

COUGAR AQUATIC TEAM
AGE GROUP INVITATIONAL



June 5 & 6, 2004

Hosted by Cougar Aquatic Team

Sanctioned by Connecticut Swimming, Inc.

**Freeman Athletic Center
Wesleyan University
Middletown, CT.**

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

MEET REFEREE: Eric McWhirter, 33 Connolly Drive, Old Saybrook, CT 06475 (860) 388-4198, ericmcw@snet.net

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

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

EMERGENCY NUMBER: (860) 685-2886 (Facility Monitor)
(860) 685-2915 (Pool Deck)

POOL: 8 Lane, 50-meter pool with electronic timing.

WARM-UPS: 12/U: Saturday & Sunday AM – 7:30 AM Start – 8:30 AM
Seniors: Saturday & Sunday PM - 12:45 PM Start – 2:00 PM

Parking: No parking will be permitted on the street in directly in front of the athletic center or on any practice field. Wesleyan will tow all illegally parked cars. Please plan to park in the lot next to the tennis courts on Vine Street.

Handicap Access: Handicapped parking is available behind the athletic center. Use main entrance. Spectator area is accessible from main entrance. Elevator in lobby will take swimmers to the pool deck.

Events: All events will be deck seeded timed finals . Relay swimmers only must be listed on entry. The 400 freestyle and 400 IM events will be swum fastest to slowest.

Eligibility: Only 2004 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 up to 4 individual events per session and only 5 events per day. Example: A 12 year old may swim 3 events in the morning 12/U session and 2 events in the afternoon senior session. The swimmer's 4th event per day must be circled in case of over-subscription. In the case of over-subscription, the host team reserves the right to take action in the following order: (1) eliminate relays, (2) scratch the 4th event, (3) limit or eliminate 7 and 8 year old entries, or (4) limit the number of heats for any event. Fly-over starts may be used in case of over-subscription as determined by the meet referee and the meet manager, with proper protocol training of officials from the Officials Chairman.

Entry Deadline: The deadline for **CT team entries** is May 19, 2004. The deadline for **out-of-state team entries** is May 20, 2004. 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 Format: All entry times must be in long course meters. 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@comcast.net) 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 Fees: Individual events are \$4.00 and relay events are \$7.00. 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 Wesleyan University 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. Any violations of the Connecticut Swimming Code of Conduct will result in the expulsion of a swimmer and/or team.

Directions:

From the South: From I-91 North or the Merritt Parkway, follow signs to 66 East (initially I-691) and proceed to Middletown. At light (by graveyard) turn right onto Vine Street. At next light, turn right and the pool is on your left.

From the North: Take I-91 South to exit 22S (Rt. 9 South) to exit 15 (Washington Street). At the 5th light make a right onto Vine Street. At light turn right. The pool is on your left.

HOTELS

Holiday Inn, Cromwell (860) 635-1001

Comfort Inn, Cromwell (860) 635-4100

Ramada Inn, Cromwell (860) 238-2380

Radisson Hotel, Cromwell (860) 635-2000

Saturday AM

Women's Events

Men's Events

1	11/12 200 M Free Relay	2
3	10/U 200 M Free Relay	4
5	11/12 100 M Free	6
7	10/U 100 M Free	8
9	11/12 100 M Back	10
11	10/U 100 M Back	12
13	11/12 50 M Breast	14
15	10/U 50 M Breast	16
17	11/12 50 M Fly	18
19	10/U 50 M Fly	20
21	11/12 200 M IM	22
23	10/U 200 M IM	24
25	11/12 400 M Medley Relay	26
27	10/U 400 M Medley Relay	28
29	11/12 400 M Free	30

Saturday PM

Women's Events

Men's Events

31	Senior 200 M Free Relay	32
33	Senior 200 M Breast	34
35	Senior 50 M Free	36
37	Senior 200 M IM	38
39	Senior 100 M Fly	40
41	Senior 200 M Back	42
43	Senior 400 M Medley Relay	44
45	Senior 400 M Free	46

Sunday AM

Women's Events

47	11/12 200 M Medley Relay
49	10/U 200 M Medley Relay
51	11/12 200 M Free
53	10/U 200 M Free
55	11/12 100 M Fly
57	10/U 100 M Fly
59	11/12 50 M Back
61	10/U 50 M Back
63	11/12 50 M Free
65	10/U 50 M Free
67	11/12 100 M Breast
69	10/U 100 M Breast
71	11/12 400 M Free Relay
73	10/U 400 M Free Relay

Men's Events

48
50
52
54
56
58
60
62
64
66
68
70
72
74

Sunday PM

Women's Events

75	Senior 200 M Medley Relay
77	Senior 100 M Back
79	Senior 200 M Free
81	Senior 100 M Breast
83	Senior 200 M Fly
85	Senior 100 M Free
87	Senior 400 M Free Relay
89	Senior 400 M IM

Men's Events

76
78
80
82
84
86
88
90