

Delaware Swim Team

THE REGIONAL SWIMMING CHAMPIONSHIPS

March 26-28, 2010

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

MEET DESCRIPTION	A Championship Meet for swimmers yet to achieve Junior Olympic or Senior Championship qualifying times.															
LOCATION	University of Delaware, Carpenter Sports Building, Harry Rawstrom Pool, Newark, DE. Day of meet ONLY emergency phone # 302- 831-2264															
ELIGIBILITY	<p>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.</p> <p>9-12 swimmers may compete in a maximum of five (5) individual events per day.</p> <p>13-18 swimmers may compete in a maximum of three (4) individual events per day.</p> <p>Qualifying times can be found at: http://www.maswim.org/timestandards.htm</p>															
OFFICIALS	Please contact Chris Hausler at chausler@typefi.com if you are able to officiate.															
ORDER OF EVENTS	See attached sheet listing the order of events and event numbers. Warm-up/Start Schedule Friday, Saturday & Sunday, March 26-28, 2010															
WARM-UP PROCEDURES & START TIMES	<table border="1"><thead><tr><th>Session</th><th>Warm-up time:</th><th>Start time:</th></tr></thead><tbody><tr><td>1: 13-18yr distance</td><td>5:00pm</td><td>6:00pm</td></tr><tr><td>2 & 5: 13-18 yr</td><td>7:00am</td><td>8:00am</td></tr><tr><td>3 & 6: 9-10yr</td><td>11:30pm</td><td>12:30pm</td></tr><tr><td>4 & 7: 11-12yr</td><td>4:00pm</td><td>5:00pm</td></tr></tbody></table>	Session	Warm-up time:	Start time:	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
Session	Warm-up time:	Start time:														
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														
ENTRY FEES	\$4.00 PER INDIVIDUAL EVENT, plus a \$2.00 Team Administrative fee, due through our website at time of entry. Credit Card payments are the expected method of payment.															
ENTRY DEADLINE	DST Team Entries must be received, through our website, www.delawareswimteam.com , by Monday, March 1, 2010. Instructions on how to enter a meet online are available on our website.															
SEEDING	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. Swimmers must provide their own timers and counters for the 400 IM and 500 FR. 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.															
DIRECTIONS	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 street. If using MapQuest, use the address: 60 North College Avenue, Newark DE 19711. This is Unique Impressions and is located next to the pool.															
HOSPITALITY	We are responsible for providing the hospitality area for coaches and meet volunteers. 13-18 BOYS ARE ASKED TO BRING BAGELS OR DOUGHNUTS, 13-18 GIRLS WATER OR SODA, 9-10 BOYS DESSERTS, 9-10 GIRLS WATER OR SODA, 11-12 BOYS DESSERTS, 11-12 GIRLS SALADS OR SIDE DISHES. THANK YOU!!															

FULL MEET INFORMATION IS AVAILABLE ON OUR WEBSITE: WWW.DELAWARESWIMTEAM.COM

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

Entry times for 15 to 19 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
Warm-up: 5:00pm	<i>Swimmers must provide their own timer and/or counter for this session</i>	Start: 6:00pm

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
Warm-up: 7:00 am		Start: 8:00am

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 Warm-up: 11:30pm		no earlier than Start: 12:30pm

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 Warm-up: 4:00pm		no earlier than Start: 5:00pm

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2010 MA Junior Olympic qualifying time standards

Entry times for 15 to 19 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
Warm-up: 7:00 am		Start: 8:00am

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 Warm-up: 11:30pm		no earlier than Start: 12:30pm

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 Warm-up: 4:00pm		no earlier than Start: 5:00pm