

**Sign-up Sheet**  
**'Maine Summer JO's Championship' Meet**  
**July 25 - 27, 2013**

Name \_\_\_\_\_  
email to sharks@mdiymca.org

**There are no cut-off times for this meet. Swimmers may select any events that they wish to swim. Swimmers need to be a member of Maine Swimming, if you had a full year membership (\$59) last winter you are already a member but if you had a seasonal membership (\$36.50), then you must get another seasonal membership to swim in the meet. The meet will be swum in Long Course Meters, 50 meters per length instead of 25 yards.**

**Place:** Canada Games Aquatic Centre, Saint John, New Brunswick

**Entries Due: Monday, July 15, 2013**

**Entry Fees:** \$4.00 per event for 10 & unders, \$5.00 per event for 11 & overs, no charge for relays

**Entries:** Swimmers can swim up to 6 events (maximum 3 per day). If we have enough swimmers in an age group we will also swim a relay each day.

**Times:**           **Morning: 11 & over Trials**  
                          **Thursday, Friday, & Saturday**  
                          warm-up 7:00am                   meet 8:15am  
                          **Afternoon : 10 & unders and 11 & over Finals**  
                          **Thursday & Friday**  
                          warm-up 3:30pm                   meet 4:30pm  
                          **Saturday**  
                          Warm-up 3:00pm                   meet 4:00pm

**Please note that this Atlantic Time, which is 1 hour ahead of Maine.**

**Format:** 11 & overs swim together in the morning trials and the top 16 in each age group (11 – 12, 13 – 14 and 15 & over) return to swim the event in finals. All 11 & over relays will swim in the finals at night. 10 & unders will swim their events at night.

<b>10 &amp; under</b>	<b>11 – 12</b>	<b>13 – 14/Senior</b>
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
50 Back	50 Back	100 Breast
100 Breast	100 Breast	200 Free
200 Free	200 Free	100 Fly
100 Fly	100 Fly	200 IM
200 Free Relay	200 IM	800 Free (AM)
	200 Free Relay (PM)	200 Free Relay (PM)
	400 Medley Relay (PM)	400 Medley Relay (PM)
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
50 Free	400 IM (AM)	400 IM (AM)
50 Fly	50 Free	50 Free
100 Back	200 Breast	200 Breast
400 Free (AM)	50 Fly	100 Back
200 Medley Relay	100 Back	400 Free (AM)
	400 Free (AM)	200 Medley Relay (PM)
	200 Medley Relay (PM)	800 Free Relay (PM)
<b>Saturday</b>	<b>Saturday</b>	<b>Saturday</b>
50 Breast	50 Breast	200 Back
100 Free	200 Back	100 Free
200 IM	100 Free	200 Fly
400 Free Relay	200 Fly	1500 Free (AM)
	400 Free Relay (PM)	400 Free Relay (PM)