

The Wahoo Summer Invitational

June 3-5, 2005

Hosted by the Wilton Y Wahoos

Sanctioned by Connecticut Swimming Inc. #L05-11

Wilton Family Y

404 Danbury Rd.

Wilton CT 06897

Meet Manager

Cheryl Lozach
4B Ramapoo Rd.
Ridgefield, CT 06877
203-438-6168

Entry Chairman

Barb Prue/Wilton Y Wahoos
404 Danbury Rd.
Wilton, CT 06897
203-459-9057

Safety Chairman: Pat Rappa

Pool Emergency Number: 203-762-8384

The meet will be run in accordance with USA swimming rules unless otherwise noted. Flyover starts may be used in the case of over-subscription as determined by the meet referee and meet manager, with protocol training of officials from the Official's Chairman. The meet referee reserves the right to make any adjustments to the provisions of the meet announcement necessary to ensure the fair and efficient running of the meet.

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 are 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 is accessible through men's and women's locker rooms.

Events: All events will be swum as timed finals and will be deck seeded according to the swimmers' **best yard** times. All swimmers entered in relays must be listed on the entry sheet.

Eligibility: Only 2005 USA registered swimmers are eligible and must be registered prior to the entry deadline. The swimmer's age as of June 3, 2005 will determine his/her age for the meet. USA Rules will govern the meet.

Entry Limitations: Swimmers may enter up to two individual events on Friday and **13/O 3** individual events each on Saturday and Sunday. **12/Us** can swim **4** individual events on Saturday and Sunday including time trials.

Entry forms: Teams are encouraged to submit their entries on a disk using the LSA Swim Team program or any program which produces the USA standard Data Interchange Format SDIF. 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. All entries on disk must be accompanied by original paper copy of the entry. You may also submit your entry by email in SDIF format. Please ZIP your entry and phone number and attach it to an Email note to **Wywahoos@msn.com**. Mail your entry to Wilton Y Wahoos 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. 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: Individual events are \$3.50 each; relays are \$7.00 each. Make checks out to Wahoo Swim Club and mail the check with the entry forms to the entry chairman above. If you send your entry by express mail please sign the waiver so that the package will be delivered even if no one is there to sign for it. **E-mailed entries are not considered official until we receive your check. There will be a \$1.00 charge for each swimmer, 5 or more, for hand entered entries.**

Entry Deadline: Entries will be on first come first serve basis until sessions are full. CT Teams entered by Tuesday May 17, 2005 will be entered first. **The final deadline for the meet is Wednesday May 18, 2005.** Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than Tuesday May 24, 2005. 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.

Friday Evening: Friday events will be swum fastest to slowest alternating girls and boys.

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 Chris Prue, Head Referee if you will be able to assist, 203-459-9057.

USA Swimming Membership Cards are required for all coaches and officials: All coaches and officials must wear their 2005 membership card while on deck. Coaches without current membership cards will have to sit in the stands.

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.

Time trials will be held at the end of each session if time permits. Cost of Time trials \$3.50 per event.

Awards: 12/U events- Awards will be given to individual events for 1-6 places and relays 1-3 places.
13/O events no awards will be given.

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 director. Since we are the guest 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.**

Meet Schedule

Friday

| | | |
|--------------|-----------------|---------------|
| All Swimmers | Warm-up: 3:00PM | Start: 4:15PM |
|--------------|-----------------|---------------|

Saturday and Sunday

| | | |
|-------------------------|------------------|---------------|
| 13/O Morning Sessions | Warm-up: 7:00AM | Start: 8:30AM |
| 10/U Afternoon Sessions | Warm-up: 12:30PM | Start 1:15PM |
| 11/12 Evening Sessions | Warm-up: 4:15PM | Start: 5:00PM |

**Warm-up and start times for the Sessions are subject to change depending of the size of the meet. Teams will be notified of any changes by Thursday May 26, 2005, or as soon as possible thereafter.*

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>

Hotel

Courtyard by Marriott
474 Main Ave.
Norwalk, CT
203-849-9111

Ramanda Inn
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

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.

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

THE WAHOO SUMMER INVITATIONAL

ORDER OF EVENTS

June 3, 2005 Friday Evening

| | | |
|---|-----------------------|---|
| 1 | Senior 400M Freestyle | 2 |
| 3 | Senior 400M IM | 4 |

June 4, 2005 Saturday Morning – 13/0 Events

| | | |
|----|----------------------------|----|
| 5 | 13/14 100M Breaststroke | 6 |
| 7 | 15/0 100M Breaststroke | 8 |
| 9 | 13/14 100M Freestyle | 10 |
| 11 | 15/0 100M Freestyle | 12 |
| 13 | 13/14 100M Butterfly | 14 |
| 15 | 15/0 100M Butterfly | 16 |
| 17 | 13/14 200M Backstroke | 18 |
| 19 | 15/0 200M Backstroke | 20 |
| 21 | 13/14 200M IM | 22 |
| 23 | 15/0 200M IM | 24 |
| 25 | 13/14 200M Freestyle Relay | 26 |
| 27 | 15/0 200M Freestyle Relay | 28 |

Saturday Afternoon – 10/Under Events

| | | |
|----|---------------------------|----|
| 29 | 10/U 50M Breaststroke | 30 |
| 31 | 10/U 100M Freestyle | 32 |
| 33 | 10/U 50M Butterfly | 34 |
| 35 | 10/U 100M Backstroke | 36 |
| 37 | 10/U 200M IM | 38 |
| 39 | 10/U 200M Freestyle Relay | 40 |

Saturday Evening – 11/12 Events

| | | |
|----|----------------------------|----|
| 41 | 11/12 50M Breaststroke | 42 |
| 43 | 11/12 100M Freestyle | 44 |
| 45 | 11/12 50M Butterfly | 46 |
| 47 | 11/12 100M Backstroke | 48 |
| 49 | 11/12 200M IM | 50 |
| 51 | 11/12 200M Freestyle Relay | 52 |

THE WAHOO SUMMER INVITATIONAL ORDER OF EVENTS

June 5, 2005

Sunday Morning - 13/0 Events

| | | | | |
|----|-------|------|--------------|----|
| 53 | 13/14 | 200M | Freestyle | 54 |
| 55 | 15/0 | 200M | Freestyle | 56 |
| 57 | 13/14 | 200M | Butterfly | 58 |
| 59 | 15/0 | 200M | Butterfly | 60 |
| 61 | 13/14 | 100M | Backstroke | 62 |
| 63 | 15/0 | 100M | Backstroke | 64 |
| 65 | 13/14 | 200M | Breaststroke | 66 |
| 67 | 15/0 | 200M | Breaststroke | 68 |
| 69 | 13/14 | 50M | Freestyle | 70 |
| 71 | 15/0 | 50M | Freestyle | 72 |
| 73 | 13/14 | 200M | Medley Relay | 74 |
| 75 | 15/0 | 200M | Medley Relay | 76 |

Sunday Afternoon - 10/U Events

| | | | | |
|----|------|------|--------------|----|
| 77 | 10/U | 200M | Freestyle | 78 |
| 79 | 10/U | 100M | Butterfly | 80 |
| 81 | 10/U | 50M | Backstroke | 82 |
| 83 | 10/U | 100M | Breaststroke | 84 |
| 85 | 10/U | 50M | Freestyle | 86 |
| 87 | 10/U | 200M | Medley Relay | 88 |

Sunday Evening - 11/12 Events

| | | | | |
|----|-------|------|--------------|-----|
| 89 | 11/12 | 200M | Freestyle | 90 |
| 91 | 11/12 | 100M | Butterfly | 92 |
| 93 | 11/12 | 50M | Backstroke | 94 |
| 95 | 11/12 | 100M | Breaststroke | 96 |
| 97 | 11/12 | 50M | Freestyle | 98 |
| 99 | 11/12 | 200M | Medley Relay | 100 |

Wilton Wahoo Summer Invitational •• June 3-5, 2005
Complete Summary and return with entry

| Swimmers | Individual Events | Relay Events |
|--|-------------------|--------------|
| 10& U Girls | | |
| 10& U Boys | | |
| 11-12 Girls | | |
| 11-12 Boys | | |
| 13-14 Girls | | |
| 13-14 Boys | | |
| 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 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: _____