

COOL IN THE POOL
Long Course Qualifier Meet
June 4-5, 2005
Sponsor: Connecticut Aquatic Club (CAC)

Held under the sanction of USA Swimming and Connecticut Swimming, Inc.
Sanction #L05-12

LOCATION: Wesleyan University's Freeman Athletic Center. The pool is an 8-lane, 50-meter pool with starting blocks at the deep end, with ample seating for spectators and handicapped access. Electronic timing with 8-lane display will be used.

TIME:

Morning Sessions: 7:30 a.m. warm-up
8:45 a.m. start

Afternoon Sessions: 1:15 p.m. warm-up
2:30 start

MEET REFEREE: Mary Mackinnon, 860-673-5817, memackinnon@comcast.net.

- ?? 2005 USA Swimming Rules will govern this meet.
- ?? The meet referee reserves the right to make adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. Fly-over starts may be used.

MEET MANAGER: Christopher Hug, Christopher_j_hug@sbcglobal.net.

- ?? Connecticut Swimming warm-up procedures will be used.
- ?? The Meet Manager reserves the right to assign general warm-up by team rather than by age or sex, if the size of the entry and consideration of safety so require.
- ?? The Meet Manager also reserves the right to cancel relays, heat limit events and/or adjust the start times, subject to the approval of CSI Program Operations. The Meet Manager also reserves the right, in the event of over subscription, not to limit the host team swimmers by age or from any event, which might have an impact on parent support for the smooth running of the meet.
- ?? Video and photo phones are *not* permitted to be used during this event.
- ?? All coaches on deck must be prepared to show current coaching credentials.

SAFETY CHAIR: Cindy Martin.

EMERGENCY NUMBER:

860-685-2690 – Facility monitor

860-685-2915 – Pool Office

HANDICAP ACCESS: Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby goes to locker rooms and pool deck. Spectator area is to left of front lobby. If special assistance is required by athletes, coaches or spectators, please contact the meet director.

ELIGIBILITY:

- ?? Swimmers must be 2005 USA Swimming registered.
- ?? Age as of the first day of the meet will govern.

ENTRIES:

- ?? The meet is open to all CSI teams as well as to any out-of-state teams.
- ?? CT Swimming and out-of-state teams will be accepted based on date/time the entries and check are received.
- ?? If the entries are sent via overnight mail, please waive the “signature required.”
- ?? Entries are to be submitted in long course meter times. To help establish time lines, **please avoid the use of NT's by estimating times** for any swimmer without an official entry time.
- ?? Swimmers are limited to four (4) individual events per day plus relays. **The “fourth” event should be clearly indicated.**
- ?? In the event of oversubscription, reductions shall be made in the following order:
 - Swimmers will be limited to 3 events per day; then
 - Relays will be eliminated; then
 - The 800 Free for 11-12 & 15&O will be limited to a combined total of four heats; and 13-14 800 Free will be limited to three heats; then
 - The 400 Free and 400 IM will be limited to three heats per age group event; the 10&U 200 Free will be limited to four heats.

- ?? **Unattached** swimmers must be clearly indicated in **red** alongside the swimmer's name.
- ?? All teams are encouraged to send their entry on disk using the LSA Swim Meet/Swim Team program or Hytek (or other program) in USA Standard Data Interchange Format (USS SD3 file, for example cfile01.cl2).
- ?? A disk must accompany all computer-generated entries. (Meet entry chair will consider an emailed zipped entry file the equivalent of a disk, and an emailed pdf file the equivalent of a paper entry.)
- ?? Information contained on the original computer generated paper copy will be considered the official document of entry and supersedes any information contained on electronic disk with respect to resolution of errors/discrepancies. Meet results will be provided to any team submitting its entries on disk.
- ?? Entry Chair persons are required to put a contact E-Mail address with the entry as well as a phone number.

FEES:

- ?? Splash fee: **\$3.50** per individual event.
- ?? **\$8** per relay.
- ?? Teams with 5 or more swimmers will be assessed \$1 per swimmer if the entry is submitted on paper, without a disk.

ENTRY DEADLINE:

- ?? CSI teams whose entries are received by 6:00 p.m. on May 13, 2005 will be entered in the meet first, based on date/time received. After that date, CSI teams and out of state teams will be considered on the date/time entries are received.
- ?? **All Entries must be received by 6:00 pm May 24, 2005.** Make checks payable to: **CAC.** Mail check with entry forms/disk to:

Dean Hatton,
4 Farnham Way,
Farmington, Connecticut 06032
(860) 674-9088
Cacentries@comcast.net

- ?? If the entries are sent via overnight mail, **please waive the “signature required.”**

AWARDS:

- ?? Ribbons for 1st through 8th in individual events and 1st through 3rd in relays.
- ?? Awards will not be mailed or saved-they must be picked up by the end of the meet.

WORK ASSIGNMENTS:

- ?? Teams will be required to supply timers in proportion to the size of their entry.
Please note that timers are required for the whole session, except for the 400 free and 800 free. For the 400 free and 800 free, swimmers must supply their own timer.
- ?? Qualified officials interested in working at the meet are encouraged to contact Mary Mackinnon, 860-673-5817, memackinnon@comcast.net or indicate their interest by attachments to the meet entry form.
- ?? The timing assignments will be adjusted for clubs who provide officials, if the names of the officials are known by May 26, 2005. Clubs will be notified of their work/timing assignments by May 31, 2005 by phone, email or mail.

SCRATCHES: Coaches will receive scratch sheets in the information packets. **Scratch sheets must be returned within 30 minutes after the start of warm-ups** or as indicated in the coach's packet.

DIRECTIONS: From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left.

ORDER OF EVENTS

(All events are in meters)

SATURDAY MORNING

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

SATURDAY AFTERNOON

27	10&U 100 Breast	28
29	13-14 100 Breast	30
31	10&U 50 Back	32
33	13-14 200 Back	34
35	10&U 200 IM	36
37	13-14 200 IM	38
39	10&U 100 Free	40
41	13-14 100 free	42
43	10&U 50 Fly	44
45	13-14 200 Fly	46
47	10&U 200 Medley Relay	48
49	13-14 400 Free	50

SUNDAY MORNING

51	15&O 200 Fly	52
53	11-12 100 Back	54
55	15&O 200 Back	56
57	11-12 200 Free	58
59	15&O 200 free	60
61	11-12 50 Fly	62
63	15&O 400 IM	64
65	11-12 200 Breast	66
67	15&O 100 Breast	68
69	11-12 50 Free	70
71	15&O 50 Free	72
	Break	
73	11-12 800 Free	74
75	15&O 800 Free	76

SUNDAY AFTERNOON

77	13-14 100 Fly	78
79	10&U 100 Back	80
81	13-14 100 Back	82
83	10&U 50 Free	84
85	13&14 200 Free	86
87	10&U 100 Fly	88
89	13-14 400 IM	90
91	10&U 50 Breast	92
93	13-14 200 Breast	94
95	10&U 200 Free	96
97	13-14 50 Free	98
99	10&U 200 Free Relay	100
	Break	
101	13-14 800 Free	102
