

Candy Cane Meet 2009

Harold Paulson Pool at the Riverton Community Center
1600 Forest Avenue Portland, Maine

Sunday December 6, 2009

Session 1 Warm-up **8:00-8:30** 10 & Under **8:30-8:55** 13 & Over
9:00AM Start

Girls Event #	Age	Event	Age	Boys Event #
1	Open	200 Freestyle Relay	10 & Under	2
3	10 & Under	200 Freestyle Relay	Open	4
5	Open	200 Individual Medley	Open	6
7	10 & Under	100 Individual Medley	10 & Under	8
9	Open	50 Freestyle	Open	10
11	10 & Under	50 Breaststroke	10 & Under	12
13	Open	100 Breaststroke	Open	14
15	10 & Under	50 Butterfly	10 & Under	16
17	Open	100 Butterfly	Open	18
19	10 & under	50 Backstroke	10 & under	20
21	Open	100 Backstroke	Open	22
23	10 & Under	50 Freestyle	10 & Under	24
25	Open	100 Freestyle	Open	26
27	10 & Under	200 Medley Relay	10 & Under	28
29	Open	200 Medley Relay	Open	30
31	Open	400 Freestyle Relay	Open	32

Session 2 Warm up **1:00- 1:25** 11-12 year olds **1:25-1:55** 8 & Unders
2:00PM Start

Girls Event #	Age	Event	Age	Boys Event #
33	11-12	200 Freestyle Relay	11-12	34
35	8 & Under	200 Free Relay	8 & Under	36
37	11-12	100 Individual Medley	11-12	38
39	8 & Under	50 Backstroke	8 & Under	40
41	11-12	50 Backstroke	11-12	42
43	8 & Under	25 Butterfly	8 & Under	44
45	11-12	50 Butterfly	11-12	46
47	8 & Under	50 Breaststroke	8 & Under	48
49	11-12	50 Breaststroke	11-12	50
51	8 & Under	50 Freestyle	8 & Under	52
53	11-12	50 Freestyle	11-12	54
55	8 & Under	100 Individual Medley	8 & Under	56
57	11-12	200 Medley Relay	11-12	58

All 25 meter events will start at the Start end of pool and have manual times.

- SANCTION:** Maine Swimming, Inc. Sanction number: ME 0910-1206
- FACILITY:** Harold Paulson Pool - a six lane 25-meter pool with non-turbulent lane lines, automatic timing and bleacher seating.
- SCHEDULE:** See Schedule of Events Sheet.
- FORMAT:** All events will be timed finals. 25 meter swims will be swum from the start end of pool to shallow end with manual timing. There will be no time trials.

For questions on the meet contact:

Chas Foehl, Meet Director at 776-2658 or cfoehl@me.com

- ENTRIES:** Meet Entries must be submitted via email:
- 1) HY-TEK zip file, and
 - 2) attached Entry report in Word format

**Hy-Tek entries must be received no later than 11:59 pm
Wednesday, December 2, 2009**

No Deck entries will be accepted.

Send email entries to: bcaton@maine.rr.com
If you have questions about your files or entries you may reach Betty at 878-3614.

Swimmers must be USA-Swimming registered for 2009 or 2010.
Include swimmers' registration number with entries.
Entries must be submitted by team with all competing swimmers included in each entry submission.

In the event the meet is over-subscribed entries may be cut on the basis of last entry received, first cut.

Swimmers are limited to 5 (five) individual events per day. No limits on the number of relays they can do.
This meet is recommended for swimmers of all ages.

FEES: \$3.00 per individual event for HY-TEK entries. \$6.00 per relay entry. **There is a \$0.50 surcharge, per event, for non HY-TEK entries.**

Please make checks payable to **Portland Porpoises Swim Club** and mail to Chas Foehl, PPSC, 254 Clifton Street, Portland, Maine 04103 (One check per team, please.)

Programs will be available for a nominal fee.

There will be a \$1.00 admission fee for spectators.

SEEDING: The meet will be pre-seeded and deck entries for individual events will not be accepted.

RULES: Current USA Swimming rules with govern all competition. Decisions by the meet referee will be final.

SAFETY: Each participating swimmer must be under the supervision of a USA-Swimming certified coach with a current USA-Swimming membership.

There will be absolutely no diving into the pool except during sprint lane warm-ups and swim event starts. All entry into the pool is from the deep end only -- the sit and slide method is required. Non-compliance is justification for disqualification from the meet.

Swimmers must enter and exit the pool through the locker rooms. There is no food allowed in the pool area.

Protests: A committee will be formed to handle and protests that arise during the meet. The committee will include the meet directors, the meet referee, a coach and an athlete (not from the same team as the originator of the protest).

Liability: Hosting Club, Facility, shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

Deck Credentials: Only certified and meet registered coaches, session officials, registered USA swimmers and Meet Staff will be allowed on the deck.

Cell Phones of any kind and all video recording or image capturing devices of

**any kind are prohibited from the locker rooms.
THERE ARE NO EXCEPTIONS!**

AWARDS: Candy Canes will be awarded to all participants.

OTHER: Food and beverage will be available during the meet. Swim equipment will also be available for sale.