

To: All S.O.M.E. Swim Coaches  
From: David Croft  
Date: February 1, 2019  
Re: **REGISTRATION FOR THE 2019 CUMBERLAND COUNTY SWIM MEET**

Enclosed are registration materials for the 2019 Cumberland County Swim Meet. The meet will be held on Friday, March 29<sup>th</sup> at the Donald L. Richards Pool in Cape Elizabeth.

**PLEASE NOTE:**

**AS WAS THE CASE LAST YEAR, THIS YEAR'S MEET IS BEING RUN IN TWO SESSIONS**  
**SWIMMERS IN ALL AGE GROUPS WILL SWIM IN SESSION I**  
**DEVELOPMENTAL SWIMMERS (ALL AGES) WILL SWIM IN SESSION II**

1. Coaches must complete and submit the **Head of Delegation Information Form**.
2. A separate Entry Form must be completed for each athlete. Submit entry times so that heats may be seeded appropriately (Note: entry times may be times recorded by a coach in practice if the athlete has not swum the event in a meet). **All athletes MUST have times entered on their registration forms in order to compete.**
3. Each athlete may enter a **maximum of two individual and one relay events**. The entry form contains specific instructions about the combination of events an athlete may enter. Please read these instructions carefully.
4. A **Medical Release Form** must be current for each athlete.
5. All athletes must be accompanied by a coach, family member, or staff person. **For the assisted swim events, athletes must provide their own assistants.**
6. Use the **Team Relay Entry Form** to enter relay teams. The age division of the relay is determined by the age of the oldest member of the relay.
7. **THE REGISTRATION DEADLINE IS MARCH 15<sup>th</sup>!** Entry forms should be sent to:

**Claire Poulin**  
**9 Waterhouse Road**  
**Gorham, ME 04038**  
[Rpoulin3@maine.rr.com](mailto:Rpoulin3@maine.rr.com)

and must be received on or before **March 15<sup>th</sup>!** No exceptions! This deadline is necessary to allow time to prepare the meet program.

8. The Town of Cape Elizabeth has been very generous in providing pool time to run this meet. Because other activities will be going on at the pool prior to the start of our meet, **we are asking teams/athletes not to arrive prior to 9:30 am.** The schedule for the day's events is as follows:

<b>9:30</b>	<b>Team Registration – Pool Lobby</b>
<b>10:15</b>	<b>Session I begins</b>
<b>12:00</b>	<b>Registration for Session II (if not already registered) – Pool Lobby</b>
<b>12:30</b>	<b>Session II will begin at the conclusion of Session I, but in no event sooner than 12:30</b>

9. No food concession will be provided at this meet. Athletes are encouraged to bring their own snacks and drinks. **Please note that no food or drinks other than water in plastic bottles is allowed in locker rooms, on deck, or in the spectator seating area.** Tables and chairs will be set up in the hall adjacent to the lobby to eat snacks brought to the meet.
10. Cancellation policy: If school is cancelled in Cape Elizabeth on March 29<sup>th</sup>, then the swim meet is also cancelled.

**11. Directions to the Donald L. Richards Pool:**

The Donald L. Richards Pool is located at the Cape Elizabeth High School.

*From Portland*, take Route 77 into Cape Elizabeth center. The entrance to the High School is a right hand turn just past the IGA Shopping Center.

*From Scarborough*, take Route 77 into Cape Elizabeth center. The entrance to the High School is a left hand turn just before the IGA Shopping Center.

After turning into the High School, bear right and follow the road around to the back of the school. There you will find parking and the entrance to the Pool.

**THE REGISTRATION DEADLINE IS MARCH 15<sup>th</sup>**  
call Claire Poulin at **839-4588** for further information

**SPECIAL OLYMPICS MAINE  
SWIMMING  
HEAD OF DELEGATION INFORMATION FORM**

SCHOOL/ AGENCY: \_\_\_\_\_

SCHOOL/AGENCY PHONE: \_\_\_\_\_

HEAD OF DELEGATION NAME: \_\_\_\_\_

Person responsible for this (first) (last)  
Team delegation

SCHOOL/ AGENCY ADDRESS: \_\_\_\_\_

\_\_\_\_\_

CITY/ TOWN/ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

\*where we can reach you on the weekends if we have questions about your entry forms.

HOME ADDRESS: \_\_\_\_\_

CITY/ TOWN/ ZIP: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

**PLEASE ATTACH COMPLETED ATHLETIC ENTRY FORMS AND MAIL TO:**

**Claire Poulin**

**9 Waterhouse Road**

**Gorham, ME 04038**

**[rpoulin3@maine.rr.com](mailto:rpoulin3@maine.rr.com)**

On or before March 15<sup>th</sup>!

Special Olympics Maine  
**SWIMMING ENTRY FORM**

Meet Date: Friday, March 29<sup>th</sup>, 2019

Donald L. Richards Pool

Cape Elizabeth

Athlete Name: \_\_\_\_\_

Sex (M or F): \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

School/ Agency: \_\_\_\_\_

Coach Name: \_\_\_\_\_

<p style="text-align: center;"><b>Entry Option #1</b></p> <p style="text-align: center;">10 Yard Assisted Swim</p> <p style="text-align: center;"><i>Athletes entered in these events may not enter any other event</i></p>	<p style="text-align: center;"><b>Entry Option #2</b></p> <p style="text-align: center;">15 Yard Floatation Race 25 yard Floatation Race</p> <p style="text-align: center;"><i>Athletes may enter one or both of these events. Athletes entered in these events may not enter any other event</i></p>
<p style="text-align: center;"><b>Entry Option #3</b></p> <p style="text-align: center;">15 Yard Unassisted Swim 25 Yard Floatation Race</p> <p style="text-align: center;"><i>Athletes may enter one or both of these events. Athletes entered in these events may not enter any other event</i></p>	<p style="text-align: center;"><b>Entry Option #4</b></p> <p style="text-align: center;">25 Yard Freestyle 50 Yard Freestyle 100 Yard Freestyle 25 Yard Backstroke 50 Yard Backstroke 25 Yard Breaststroke 50 Yard Breaststroke 25 Yard Butterfly 50 Yard Butterfly</p> <p style="text-align: center;"><i>Athletes may enter a maximum of 2 individual events listed above, in addition to the 4X25 Yard Relay.</i></p> <p style="text-align: center;"><i>Athletes entered in these events may not enter any other events</i></p>

**Please use the 4 X 25 Yard Freestyle Relay Team Form for the athletes entered in that event.**

EVENT REGISTRATION	QUALIFYING TIME		
EVENT NAME	MINUTES	SECONDS	TENTHS

THIS ENTRY FORM **MUST BE RECEIVED BY**  
 Claire Poulin, 9 Waterhouse Road, Gorham, ME 04038  
**ON OR BEFORE MARCH 15<sup>th</sup>!**

Please see attached page for event rules and clarifications.

**SPECIAL OLYMPICS MAINE**  
**SWIMMING RELAY TEAM ENTRY FORM**  
**4 X 25 YARD FREESTYLE TEAM RELAY**

School/ Agency: \_\_\_\_\_

Coach: \_\_\_\_\_

**Athlete Relay Team Names:**

**Team Aggregate Time:**

1. \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_  
minutes    seconds

2. \_\_\_\_\_

**CHECK APPROPRIATE AGE DIVISION**

3. \_\_\_\_\_

\_\_\_\_ JUNIOR: age 15 and under

4. \_\_\_\_\_

\_\_\_\_ SENIOR: age 16 to 21

\_\_\_\_ MASTER: age 22 and over

**Athlete Relay Team Names:**

**Team Aggregate Time:**

1. \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_  
minutes    seconds

2. \_\_\_\_\_

**CHECK APPROPRIATE AGE DIVISION**

3. \_\_\_\_\_

\_\_\_\_ JUNIOR: age 15 and under

4. \_\_\_\_\_

\_\_\_\_ SENIOR: age 16 to 21

\_\_\_\_ MASTER: age 22 and over

**Athlete Relay Team Names:**

**Team Aggregate Time:**

1. \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_  
minutes    seconds

2. \_\_\_\_\_

**CHECK APPROPRIATE AGE DIVISION**

3. \_\_\_\_\_

\_\_\_\_ JUNIOR: age 15 and under

4. \_\_\_\_\_

\_\_\_\_ SENIOR: age 16 to 21

\_\_\_\_ MASTER: age 22 and over

**Athlete Relay Team Names:**

**Team Aggregate Time:**

1. \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_  
minutes    seconds

2. \_\_\_\_\_

**CHECK APPROPRIATE AGE DIVISION**

3. \_\_\_\_\_

\_\_\_\_ JUNIOR: age 15 and under

4. \_\_\_\_\_

\_\_\_\_ SENIOR: age 16 to 21

\_\_\_\_ MASTER: age 22 and over

**2019**  
**Cumberland County**  
**Special Olympics Swim Meet**  
**Event Schedule**

**PLEASE NOTE:**

**AS WAS THE CASE LAST YEAR, THIS YEAR'S MEET IS BEING RUN IN TWO SESSIONS**  
**SWIMMERS IN ALL AGE GROUPS WILL SWIM IN SESSION I**  
**DEVELOPMENTAL SWIMMERS (ALL AGES) WILL SWIM IN**  
**SESSION II**

**SESSION I – START 10:15 AM**

EVENT 1	11 & UNDER	25 FREESTYLE
EVENT 2	12-15	25 FREESTYLE
EVENT 3	16-21	25 FREESTYLE
EVENT 4	22 & OVER	25 FREESTYLE
EVENT 5	11 & UNDER	25 BACKSTROKE
EVENT 6	12-15	25 BACKSTROKE
EVENT 7	16-21	25 BACKSTROKE
EVENT 8	22 & OVER	25 BACKSTROKE
EVENT 9	11 & UNDER	25 BREASTSTROKE
EVENT 10	12-15	25 BREASTSTROKE
EVENT 11	16-21	25 BREASTSTROKE
EVENT 12	22 & OVER	25 BREASTSTROKE
EVENT 13	11 & UNDER	25 BUTTERFLY
EVENT 14	12-15	25 BUTTERFLY
EVENT 15	16-21	25 BUTTERFLY
EVENT 16	22 & OVER	25 BUTTERFLY
EVENT 17	11 & UNDER	50 FREESTYLE
EVENT 18	12-15	50 FREESTYLE
EVENT 19	16-21	50 FREESTYLE
EVENT 20	22 & OVER	50 FREESTYLE
EVENT 21	11 & UNDER	50 BACKSTROKE
EVENT 22	12-15	50 BACKSTROKE
EVENT 23	16-21	50 BACKSTROKE
EVENT 24	22 & OVER	50 BACKSTROKE
EVENT 25	11 & UNDER	50 BREASTSTROKE
EVENT 26	12-15	50 BREASTSTROKE
EVENT 27	16-21	50 BREASTSTROKE
EVENT 28	22 & OVER	50 BREASTSTROKE
EVENT 29	11 & UNDER	50 BUTTERFLY
EVENT 30	12-15	50 BUTTERFLY
EVENT 31	16-21	50 BUTTERFLY
EVENT 32	22- OVER	50 BUTTERFLY
EVENT 33	ALL AGES	100 YARD FREESTYLE
EVENT 34	JUNIOR 100 FREESTYLE RELAY (15 & UNDER)	
EVENT 35	SENIOR 100 FREESTYLE RELAY (16-21)	
EVENT 36	MASTER 100 FREESTYLE RELAY (22 & OVER)	

**SESSION II – TO START NO SOONER THAN 12:30 NOON**

EVENT 28	10 YARD ASSISTED
EVENT 29	15 YARD UNASSISTED
EVENT 30	15 YARD FLOATATION
EVENT 31	25 YARD FLOATATION

# Event Rules/Event Options for SWIMMING

*The events in Options #1-#3 are intended to provide meaningful competition for athletes with lower ability levels. As stated on the entry form, there will be no "cross-over" within entry options, as there is a natural progression in the ability to compete in these events, starting with Option #1 through Option #4. We hope you will train and challenge your athletes to the best of their ability.*

## **RULES:**

### **Option #1 - 10 Yard Assisted Swim**

Each Athlete is responsible for having his/her own coach/assistant. The assistant may touch, guide or direct the athlete, but may not support or assist the athlete's forward movement. The athlete may use floatation (see floatation specifications under general rules). The assistant may be in the pool or on deck.

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### **Option #2 - 15 Yard Floatation Race & 25 Yard Floatation Race**

Each athlete is responsible for his/her own floatation (IMPORTANT – see specifications for floatation under general rules). These races do not allow physical assistance by coaches, etc., once the race has begun. However, coaches may assist athletes to hold their position at the start line, prior to the start of the race.

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### **Option #3 - 15 Yard Unassisted Swim**

Athletes must swim the entire distance with no assistance. Coaches may offer encouragement and direction to the athletes from outside the pool, only. This event is basically a 15 Yard Freestyle.

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## **General Rules Overall**

1. There will be limitations for diving starts and use of starting blocks, dependent upon the depth of the pool at the start line.
2. Standing on the bottom during freestyle events WILL NOT disqualify an athlete, but he/she may not walk or jump. Standing on the bottom of the racing course is allowed only for the purpose of resting. Walking and/or jumping will result in disqualification.
3. A coach may guide by voice only. A coach may not touch the athlete from the time the race starts until the athlete has completed the race.
4. A coach may help an athlete maintain their position at the starting line.
5. No competitor will be allowed to use or wear any device that will aid in speed (webbed gloves, fins, flippers, etc). Goggles may be worn.
6. Floatation Races – Athletes are responsible for his/her own floatation, which must be a body wrap-around type (floatation such as kickboards, innertubes or floats that wrap around arms are not acceptable)

*Please call Special Olympics Maine (879-0489) if you have any questions, or if further clarification is needed. Thank you!*