3:00pm (2:00 warm-up)</b>		
<b>Girls #</b>		<b>Boys #</b>
<b>73</b>	9-10 100 Breast	<b>74</b>
<b>75</b>	11-12 100Breast	<b>76</b>
<b>77</b>	9-10 100 Back	<b>78</b>
<b>79</b>	11-12 100 Back	<b>80</b>
<b>81</b>	9-10 100 IM	<b>82</b>
<b>83</b>	11-12 100 IM	<b>84</b>
<b>85</b>	9-10 100 Fly	<b>86</b>
<b>87</b>	11-12 100 Fly	<b>88</b>





## East Regional 2006 Qualifying Times

All Entry times must be SLOWER THAN those listed

Slower than LC	Slower than SCM GIRLS	Slower than SCY	10/Under	Slower than SCY	Slower than SCM BOYS	Slower than 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
Slower than LC	Slower than SCM GIRLS	Slower than SCY	11/12 YO	Slower than SCY	Slower than SCM BOYS	Slower than 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
Slower than LC	Slower than SCM GIRLS	Slower than SCY	13/14 YO	Slower than SCY	Slower than SCM BOYS	Slower than 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
Slower than LC	Slower than SCM GIRLS	Slower than SCY	15/19 YO	Slower than SCY	Slower than SCM BOYS	Slower than 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