

GREEN MOUNTAIN DISTRICT CHAMPIONSHIP MEET

Waterbury Municipal Pool, Waterbury, Vermont

July 31, 2010

warm-ups 8:30 am; meet start 9:15 am.

EVENTS: See attached list.

MEET FORMAT: The meet will be swum as timed finals. Events will start from the pumphouse (far) end of the pool, except for the 25-yard events, which will start from the entrance end of the pool.

There will be one session, with a break approximately halfway through during and following the 500 freestyle. Events will be seeded by computer based on positive check-in at the beginning of the meet. Coaches will receive a positive check-in sheet before the meet, which must be returned no later than 8:45 am. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets from the timing table.

Coaches are responsible for ensuring their swimmers proceed to the bullpen for their events.

ENTRY INFORMATION: Entries must be received no later than Thursday, July 29, 2010. No deck entries will be accepted.

Event Limits: Athletes may swim in a maximum of **four** individual and **two** relays.

Email Entries: If possible, please submit entries using Hy-Tek Team Manager or TM Lite. Entries in other formats will incur a \$20 surcharge per team.

Entry Fees:

- \$12 per swimmer, for any number of events up to the maximum.
- This may include one time trial at the end of the meet (see below).

Please make checks payable to "Waterbury Rapids".

Entry Times: All entries must be specified in short course yards (SCY) times. All meter times must be converted to yard times. Please indicate "NT" for no time.

RULES: 2010 US Swimming rules will govern all competition and the decisions of the starter will be final unless a protest is lodged within 30 minutes of the swim heat being protested. Please notify the starter in advance of disabled swimmers participating in the meet.

OFFICIALS AND TIMERS: Each team is expected to supply a number of timers and officials at a ratio of **at least** one timer or official per 3.5 swimmers entered. Please have designated timers assigned ahead of time so that the timers' meeting is not delayed by repeated calls for enough timers to run the meet. Volunteers may split timers' duties as long as everyone attends the meeting to be familiarized with meet procedures. The more timers we have available, the more smoothly the meet runs and the more accurate the times recorded.

RELAY LEAD-OFF SPLITS: Coaches may request that the time of the lead-off swimmer of a relay be recorded as a legal split. The request must be **in advance**, following the procedure outlined below.

1. A request to record a lead-off split needs to be requested ahead of time by the coach (not by a parent or swimmer).
2. The request must be made to and approved by the timing table ahead of time: for the medley relay events, before the meet starts, and for the free relay events, no later than the break at the 500 freestyle.
3. The coach would need to write and provide a card for the swimmer, with the swimmer's name, age, sex, date of birth, team name, and event number, and submit this card to the timing table. (Timing table will supply some blank cards for this purpose.)
4. If the request is approved, the coach would then need to take the card to the starter and notify the starter by the relevant deadline.
5. Each swimmer would have to provide **at least two** and preferably three **additional timers** to record the split time.
6. The starter would announce before the start of the heat that a split time will be recorded.
7. Timers would need to be instructed by the starter before the start of the heat to start their watches together and then have the event timers move away from the pool edge, and splits timers move to the pool edge, to record the splits. After recording the lead-off split, the timers would record their watch times on the card and move back away from the start area to allow the regular event timers to return.
8. The coach would then be responsible for bringing the lead-off split card to the timing table by the end of the event.
9. If only one time is written on the card, the time will not be recorded.
10. The lead-off leg would need to be performed in a legal manner with no disqualification of the swimmer recorded.

TIME TRIALS: At the end of the meet, coaches may request that a swimmer be permitted one time trial. The swimmer would need to have a reasonable chance of making the qualifying time for the VSA meet. For these purposes, "reasonable" can be taken to be within one second of a 25-yard event, two seconds for a 50-yard event, or three seconds for a 100- or 200-yard event. No more than one time trial per swimmer will be allowed.

SAFETY AND IMPORTANT RULES TO NOTE:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes.
2. No shaving is permitted at or around the Waterbury pool competition site.
3. Swimmers under the age of 18 must be under the supervision of a coach or parent at all times.

SCORING: The meet will be scored, with points being awarded for 1st through 6th place for individual events (7, 5, 4, 3, 2, 1), and 1st through 3rd place for relay events (14, 10, 8).

AWARDS: Medals will be awarded for 1st, 2nd, and 3rd place finishes (all events); ribbons will also be awarded for 4th, 5th, and 6th place finishes in individual events.

CONCESSIONS: Refreshments will be available.