

The 2004 9/U Short Course Meet

Hosted by: Water Rat Swim Team – Westport/Weston YMCA

Held under the sanction of USA Swimming and Connecticut Swimming, Inc. Sanction # L04-25

Date: Thursday, July 1, 2004 **Location:** Westport/Weston YMCA – Stauffer Pool

Times: Warm up: 4:00pm Start: 4:45pm

Connecticut Swimming warm up procedures will be used. No diving will be permitted in the pool during warm up. During the last 10 minutes of warm up, designated sprint lanes will be available.

Eligibility: All swimmers must be 2004 registered members of USA Swimming. Coaches must present current USA Swimming coaches card.

Entries: All entries must be submitted on Hy-Tek disk or other SDIF. Please include a hard copy of the entries. Also, please list the club official, telephone number and mailing address where results are to be sent. For legibility reasons, the entry must be the original. Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team. Electronic entries only, no hand written entries.

Swimmers may enter four (4) individual events and a relay. Please circle each swimmer's 4th choice of individual events in the event of over-subscription.

Deadline: Entries must be received no later than 6:00pm on Tuesday, June 22, 2004.

Mail To:	WRAT Team Office Westport/Weston YMCA P.O. Box 190 Westport, CT 06881	FEDEX To:	WRAT Team Office Westport/Weston YMCA 59 Post Road East Westport, CT 06880
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Fees: Entry Fees: \$3.00 per individual event \$6.00 per relay

Checks payable to: WRAT Swim Team

Cut Off Times: None

Awards: Ribbons for 1st through 6th place for individual and 1st through 3rd place for relays. Heat winners awards will also be presented at the meet.

Over-subscription: This is a closed meet offered to all divisions in Connecticut. In the event of over-subscription, relays will be cut before limiting individual events to three (3) per swimmer. Teams will be notified by Saturday, June 26 if such a situation prevails. We will limit the meet to a certain number of swimmers for a safe warm-up and manageable meet.

Timers: Volunteer timers will be requested from the stands. However, if sufficient volunteers are not forthcoming, the host team reserves the right to require timers from teams in proportion to the sized of their entry.

Officials: Please submit the names of any officials/official trainees willing to work this meet. Have them contact Monica Pranglely at mhpranglely@aol.com

Handicap Access: Handicap access to the bleachers and pool deck through the main entrance. Elevator available from second floor (rear) entrance.

Refreshments: Refreshments and concessions will be available.

Directions: Merritt Parkway to Exit 42. Head south at the end of the exit ramp (right from New Have, left from new York). Bear right at the fork in the road to Main Street/Route 57. Stay on this road for 1.5 miles, through 4 traffic lights (at second light bear to the left). When Main Street becomes one way, turn left onto Elm Street. Proceed for about 100 yards, turn left into municipal lot. Entrance to the YMCA is between Uproar Furniture and Klein's.

I-95 to Exit 17. At end of ramp turn left onto Route 33 north for 1.5 miles. Turn right onto the Post Road. At second traffic light after the bridge, turn left onto Main Street. Take your first right onto Main Street and proceed as above.

Meet Manager: Bill Krumm (203) 226-8981 Ext. 117

Referee: Ed Dunn

Entry Chair: Bill Krumm

Safety Chair: Mary Cooperman

YMCA Emergency #: (203) 226-8981

ORDER OF EVENTS

Girls	Age	Event	Boys
1	9	100 yd Ind. Medley	2
3	8/U	100 yd Ind. Medley	4
5	9/U	50 yd Freestyle	6
7	6/U	25 yd Freestyle	8
9	7	25 yd Freestyle	10
11	8	25 yd Freestyle	12
13	9/U	50 yd Breaststroke	14
15	6/U	25 yd Breaststroke	16
17	7	25 yd Breaststroke	18
19	8	25 yd Breaststroke	20
21	9/U	50 yd Butterfly	22
23	6/U	25 yd Butterfly	24
25	7	25 yd Butterfly	26
27	8	25 yd Butterfly	28
29	9/U	50 yd Backstroke	30
31	6/U	25 yd Backstroke	32
33	7	25 yd Backstroke	34
35	8	25 yd Backstroke	36
37	9/U	100 yd Freestyle Relay	38

Use short course yard times for seeding. In order to run a more efficient meet, please estimate times in events that swimmers have not previously raced in competition. Relays must be entered with seed times which cannot be changed.