

THE 5th ANNUAL KAMANA-WANNA-SWIM INVITATIONAL

July 15 & July 16, 2006

HELD UNDER THE SANCTION OF CONNECTICUT SWIMMING, INC.

AND USA SWIMMING, INC. - SANCTION L06-31

SPONSORED BY LAUREL EAST HARTFORD YMCA SWIM CLUB

MEET MANAGER: Scott Burr
134 Valley Crest Drive
Wethersfield, CT 06109
860-559-8804
ScottCBurr@netscape.net

ENTRY CHAIR: Mike Jackwin
c/o East Hartford YMCA
770 Main Street, East Hartford, CT 06108
860-568-7132
mjackwin@comcast.net

MEET THEME: Hawaiian. Special awards will be given to the swimmers whose attire best represents the theme. A special prize will also be awarded to the team that has the best decorated tent! Prizes will be awarded at the conclusion of Saturday's session. All attending are requested to participate. Our Meet Manager will be on the lookout for the best eye-catching attire. Be creative, and have some fun!

REFEREE: Mike Huffman michael.huffman@thehartford.com

SAFETY CHAIR: Joanne Huffman

EMERGENCY # (860) 291-7442

LOCATION: ODESSA TERRY POOL, Hockanum Park, High Street, East Hartford

FACILITY: 8-lane, 50-meter pool with a depth of 10+ feet at the blocks. Colorado Timing System with touch pads for 100 meters, or more, will be used. Seating is outside the fence. Bring your own chairs. No parents, unless they are actively working at the meet, will be allowed inside the fence during the meet.

SCHEDULE: Morning: All swimmers 7:00 AM Warm-up; 8:00 AM Start

ELIGIBILITY: Swimmers and coaches must be 2006 registered members of USA Swimming. All coaches must present a valid USA Swimming coach Card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck.

RULES: Current USA Swimming rules will govern. All events will be timed Finals. 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, with prior approval from Program Operations.

ENTRIES: Swimmers may enter up to three (3) individual events per day exclusive of relays.

Teams are encouraged to submit their entries on diskette using the LSA Swim Team program or Hytek program. Meet entries must be submitted on the official entry form or a computer generated facsimile. **Your entry will not be considered final until we receive your entry fee and hard copy by mail.** Mail your entry (both disk and paper copy) to Mike Jackwin at the address located on the cover page of this meet announcement. Please send your

original entry, not a photocopy. The phone number of a club official must be included on the form as well as club mailing address. Teams submitting their entries on diskettes will receive a copy of the results on diskette for their records. If any of your swimmers are swimming the meet **UNATTACHED**, please mark this clearly in **RED** alongside the swimmer's name on the entry sheet. **NT times** are highly discouraged. Please estimate swimmer's times, if necessary, for seeding purposes. 400IM and 400 Freestyle events will have cut-off times. **ALL TIMES MUST BE IN METERS.**

ENTRY FEES:

Splash Fees: \$5/individual event \$10/relay

Manual entry fee: If you submit hand entered entries a \$2.00 charge will be added to each swimmer, over 5 and a limit of 50.

Mail one check per team, payable to the East Hartford YMCA and forms to:

Mike Jackwin
c/o East Hartford YMCA
770 Main Street
East Hartford, CT 06108

Teams using express mail, please waive signature requirement.

ENTRY DEADLINE: Connecticut team entries that are received by June 30, 2006, will be entered on a first come, first serve basis. After that date, CT and out-of-state entries will be accepted in order received, space permitting. Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team.

OVER-SUBSCRIPTION: In the event of oversubscription:

1st: 7 and under swimmers will be cut, 2nd: Relays will be cut.

The 400 IM and the 400 Freestyle events will be limited to no more than 4 heats per event. The sponsor reserves the right to make adjustments based on the time study and other factors. Teams will be notified of any changes no later than Monday, July 10, 2006.

AWARDS: Ribbons will be awarded for 1st - 8th places for individual events and 1st - 3rd for relays. Traditional age groups 10/U, 11/12, 13/14 and 15/0. Heat winners will receive an award.

TIMERS: Swim teams will be required to supply timers based on their entry for the duration of the meet.

SCRATCHES Scratch sheets will be provided in coaches' packets. These sheets **MUST** be returned 40 minutes before the session begins with scratched swimmers clearly identified.

WARM-UP: Connecticut Swimming, Inc. warm-up guidelines will be observed. The meet manager reserves the right to assign general warm-ups by team rather than age or sex, if the size of the entry and considerations of safety so require. Details and lane assignments will be made available in coaches' packets.

RESULTS: Results will be posted on the Connecticut Swimming, Inc. Website.

REFRESHMENTS: Food, snacks, beverages and programs will be available for purchase.

HANDICAPPED ACCESSIBILITY: For more information call Mike Jackwin (860)568-7132.

DIRECTIONS: I-91 North, take Exit 25 (Route 3). Take first exit after bridge (Glastonbury). Turn left at first traffic light. Turn left onto Main Street (north). Continue north on Main Street past large shopping center to first light. Turn left onto Broad Street. Broad Street becomes High Street at Naubuc Avenue. Continue 300 yards. Pool is on right.

From Route 2 West, take Hebron Avenue exit. At exit proceed to Main Street (Glastonbury). Turn right onto Main Street (north) and follow directions above.

I-84 East or West, take exit to CT Route 2 East to East Hartford. Take High Street exit. At bottom of the ramp, turn right. Proceed onto High Street for 300 yards. Pool is on the left.

PARKING: NO ON STREET PARKING IS ALLOWED. IF POOL PARKING LOT IS FULL, PARK IN THE SCHOOL LOT.

HOTELS: Sheraton Hotel, 100 East River Dr., East Hartford, 860-528-9703
Marriott Hotel, 100 Capitol Blvd., Rocky Hill, 860-257-6000
Hilton Garden Inn, 85 Glastonbury Blvd, Glastonbury, 860-529-1025

SATURDAY MORNING July 15, 2006

GIRLS Cut-off	EVENT	Cut-off	BOYS
1	12/U 200 METER FREE RELAY		2
3	13/O 200 METER FREE RELAY		4
5	12/U 50 METER BREAST		6
7	13/O 100 METER BREAST		8
9	12/U 100 METER FREE		10
11	13/O 100 METER FREE		12
13	12/U 50 METER FLY		14
15	13/O 100 METER FLY		16
17	12/U 100 METER BACK		18
19	13/O 200 METER BACK		20
21	12/U 200 METER IM		22
23	13/O 200 METER IM		24
25	12/U 400 METER MEDLEY RELAY		26
27	13/O 400 METER MEDLEY RELAY		28
29 6:40.00	12/U 400 METER FREE	6:40.00	30
31 6:00.00	13/O 400 METER FREE	6:00.00	32

SUNDAY MORNING July 16, 2006

GIRLS Cut-off	EVENT	Cut-off	BOYS
33	12/U 200 METER MEDLEY RELAY		34
35	13/O 200 METER MEDLEY RELAY		36
37	12/U 200 METER FREE		37
39	13/O 200 METER FREE		40
41	12/U 100 METER FLY		42
43	13/O 200 METER FLY		44
45	12/U 50 METER BACK		46
47	13/O 100 METER BACK		48
49	12/U 100 METER BREAST		50
51	13/O 200 METER BREAST		52
53	12/U 50 METER FREE		54
55	13/O 50 METER FREE		56
57	12/U 400 METER FREE RELAY		58
59	13/O 400 METER FREE RELAY		60
61 7:00.00	13/O 400 METER IM	6:30.00	62