

2005 Water Rat Long Course Invitational

June 11-12, 2005

Sanction #L05-15

Hosted by:
Water Rat Swim Team
Westport/Weston YMCA

Location:
Wesleyan University – Middletown, CT

The Water Rat Long Course Invitational will be held at the Freeman Athletic Center on the Wesleyan University campus.

FACILITY: The pool is 50meters by 25yards – providing eight 9' wide lanes. The starting end of the pool is 14.5' and gradually slopes to a depth of 8' over most of the racing course. Colorado Timing System computer, touch pads and eight lane score board assures a quality timing system display of events.

EMERGENCY PHONE: 860-685-2690 – Facility monitor
860-685-2915 – Pool Office

ENTRIES: Swimmers may enter and swim four (4) events each day. Indicate (4th) event in case of over subscription. All events are timed finals. Please submit entry times in LCM. Please convert SCY times or estimate a time for seeding purposes. NT entries are discouraged. All participants must be 2005 USA Swimming registered. Out of state teams must submit a verified USA Swimming membership roster. To enter, please submit a computer generated form. [Handwritten entries are acceptable with an additional \$2.00 surcharge per swimmer.] Please be sure to include: coaches name, telephone numbers, team address, contact person and summary of entries. Teams with Hy-Tek software should submit their entry on a 3½" disk or CD-R – be sure to include a paper copy for your official entry.

MEET MANAGER: Madeline Lee
ENTRY CHAIRMAN: Bill Krumm
203-226-8981 x117

SAFETY DIRECTOR: Lisa Smoragiewicz
REFEREE: Ed Dunn

ENTRY DEADLINE: All entries must be received by **Tuesday, May 31st**

Please mail to: Westport YMCA Swim Team
PO Box 190
Westport, CT 06881

Street Address: Westport YMCA Swim Team
59 Post Road East
Westport, CT 06880

Entries will be handled on a first come first serve basis.

ENTRY FEE: \$4.00 per individual event. Checks are payable to: WRAT Parents Club

STARTING TIMES:	<u>Warm-up</u>	<u>Start</u>
Saturday: Session I:	7:30am	8:45am
Session II:	1:00pm	2:00pm
Sunday: Session III:	7:30am	8:45am
Session IV:	1:00pm	2:00pm

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

OFFICIALS and TIMERS: We will need help with officiating and timing. We would greatly appreciate any teams with officials to please help whenever possible throughout the course of the meet. Please submit names with entry form or contact Bill Krumm at (203) 226-8981 ext. 117 or e-mail at bkrumm@westportymca.org. Teams will be required to supply timers and will be notified the week of the meet.

WARM UP INFORMATION: General warm up procedures will be conducted with the USA/CT Swimming, Inc. rules for the safety of the participants. Please refer to your coach's packet for more information. Should time permit, a warm-up will be available during the course of the session.

SCRATCHES: Coaches will receive a scratch sheet in their packet, which must be turned in at the designated time prior to the start of each session.

CONDUCT OF 400m Free & 400m IM: These events will be heat limited if necessary based on the size of the meet. Swimmers in these events must supply their own timer. Swimmers in the 400m Free must also provide their own lap counter.

RULES: Fly over starts will be used at the discretion of the meet referee and meet manager.

AWARDS: Heat winners awards will be supplied.

OVER/UNDER SUBSCRIPTION: The meet manager reserves the right to make any adjustments deemed necessary to ensure fair and efficient running of the meet, such as adjusting warm-up and start times, or combining sessions. This will be done with approval of CSI. Circle the (4th) event to be scratched in case of over subscription. Teams will be notified in advance by e-mail of any changes. Be sure to include an accurate e-mail address of the team contact.

DIRECTIONS: FROM THE SOUTH – North on I-91 or the Merritt Parkway. Follow signs for Route 66 east and proceed to the intersection of Route 66 and Route 3 – turn right onto Vine Street. Parking is available next to the tennis courts – athletic complex is at end of road.

FROM THE NORTH – Follow I-91 to Route 9 and proceed to the Middletown exit. Take a right at the light directing to 66 west – which is Washington Street. Drive up hill to the Wesleyan campus and turn left onto High Street. Proceed until Church Street and turn right at the light. Proceed approximately 1000 yards to athletic center.

DISABLED/ELDERLY ACCESS: Limited handicap parking is available. Disabled access is through the front entrance only. An elevator is in the front lobby to the locker rooms and pool deck. Spectator seating is to the left of the lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

HOTELS:	Radisson 100 Berlin Road Cromwell, CT (860) 635-2000	Courtyard by Marriott 4 Sebethe Drive Cromwell, CT (860) 635-1001	Comfort Inn Route 372 Cromwell, CT (860) 635-4100
	Super 8 Motel 1 Industrial Drive Cromwell, CT (860) 843-1991	Marriott – Rocky Hill I-91 – Exit 23 Rocky Hill, CT (860) 257-6000	

Event Format – Water Rat Long Course Invitational

SATURDAY, June 11

Session 1: Warm up: 7:30am

Start: 8:45am

Girls' Event #	Event	Boys' Event #
1	13/over 100 FL	2
3	13/over 200 BR	4
5	13/over 200 FR	6
7	13/over 100BK	8
9	13/over 50 FR	10
11	13/over 400 IM	12

Session 2: Warm up: 1:00pm

Start: 2:00pm

Girls' Event #	Event	Boys' Event #
13	12/under 100 BR	14
15	12/under 200 FR	16
17	12/under 100 FL	18
19	12/under 50 BK	20
21	12/under 50 FR	22
23	12/under 200 BK	24
25	12/under 200 IM	26

SUNDAY, June 12

Session 3: Warm up: 7:30am

Start: 8:45am

Girls' Event #	Event	Boys' Event #
27	13/over 200 FL	28
29	13/over 100 FR	30
31	13/over 200 IM	32
33	13/over 100BR	34
35	13/over 200 BK	36
37	13/over 400 FR	38

Session 4: Warm up: 1:00pm

Start: 2:00pm

Girls' Event #	Event	Boys' Event #
39	12/under 100 FR	40
41	12/under 200 FL	42
43	12/under 100 BK	44
45	12/under 50 BR	46
47	12/under 50 FL	48
49	12/under 200 BR	50
51	12/under 400 FR	52

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