

**THE POLAND SPRING LONG COURSE AA INVITATIONAL
AND
LONG COURSE SENIOR QUALIFIER**

JUNE 20-22, 2003

HOSTED BY THE WILTON Y WAHOO SWIM CLUB

SANCTIONED BY THE CONNECTICUT SWIMMING INC. #L03-18, #L03-19

WILTON FAMILY

404 DANBURY RD.

WILTON, CONNECTICUT 06897

Meet Managers

Cheryl Lozach
64 West Branchville
Ridgefield, CT 06877
203-544-9973

Entry Chairman

Bonnie Fisher/Wilton Y Wahoos
404 Danbury Rd.
Wilton ,CT 06897
203-270-1314 Wwahoos@msn.com

Safety Chairman: Cheryl Lozach

Pool Emergency Number: 203-762-8384

Pool: The Melissa Nickel Pool at the Wilton Family Y pool is a 6-lane by 50 meter facility with non-turbulent lane lines and electronic timing. Adequate seating and parking is available. Parking is available across the street at the Wilton High School. The Kiddy Pool is not available to Meet Participants. It is for the use of the Wilton Y Members and their guests. Handicap/Elderly accessibility to Pool deck and spectator area are accessible through men's and women's locker rooms.

Events: All events will be deck seeded according to the swimmers best AA **meter** times, AA yard times will be accepted and seeded after the meter times. Preliminary heats, distance, and relays in the AA session will be swum in Short Course Meters. 3 heats of evening finals will be swum in Long Course Meters. Relays will be swum during the preliminary session, except if session is full and time is a factor; the fastest heat maybe swam at finals as long course meters. The **Senior Qualifier (PM session)** will be timed finals and swam as long course meters. Time trails may be available if time permits.

Eligibility: Only 2003 USA-registered swimmers are eligible and must be registered prior to the entry deadline. **Out-of-state teams must submit a signed roster from your LSC with your entry.** The swimmer's age as of June 20, 2003 will determine the age for the meet. USA Swimming rules will govern the meet. USA 2003 "AA" National Time Standards for 15-16 are used as requirements for the "AA" session. ***Times must be slower than a "15-16 AA" time to swim that event in the Senior Qualifier (PM session).***

Entry Limitations: Swimmers may enter any events for which they qualify but are limited to **3** individual events for the AA session per day and **4** events for the Senior Qualifier per day including time trials. If a swimmer is swimming in **both** sessions that swimmer may not swim any more than 3 events per day combined. Please remember a swimmer cannot swim the Senior Qualifier (PM session) if he/she has an AA cut in that event. **If a swimmer has 2 AA events for that day, they may enter a third as a bonus event. Please mark on original copy bonus events in RED. Enter the bonus events with swimmers best Meter or yard time.** The Wilton Y Wahoos reserve to right to enter our Swimmers to assure adequate staffing of our meets.

Entry forms : **If entering both meets please make sure to send the entries in separate subdirectories or separate disks.** Teams are encouraged to submit their entries on an IBM PC diskette using the LSA Swim Team program or any program which produces the USA standard Data Interchange Format SDIF. Copies of this, the most widely used team/meet management package for Windows, are available to all Connecticut teams through CT Swimming. Teams outside CT can obtain a copy from Lab Software Associates, 48 Old Driftway, Wilton, CT 06897. Out of state teams may purchase the program from Lab Software Associates for

\$79.00. Meet entries may be submitted on the official entry form or a computer-generated facsimile. Entries on disks in the USA Standard Data Interchange Format (SDIF) will also be accepted. An original paper copy of the entry must accompany all entries on disk. You may also submit your entry by Email in SDI format. Please **ZIP** your entry and Phone number and attach it to an Email note to Wwahoos@msn.com. Mail your entry to Bonnie Fisher at the above address. Please send your original entry, not a photocopy. The **phone number** (and where possible, a **fax number** and/or **E-mail address**) of a club representative that can be reached in the evening, must be included on the form as well as a club mailing address.. If any of your swimmers are swimming the meet Unattached please mark **UNAT** clearly in **RED** along side of the swimmer's name on the entry sheet. Note that each relay team must be indicated on a separate line at the bottom of the entry form. Relays must be entered with seed times, which may not be changed. NT entries will not be accepted for relays. In case of dispute, the official entry form will be considered the master form and only official document of entry.

Entry Fees: AA session: Individual events are \$3.50, distance events are \$3.50, and relays are \$7.00 each. Qualifier: Individual events are \$3.00. Make checks payable to Wilton Wahoo Swim Club and mail the check with the entry forms to the entry chairman. If you send your entry by express mail, please sign the waiver so the package will be delivered even if no one is there to sign for it. **There will be a \$1.00 charge per swimmer for 5 or more swimmers on hand entered entries.**

Entry Deadline: Entries are accepted on a first come first serve basis until the meet is full. CT. teams that enter by June 3, 2003 will be entered first. Final deadline for entries will be Wednesday June 4, 2003. Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team. Teams will be notified as soon as meet is full but no later than June 11, 2003. No changes may be made after the entry is received. Any entry received after the above date will be returned. The meet management reserves the right to cut relays, limit heats, adjust warm-up and/or start times subject to approval of CT Swimming program operations.

Heat limits. AA Invitational: Only the top 3 heats will be swum of the 800 and 1500 free. These events will be swum fastest to slowest alternating girls and boys. Positive check in will be required on the day of the event. The Meet Directors will contact the person whose phone number is listed on the entry no later than Friday, June 13, 2003.

Timers and Officials: The host team will require timers from teams in proportion to the size of their entries. Teams must provide their own timers and counters for the distance events. Officials will also be needed. Please contact Mike Moran Head Referee if you will be able to assist, 203-375-7477.

Scratches: Coaches will receive a scratch sheet for each session of the meet in their information packet, listing all of their swimmers and events for that session. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table within **one-half hour after** the beginning of warm-ups.

Failure to Compete in Preliminaries and Timed Finals: If after the heats have been seeded, a swimmer fails to compete in the preliminary or timed final of an individual event in which he has been entered and from which he has not been scratched, that swimmer shall be barred from competing in his next individual event.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet.

Exceptions for Failure to Compete in Finals: No penalty shall apply for failure to compete in finals if:

1. The Referee is notified in the event of injury or illness and accepts the proof thereof.
2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within **30 minutes** after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within **30 minutes** following his last individual preliminary event.

3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Meet Schedule

AA Session (AM)	Warm-up 7:00a.m.	Start 8:30 a.m.
Senior Qualifier * (PM)	Warm-up 12:30 p.m.	Start 1:30p.m.
Final AA session *	Warm-up 5:00 p.m.	Start 6:00 p.m.

**Warm-up and start times for the sessions and finals are subject to change depending on the size of the meet. Teams will be notified of any changes by June 14, 2003 or as soon as possible thereafter.*

Awards: There will be no awards.

Food: Food and beverages will be available during the meet. However, food will not be allowed in any areas of the building other than the food concession area.

Information: Please direct all questions regarding entries to the chairman and all other questions to the meet directors. Since we are the guests of the Wilton Family Y, all swimmers, coaches, and guests are expected to treat the facility with respect. It is the responsibility of each team to provide supervision for the swimmers when they are not swimming. Any violations of the rules of sportsmanship and common courtesy could result in the expulsion of a swimmer and/or team from the meet.

Information Updates, Meet Announcement, Psych Sheets and Meet Results: Available on the Wahoo's home page on the World Wide Web at:

<http://wywahoos.org>

Hotels

Courtyard by Marriott 474 Main Ave Norwalk, CT 203-849-9111	Double Tree Hotel 789 Connecticut Ave. Norwalk, CT 203-853-3477	Sheraton Four Pointe 426 Main Ave. Norwalk, CT 203-849-9828
Norwalk Inn and Conf. Center 99 East Ave. Norwalk, CT 203-838-5531	Hilton Garden Inn 560 Main Street Norwalk, CT 203-523-4000	

There are numerous restaurants along Main Street and Route 7 and in conjunction with the motels.

Directions: Wilton Family Y

Merritt Parkway from New Haven: Take exit 41(RT. 33) at end of the ramp turn left (north) onto RT. 33. Go 5.0 miles to the sixth traffic light. The Wilton Family Y is on the right, and the Wilton High School is on the left. Turn into the parking lot. Additional parking is available across the street at the high school if needed.

Merritt Parkway from New York: Take exit 39B. Follow the Route 7 North freeway to its end and turn right at the light. Turn left onto Rt. 7 north. Go 4.4 miles and turn right into the Y parking lot. The Wilton Family Y is on the right, and the Wilton High School is on the left. Additional parking is available across the street from the Y at the high school if needed.

Connecticut Turnpike I95: Take exit 15 to route 7 North. Follow Route 7 freeway to the end and turn right at the light. At the end of the road turn left onto old Route 7 and go about 3 miles to the Wilton Y as above.

POLAND SPRING AA LONG COURSE INVITATIONAL

Schedule of Events and Time Standards

CUT OFF TIMES

WARM-UP 7:00A.M. START AT 8:30 A.M.

Friday June 20, 2003

WOMEN	SCY	LCM	EVENT	LCM	SCY	MEN
1	1:13.59	1:24.09	100M BREAST	1:17.19	1:06.29	2
3	5:35.39	4:59.79	400M FREE	4:41.09	5:11.69	4
5	1:04.49	1:12.89	100M FLY	1:06.19	58.29	6
7	2:22.39	2:41.09	200M IM	2:30.69	2:09.99	8
9		-	800M FREE RELAY	-		10
11	11:25.99	10:15.19	800M FREE*	9:39.39	10:44.19	12

Saturday June 21, 2003

13	5:00.99	5:42.69	400M IM	5:16.19	4:37.09	14
15	27.19	30.99	50M FREE	28.09	24.49	16
17	2:38.39	3:00.59	200M BREAST	2:46.99	2:23.89	18
19	1:05.29	1:15.39	100M BACK	1:08.99	59.19	20
21	2:06.99	2:23.19	200M FREE	2:13.39	1:55.79	22
23		-	400M MED RELAY	-		24

Sunday June 22, 2003

25	2:20.49	2:40.59	200M BACK	2:28.49	2:07.09	26
27	58.89	1:07.19	100M FREE	1:01.39	53.09	28
29	2:21.19	2:37.79	200M FLY	2:25.89	2:08.99	30
31		-	400M FREE RELAY	-		32
33	19:08.99	19:37.29	1500M FREE*	18:34.49	18:00.99	34

?? ***YOU MUST PROVIDE OWN TIMERS AND COUNTERS FOR THE 800M FREE AND 1500M FREE.***

?? ***ONLY TOP 18 SWIMMERS WILL SWIM.***

?? ***Positive Check in at 9:30AM on the day of 800 & 1500 Free***

FINALS AA

WARM-UP 5:00 P.M. START AT 6:00 P.M.

Order of events will follow AM session order

POLAND SPRING SENIOR QUALIFIER
PM SESSION
SCHEDULE OF EVENTS
WARM-UP 12:30 P.M. START AT 1:30 P.M.

Friday June 20, 2003

<u>WOMEN</u>		<u>MEN</u>
1	400M FREESTYLE	2
3	100M BREAST	4
5	100M BUTTERFLY	6
7	200M IM	8

Saturday June 21, 2003

9	400M IM	10
11	50M FREESTYLE	12
13	100M BACK	14
15	200M FREE	16

Sunday June 22, 2003

17	200M BREAST	18
19	200M BACK	20
21	100M FREESTYLE	22
23	200M BUTTERFLY	24

IF A SWIMMER HAS "AA" 15-16 TIME CUT HE/SHE CAN NOT SWIM THAT EVENT IN THIS SESSION!!!

Complete this summary for each meet

POLAND SPRING AA 2003

Swimmers	Individual Events	Relay Events
Senior Women		
Senior Men		
Total Events		
	x \$3.50	x \$7.00
Total Entry fees		
Hand entered entries \$1.00 per swimmer, 5 or more		----- -
Total Amount of check		

Make checks payable to the Wilton Wahoo Swim Club

Team Name: _____ Initials: _____

Team Town and State (for program): _____ Coach _____

Team Contact: _____

Contact phone (including area code): Daytime: _____ Evening: _____

Email _____ Fax number _____

Address where we should send results and next year's announcement:

Name: _____

Street: _____

Town: _____ State: _____ Zip: _____

Complete this summary for each meet

SENIOR QUALIFIER 2003

Swimmers	Individual Events
Senior Women	
Senior Men	
Total Events	
	x \$3.00
Total Entry fees	
Hand entered entries \$1.00 per swimmer, 5 or more	
Total Amount of check	

Make checks payable to the Wilton Wahoo Swim Club

Team Name: _____ Initials: _____

Team Town and State (for program): _____ Coach _____

Team Contact: _____

Contact phone (including area code): Daytime: _____ Evening: _____

Email _____ Fax number _____

Address where we should send results and next year's announcement:

Name: _____

Street: _____

Town: _____ State: _____ Zip: _____