

To: All S.O.M.E. Swim Coaches  
From: David Croft  
Date: Feb 26, 2024

**Re: REGISTRATION FOR THE 2024 CUMBERLAND COUNTY SWIM MEET**

Enclosed are registration materials for the 2024 Cumberland County Swim Meet. The meet will be held on Friday, April 5th at the Donald L. Richards Pool in Cape Elizabeth.

**PLEASE NOTE:**

**AS WAS THE CASE IN PAST YEARS, THIS YEAR'S MEET IS BEING RUN IN TWO SESSIONS:**

- 1. SWIMMERS IN ALL AGE GROUPS WILL SWIM IN SESSION I**
- 2. 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 22<sup>nd</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 22nd!** 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:

**9:30 Team Registration – Pool Lobby**

**10:15 Session I begins**

**12:00 Registration for Session II (if not already registered) – Pool Lobby**

**12:30 Session II will begin at the conclusion of Session I, but in no event sooner than 12:30**

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 canceled in Cape Elizabeth on April 7, then the swim meet is also canceled.

**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.

12. **UNIFIED OPTION!** We will have the option for a Unified Swim Relay. This will consist of two Special Olympians and two partners. Partners have to have all paperwork completed as described in the Unified Rules.

**THE REGISTRATION DEADLINE IS MARCH 22nd**

call Claire Poulin at 839-4588 for further information

# SPECIAL OLYMPICS MAINE AQUATICS COACH INFORMATION FORM

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

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

HEAD COACH 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: \_\_\_\_\_

**PLEASE ATTACH TO 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 22nd!

Special Olympics Maine  
**AQUATICS ENTRY FORM**

Meet Date: Friday, April 5th, 2024

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<br/>25 yard Floatation Race</p> <p style="text-align: center;"><i>Athletes may enter one or both of these events.<br/>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<br/>25 Yard Unassisted Swim</p> <p style="text-align: center;"><i>Athletes may enter one or both of these events.<br/>Athletes entered in these events may not enter any other event</i></p> | <p style="text-align: center;"><b>Entry Option #4</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">25 Yard Freestyle</td> <td style="width: 50%;">50 Yard Freestyle</td> </tr> <tr> <td>25 Yard Backstroke</td> <td>50 Yard Backstroke</td> </tr> <tr> <td>25 Yard Breaststroke</td> <td>50 Yard Breaststroke</td> </tr> <tr> <td>25 Yard Butterfly</td> <td>50 Yard Butterfly</td> </tr> <tr> <td colspan="2" style="text-align: center;">100 Yard Freestyle</td> </tr> </table> <p style="text-align: center;"><i>Athletes may enter a maximum of 2 individual events listed above, in addition to the 4X25 Yard Relay.<br/>Athletes entered in these events may not enter any other events</i></p> | 25 Yard Freestyle | 50 Yard Freestyle | 25 Yard Backstroke | 50 Yard Backstroke | 25 Yard Breaststroke | 50 Yard Breaststroke | 25 Yard Butterfly | 50 Yard Butterfly | 100 Yard Freestyle |  |
| 25 Yard Freestyle   | 50 Yard Freestyle  |                   |                   |                    |                    |                      |                      |                   |                   |                    |  |
| 25 Yard Backstroke  | 50 Yard Backstroke   |                   |                   |                    |                    |                      |                      |                   |                   |                    |  |
| 25 Yard Breaststroke  | 50 Yard Breaststroke   |                   |                   |                    |                    |                      |                      |                   |                   |                    |  |
| 25 Yard Butterfly   | 50 Yard Butterfly  |                   |                   |                    |                    |                      |                      |                   |                   |                    |  |
| 100 Yard Freestyle  |  |                   |                   |                    |                    |                      |                      |                   |                   |                    |  |

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

|                           |                        |
|---------------------------|------------------------|
| <b>EVENT REGISTRATION</b> | <b>QUALIFYING TIME</b> |
|---------------------------|------------------------|

| EVENT NAME | MINUTES | SECONDS | TENTHS |
|------------|---------|---------|--------|
|            |         |         |        |
|            |         |         |        |

THIS ENTRY FORM **MUST BE RECEIVED BY**  
 Claire Poulin- 9 Waterhouse Road, Gorham, ME 04038 – [Rpoulin3@maine.rr.com](mailto:Rpoulin3@maine.rr.com)  
**ON OR BEFORE MARCH 22<sup>nd</sup>!**

Special Requests: (example- Outside lane, wheel chair, ramp, etc.)

Please see attached page for event rules and clarifications.

**SPECIAL OLYMPICS MAINE**  
**AQUATICS 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

\_\_\_ UNIFIED: 2 SOME Athletes, 2 Partners

**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

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 minutes    seconds

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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

\_\_\_ UNIFIED: 2 SOME Athletes, 2 Partners

**\*\*\* UNIFIED RELAYS- Please star partners above \*\*\***

# 2024 Cumberland County Special Olympics Swim Meet

## Event Schedule

**PLEASE NOTE: SESSION 2 is for Developmental swimmers**

### 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 BUTTERFLY    |
| EVENT 26 | 12-15                              | 50 BUTTERFLY    |
| EVENT 27 | 16-21                              | 50 BUTTERFLY    |
| EVENT 28 | 22 & OVER                          | 50 BUTTERFLY    |
| EVENT 29 | 11 & UNDER                         | 50 BREASTSTROKE |
| EVENT 30 | 12-15                              | 50 BREASTSTROKE |
| EVENT 31 | 16-21                              | 50 BREASTSTROKE |
| EVENT 32 | 22 & OVER                          | 50 BREASTSTROKE |
| EVENT 33 | 11 & UNDER                         | 100 FREESTYLE   |
| EVENT 34 | 12-15                              | 100 FREESTYLE   |
| EVENT 35 | 16-21                              | 100 FREESTYLE   |
| EVENT 36 | 22 & OVER                          | 100 FREESTYLE   |
| EVENT 37 | 100 FREESTYLE RELAY (15 & UNDER)   |                 |
| EVENT 38 | 100 FREESTYLE RELAY (16-21)        |                 |
| EVENT 39 | 100 FREESTYLE RELAY (22 & OVER)    |                 |
| EVENT 40 | 100 FREESTYLE UNIFIED RELAY (OPEN) |                 |

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

|          |                    |
|----------|--------------------|
| EVENT 41 | 10 YARD ASSISTED   |
| EVENT 42 | 15 YARD FLOATATION |
| EVENT 43 | 15 YARD UNASSISTED |
| EVENT 44 | 25 YARD FLOATATION |