

# Delaware Swim Team

Presents the

## THE REGIONAL SWIMMING CHAMPIONSHIPS

March 26-28, 2010

**Updated 2/25/2010 to include Friday evening session**

Held under the Sanction of USA Swimming Sanctioned by Middle Atlantic Swimming, Inc.  
Sanction # MA 1090 B

<b>MEET DESCRIPTION</b>	A Championship Meet for swimmers yet to achieve Junior Olympic or Senior Championship qualifying times.
<b>LOCATION</b>	University of Delaware, Carpenter Sports Building, Harry Rawstrom Pool, Newark, DE Day of meet ONLY emergency phone # 302- 831-2264
<b>FACILITIES</b>	8-lane, 25-yard pool with 4 feet of water at the starting 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.  Spectator seating for 700 is available in the balcony  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: Snack Bar & Coach/Volunteer hospitality area will be provided.
<b>MEET REFEREE</b>	Fred Polaski may be contacted at: <a href="mailto:polaski5@comcast.net">polaski5@comcast.net</a>
<b>MEET DIRECTOR</b>	Brian Drysdale may be contacted at: <a href="mailto:briand@freestyles.org">briand@freestyles.org</a>
<b>SAFETY DIRECTOR</b>	Kathy Drysdale 302-234-8500 e-mail: <a href="mailto:kathyd@freestyles.org">kathyd@freestyles.org</a>
<b>OFFICIALS</b>	Please contact Chris Hausler at <a href="mailto:hausler@typefi.com">hausler@typefi.com</a> if you are able to officiate.
<b>ELIGIBILITY</b>	This meet is open to any swimmer registered in 2010 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, 2010.  Entry times must be slower than MA Junior Olympic (14yr & u) or MA Senior Championship (15-18yr) qualifying times.  <b>9-12</b> swimmers may compete in a maximum of five (5) individual events per day.  <b>13-18</b> swimmers may compete in a maximum of three (4) individual events per day.  Qualifying times can be found at: <a href="http://www.maswim.org/timestandards.htm">http://www.maswim.org/timestandards.htm</a>  <i>Please note: Because these qualifying times are based on JOs qualifying times, not all are below an "A" time.</i>

**ENTRY  
LIMITATIONS**

Entries will be processed on a "first come, first serve" basis. *Please refer to the Entry Deadline section for meet entry time period parameters*  
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.  
USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. The Meet Director reserves the right to change or limit warm-up times, and/or close the warm-up pool at any time. Warm-ups are subject to the following procedures:  
The 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.  
At the discretion of the Meet Director, Sprint/Start lanes will be available at the end of each warm-up session.  
No diving or backstroke starts will be permitted except in sprint lanes when designated.  
Swimmers must be under the direct supervision of a currently registered USA Swimming coach at all times.

**Warm-up/Start Schedule**  
Friday, Saturday & Sunday, March 26-28, 2010

<b>Session</b>	<b>Warm-up time:</b>	<b>Start time:</b>
1: 13-18yr distance	5:00pm	6:00pm
2 & 5: 13-18 yr	7:00am	8:00am
3 & 6: 9-10yr	11:30pm	12:30pm
4 & 7: 11-12yr	4:00pm	5:00pm

The 6-lane 20-yard pool may be used for continuous warm-up/warm down. Coaches are responsible for and must supervise their own swimmers in the 20-yard pool. 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 30 minutes prior to the start of each session, at the cost of \$8.00 per individual event.  
  
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 for awards.  
  
To enter, please see the Meet Director 30 minutes prior to the start of the session.

**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.

<p><b>SEEDING</b></p>	<p>Sessions are pre-seeded, timed final events. In order to be seeded, positive check-in will be required for the 13-18yr 400 IM and 500 FR, as well as the 9-12yr 200 IM and 200 FR. Positive check-in events will generally close for seeding thirty minutes before the expected starting time for that event.</p> <p>Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event.</p>
<p><b>HOW TO ENTER</b></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 manual entries must be submitted on the attached DST non-computer entry form (Swimmer's USA Swimming Registration number must be clearly included) OR by e-mail to <a href="mailto:ClarkB@freestyles.org">ClarkB@freestyles.org</a>. If you have Team Manager, please also provide a printout of the meet entries by name.</p> <p>You must complete the DST <b>Meet Summary Form</b> and mail/e-mail with the entry. A club contact person must be listed on the entry summary form, including an e-mail address. As per Middle Atlantic Swimming Rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. An additional \$25 per swimmer fee will be charged to any team submitting manual entries for more than 5 swimmers. We have information on the final page of this information about a Hy Tek product that is free (TM Lite) This product will assist you in completing an electronic entry.</p>
<p><b>ENTRY FEES</b></p>	<p>\$4.00 PER INDIVIDUAL EVENT</p>
<p><b>SEND ENTRIES TO</b></p>	<p>Delaware Swim Team Booster Club (Make all checks payable to "Delaware Swim Team Boosters") c/o Kathy Drysdale/Meet Entries 4905 Mermaid Blvd, Wilmington, DE 19808</p> <p>E-mail entries to <a href="mailto:ClarkB@freestyles.org">ClarkB@freestyles.org</a> : Subject: Your team name/Regional Meet Entry</p> <p>Any questions regarding entry forms should be directed to Clark Bickling: Phone: 302-234-8500 E-mail: <a href="mailto:clarkb@freestyles.org">clarkb@freestyles.org</a> Fax: 302-234-8502</p>
<p><b>ENTRY DEADLINE</b></p>	<p>In an effort to allow all Last Chance Meet participants an opportunity to qualify for Junior Olympics or Senior Champs prior to submitting Regional entries. Entries will be accepted <u>no earlier</u> than March 2, 2010 @12:00pm EST Entries must be received <u>no later</u> than March 9, 2010 Entries will be entered in the order received. Late entries not accepted.</p>
<p><b>RULES</b></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</p>

	<p>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>'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>Swimmers competing in the 500 FR must provide their own timer and counter. Swimmers competing in the 400 IM must provide their own timer.</p>
<p><b>SCORING &amp; AWARDS</b></p>	<p>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 "BB" award. Swimmers entered into the meet with "no time" are eligible to receive a "C" award. Swimmers with times slower than Jo times but faster than "BB" times will receive "BB" awards.</p> <p><b>"BB" Awards:</b></p> <p>Medals 1st to 3rd</p> <p>Double Ribbons 4th to 8th</p> <p><b>"C" Awards:</b></p> <p>Double Ribbons 1st to 3rd</p> <p>Ribbons 4th to 8th</p>
<p><b>PROGRAMS, ADMISSION, &amp; VOLUNTEERS</b></p>	<p>Admission - \$ 5.00 per Day. Children under 12 years old are admitted free.</p> <p>Programs - \$3.00 per Program. Programs includes one session.</p>
<p><b>RESULTS</b></p>	<p>Will be posted on DST's website: <a href="http://www.delawareswimteam.com">www.delawareswimteam.com</a> and the Middle Atlantic website: <a href="http://www.maswim.org">www.maswim.org</a></p>
<p><b>DIRECTIONS</b></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).</p> <p>Parking is located across the railroad tracks, opposite side of the street.</p> <p>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>

**ACCOMODATIONS**

Contact Clark Bickling at DST 302-234-8500 for referrals

**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

Entry times for 14 & under swimmers must be slower than  
2010 MA Junior Olympic qualifying time standards

Entry times for 15 to 18 yr old swimmers must be slower than  
2010 MA Senior Championship qualifying time standards

### Order of Events for Friday March 26th

Event #	Session 1	Event #
Female	Event Description	Male
1	13-18 400 IM	2
3	13-18 500 Free	4
<b>Warm-up: 5:00pm</b>	<i>Swimmers must provide their own timer and/or counter for this session</i>	<b>Start: 6:00pm</b>

### Order of Events for Saturday March 27th

Event #	Session 2	Event #
Female	Event Description	Male
5	13-18 200 Freestyle	6
7	13-18 100 Backstroke	8
9	13-18 200 Breaststroke	10
11	13-18 50 Freestyle	12
13	13-18 200 Butterfly	14
<b>Warm-up: 7:00 am</b>		<b>Start: 8:00am</b>

Event #	Session 3	Event #
Female	Event Description	Male
15	9-10 100 Freestyle	16
17	9-10 50 Butterfly	18
19	9-10 100 Backstroke	20
21	9-10 50 Breaststroke	22
23	9-10 200 IM	24
no earlier than <b>Warm-up: 11:30pm</b>		no earlier than <b>Start: 12:30pm</b>

Event #	Session 4	Event #
Female	Event Description	Male
25	11-12 100 Freestyle	26
27	11-12 50 Butterfly	28
29	11-12 100 Backstroke	30
31	11-12 50 Breaststroke	32
33	11-12 200 IM	34
no earlier than <b>Warm-up: 4:00pm</b>		no earlier than <b>Start: 5:00pm</b>

Entry times for 14 & under swimmers must be slower than  
2010 MA Junior Olympic qualifying time standards

Entry times for 15 to 18 yr old swimmers must be slower than  
2010 MA Senior Championship qualifying time standards

## Order of Events for Sunday March 28th

Event #	Session 5	Event #
Female	Event Description	Male
35	13-18 100 Freestyle	36
37	13-18 200 IM	38
39	13-18 100 Breaststroke	40
41	13-18 200 Backstroke	42
43	13-18 100 Fly	44
<b>Warm-up: 7:00 am</b>		<b>Start: 8:00am</b>

Event #	Session 6	Event #
Female	Event Description	Male
45	9-10 100 IM	46
47	9-10 50 Freestyle	48
49	9-10 100 Breaststroke	50
51	9-10 50 Backstroke	52
53	9-10 100 Butterfly	54
55	9-10 200 Freestyle	56
no earlier than <b>Warm-up: 11:30pm</b>		no earlier than <b>Start: 12:30pm</b>

Event #	Session 7	Event #
Female	Event Description	Male
57	11-12 100 IM	58
59	11-12 50 Freestyle	60
61	11-12 100 Breaststroke	62
63	11-12 50 Backstroke	64
65	11-12 100 Butterfly	66
67	11-12 200 Freestyle	68
no earlier than <b>Warm-up: 4:00pm</b>		no earlier than <b>Start: 5:00pm</b>

DELAWARE SWIM TEAM'S  
REGIONAL SWIMMING CHAMPIONSHIPS  
March 26-28, 2010  
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 Boy Swimmers \_\_\_\_\_ # Individual Boys Entries \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Swimmer Surcharge If Applicable..... Total # Swimmers \_\_\_\_\_ X \$15.00 = \$ \_\_\_\_\_

Total Amount Due: \$ \_\_\_\_\_  
(Checks Payable to Delaware Swim Team Boosters)

Entry Deadline: Tuesday March 9, 2010

Mail Entries to: Delaware Swim Team Booster Club  
c/o Kathy Drysdale/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  
Head Coach's Signature \_\_\_\_\_

**THIS ENTRY SUMMARY FORM MUST BE FILLED OUT COMPLETELY**



## 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	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Lite</a>
MEET MANAGER 2.0	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Demo</a>
Sports BUSINESS MANAGER 5.1	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Demo</a>
Personal SWIM MANAGER 2.1	<a href="#">Update</a>	<a href="#">User Guide</a>	N/A	<a href="#">Demo</a>
TM 4.0Sm - Not supported by HY-TEK	<a href="#">Update</a>	N/A	N/A	N/A
MM 1.4Qe - Not supported by HY-TEK	<a href="#">Update</a>	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.