

**Delaware Swim Team's
1st Annual
First State Quad**

An Senior A/BB/C/ Quad Meet Invitational

November 5–6, 2011

Held under the Sanction of USA Swimming ~ Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 1265 CI

MEET DESCRIPTION	A Quad Meet featuring senior level swimmers from the Delaware Swim Team, Jersey Wahoos, Asphalt Green Unified Aquatics, and Rockville Montgomery Swim Club. The team placing first in overall Team High Points will take home the First State Cup!
LOCATION	University of Delaware, Carpenter Sports Building, Harry Rawstrom Pool, Newark, DE. Day of meet ONLY emergency phone # 302- 831-2264
FACILITIES	8-lane, 25-yard pool with 4 feet of water at the starting and turning ends of the pool. The competition course has not been certified in accordance with 104.2.2C (4). 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. Doors will not open until 30 minutes prior to warm-up. 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: Coach/Volunteer hospitality area will be provided. Spectator Snack Bar/Concession stand will be available at the discretion of the University of Delaware.
MEET REFEREE	Cecil Gordon: 302-234-8500 email: dst@freestyles.org
MEET DIRECTOR	Brian Drysdale may be contacted at briand@freestyles.org
SAFETY DIRECTOR	Kathy Drysdale 302-234-8500 e-mail: kathyd@freestyles.org
OFFICIALS	Please contact us at dst@freestyles.org if you are able to officiate.
ELIGIBILITY	This meet is open to all DST, JW, AGUA, and RMSC swimmers registered with USA Swimming. Swimmer's age is as of November 5, 2011. Up until 10 minutes prior to the start of each session, unregistered swimmers may register on deck by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$120 per swimmer for 2011-12 registration). This applies to all swimmers attached to a club. No proof of time is required as there are no qualifying times. Swimmers may enter a maximum of 2 individual events per session, with at Maximum 4 events per day. Not including relays
ENTRY LIMITATIONS	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 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.
Warm-up: no diving off starting blocks or the edge of the pool during this time. Sprint lanes will be available for at least the last 10 minutes of each warm-up session. Swimmers must be under the direct supervision of a currently registered USA Swimming coach at all times. Open warm-ups will prevail unless lane assignments are required at the direction of the Meet Director.

**Warm-up/Start Schedule:
Saturday & Sunday, November 5-6, 2011**

		Warm-Up Time	Start Time
Session 1	Senior	9:00AM	10:00AM
Session 2	Senior	3:00PM	4:00PM
Session 3	Senior	8:00AM	9:00AM
Session 4	Senior	10:30AM	11:30AM

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 10 minutes prior to the start of each session, at the cost of \$8.00 per individual event or \$16.00 per relay.
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 team points. To enter, please see the Meet Director before or during warm-ups.

**RACING START
CERTIFICATION**

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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.

**ATHLETES WITH
DISABILITIES**

Middle Atlantic Swimming makes every effort to accommodate swimmers who are disabled in some way. Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

SEEDING

This is a pre-seeded, timed final A/BB/C meet. In order to be seeded, positive check-in will be required for the 500 & 1000 freestyle and 400 IM; these events will be swum fast to slow. Positive check-in events will generally close for seeding thirty minutes before the expected starting time for that event. Any swimmer who positively checks-in for a deck-seeded event and does not swim that event may be barred from their next Individual event.

HOW TO ENTER

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.

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

Order of Events for Saturday November 5th		
Warm-up: 9:00am / Start: 10:00am		
Event #	Session 1	Event #
Female	Event Description	Male
1	Senior 200 yard Individual Medley	2
3	Senior 50 yard Freestyle	4
5	Senior 100 yard Butterfly	6
7	Senior 500 yard Freestyle	8
9	Senior 4 x 50 yard Free Relay	10

Warm-up: 3:00pm / Start: 4:00pm		
Event #	Session 2	Event #
Female	Event Description	Male
11	Senior 200 yard Backstroke	12
13	Senior 100 yard Breaststroke	14
15	Senior 200 yard Butterfly	16
17	Senior 100 yard Freestyle	18
19	Senior 4 x 100 yard Individual Medley Relay	20

Order of Events for Sunday, November 6th		
Warm-up: 8:00am / Start: 9:00am		
Event #	Session 3	Event #
Female	Event Description	Male
21	Senior 1000 yard Freestyle	22

Warm-up: 10:30am / Start: 11:30am		
Event #	Session 4	Event #
Female	Event Description	Male
23	Senior 200 yard Freestyle	24
25	100 yard Backstroke	26
27	Senior 200 yard Breaststroke	28
29	Senior 400 yard Individual Medley	30
31	Senior 4 x 50 yard Medley Relay	32

DELAWARE SWIM TEAM'S
First State Cup Quad Meet
November 5-6, 2011
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 Girls Relays _____ x \$8.00 = \$ _____

of Boy Swimmers _____ # Individual Boys Entries _____ x \$4.00 = \$ _____

of Boys Relays _____ x \$8.00 = \$ _____

Swimmer Surcharge If Applicable..... Total # Swimmers _____ X \$5.00 = \$ _____

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

Entry Deadline: Friday, October 22nd, 2011

Mail Entries to: Delaware Swim Team
c/o Clark Bickling/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 Swimming and that all coaches from this team who will attend this meet hold current USA Swimming coaching credentials.

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