

SPRING SPRINT SPECTACULAR AGE GROUP INVITATIONAL

June 14, 2003

Hosted by Cougar Aquatic Team



Sanctioned by Connecticut Swimming, Inc. # L03-14

Choate Rosemary Hall
Larry Hart Pool
333 Christian Street
Wallingford, CT

MEET MANAGER: Linda & Larry Prus, 96 South Borough Rd., Southington, CT 06489
(860) 621-8256 Email: fitlin07@hotmail.com

MEET REFEREE: Gary Harrigan, 481 James P. Casey, Bristol, CT 06010
(860) 585-1828 Email: GMH1@home.com

ENTRY CHAIR: Fermin Aupi, 131 Foxbridge Rd, Branford, CT 06405
(203) 483-1645 Email: Fermin1@attbi.com

SAFETY CHAIR: : LeeAnn German, 249 Wiese-Albert Rd, Higganum, CT 06441
(860) 345-1061 Email: Shuttle309@aol.com

EMERGENCY NUMBER: (203) 697-2358

POOL: 8 Lane, 25 meter pool with electronic timing.

WARM-UPS: 13/O Saturday AM – 7:30 AM Start – 8:30 AM
12/U Saturday PM - 12:30 PM Start – 1:30 PM

Handicap Access: Yes

Events: All events will be deck seeded timed finals. All events will be seeded as yard times. For 13/O 50-meter events and the 100-meter IM, where no recent times are available, please estimate times based on the most recent 100 yard times for the appropriate stroke or the 200IM event respectively. Relay swimmers only must be listed on entry.

Eligibility: Only 2002 USA Swimming registered swimmers are eligible and must be registered prior to the entry deadline.

USA Swimming rules will govern the meet. USA Swimming Starting Protocol (102.14.2 C and 102.14.4 H) will be followed. The meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. **Coaches will be required to display their USA Swimming registration card in order to be on deck.**

Entry Limitations: Swimmers may enter events for which they are qualified but are limited to 5 individual events per session. The swimmer's 5th event must be circled in case of over-subscription. Entries will be accepted on a ***first come, first serve*** basis. Unattached swimmers should be marked with red ink. The host team reserves the right to limit the number of heats and/or cancel relays due to time constraints.

Entry Format: Open to all USA registered swimmers. Please include USA registration numbers and age of all swimmers. Identify unattached swimmers with red ink. No time (NT) entries are discouraged. Relay only swimmers must be included on the entry form.

Teams are encouraged to submit entries either via email (fermin1@attbi.com) if attached in a zip file OR a computer disk using the LSA swim team program or any other program in the USA Swimming .SD# or CL2 formats. An original computer generated copy of the entry with all pertinent team information and entry totals must be included. The name and phone number of a club contact and club mailing address must be included on the form. Any computer-generated entry may be **submitted by either email or on a disk.** An official CSI entry form must be submitted in lieu of a disk.

Entry Deadline: There will be a "Connecticut only" date for accepting entries that is 17 days before the start of the meet, which is May 28, 2003. After this date, out of state entries will be accepted. The final deadline is June 4, 2003. Entries will be accepted on a ***first come, first serve*** basis. **Formal entry date is determined by the date of the entry hard copy and entry fees receipt by the host team.** If using Express mail, remember to sign the waiver so the package will be left.

Entry Fees: Individual events are \$3.00 and relay events are \$6.00. Please make checks out to CAT and include with entry form.

Work Assignments: All teams are required to provide timers in proportion to their team entry. Timers will be expected to time for the entire session. Team timing assignments for each session will be posted at the start of warm-up. **If your team has an official who would like to assist with the meet, please submit his/her name with the entry.**

Scratches: Coaches will receive a scratch sheet for each session of the meet in their information packet. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table **45 minutes prior to the end of the warm-up. Connecticut Swimming scratch procedures will be followed.**

Awards: None

Concessions: Food and beverage will be available for purchase.

Information: Please remember that we are guests of Choate Rosemary Hall and therefore all swimmers, coaches, and spectators are expected to treat the facility with respect. It is the responsibility of each team to supervise their swimmers when they are not swimming. All swimmers, coaches and spectators are to remain within the confines of the designated swim meet area. Any violations of the Connecticut Swimming Code of Conduct will result in the expulsion of a swimmer and/or team.

Directions: FROM THE NORTH: I-91

Take exit 15. Turn right onto Rt. 68. Turn left at third stoplight onto North Farms Road, which becomes North Elm Street. At Christian Street (5th stop sign) turn left for Admission, Athletic Center, and Paul Mellon Arts Center.

From the north and south: WILBUR CROSS PARKWAY (RT. 15)

Take exit 64. Turn right onto Quinnipiac St. Bear left after stop sign, cross over R.R. tracks. Go straight through light (Quinnipiac becomes Center St. at this intersection). Turn left at second light (at top of hill) onto North Main St.

Turn right at first stop sign onto Christian Street.

FROM THE SOUTH: I-91

Take exit 14. Turn left onto Woodhouse Avenue, go through second light at Center St. (becomes East Main St.) At second stop sign turn left onto Christian Street.

From the west (Danbury or Waterbury, CT): I-84

Take I-691 exit 10. Follow to Wilbur Cross Parkway/I-91 south exit. Follow directions above.

HOTELS

Candlewood Suites

203 379-5048

www.candlewoodsuites.com

East Main Street

Meriden, CT

Exit 16N/17S, I-91

The Fairfield Inn by Marriott

203 284-0001

www.marriott.com

Barnes Road

Wallingford, CT

Exit 15, I-91

Hampton Inn

203 235-5154

www.hampton-inn.com

10 Bee Street

Meriden, CT

Exit 16N/17S, I-91

Holiday Inn

203 239-4225

www.holiday-inn.com/northhavenc

201 Washington Avenue

North Haven, CT

Exit 12, I-91

Courtyard by Marriott

203 284-9400

1-800-321-2211

www.marriott.com

600 Northrop Road

ORDER OF EVENTS

Saturday AM 13/O

Women's

Men's

1	200 M Medley Relay	2
3	100 M Freestyle	4
5	50 M Backstroke	6
7	100 M IM	8
9	50 M Fly	10
11	100 M Breast	12
13	400 M Free Relay	14
15	50 M Freestyle	16
17	100 M Back	18
19	100 M Fly	20
21	50 M Breast	22
23	200 M IM	24
25	200 Free Relay	26

Saturday PM 12/Under

Women's

27

29

31

33

35

37

39

41

43

45

47

49

200 M Medley Relay

100 M Freestyle

50 M Back

100 M IM

50 M Fly

100 M Breast

50 M Freestyle

100 M Back

100 M Fly

50 M Breast

200 M IM

200 M Free Relay

Men's

28

30

32

34

36

38

40

42

44

46

48

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