

New Canaan Caiman's  
Short Course Meter  
"Sprinter's Cup"

05/13/06

Held under sanction of USA Swimming and CT Swimming Sanc.#L06-4

**Location:** New Canaan YMCA  
564 South Avenue  
New Canaan, CT 06840

**Meet Classification:** Age Group

**Entry Fee:** \$4.00 per individual event.  
\$8.00 per relay.  
Manual entry fee: Any team entering more than 4 swimmers without electronic entry (disk or email) must add \$3.00 per swimmer.

**Entry Limitations:** 5 individual events, 2 relays. **Seed times should be short course yards.**

**Cut Protocol:** Meet will be run in two sessions. The Sponsor reserves the right to make adjustments based on the projected timeline with approval from Program Operations. Teams will be notified in advance by email, on or before Wednesday 05/10/06, of any change to the meet format or entry limitations.

**Awards:** Places 1-6 will receive ribbon awards for each event.  
Highest Scoring Combined Men & Women's team will receive the Sprinter's Cup.  
Individual "Sprint Head" award will be given to the individual Men's and Women's swimmer within each age group with the fastest combined time in all 5 individual events.

**Facility/Pool Description:**  
6 lane, 25-meter pool with a depth of 13 feet at the starting blocks. Colorado timing. Six lane display. Ample seating on observation deck. Warm-up/warm-down available throughout meet.

**Pool Emergency Number:** 203-966-4528

**Meet Manager:** Laura Costigan  
54 Marshall Ridge Rd  
New Canaan, CT 06840  
203-972-3655  
zzzcamp1@aol.com

**Meet Referee:** Carol Feeney

**Safety Chairman:** Mark Sedlak

**Entry Chairman:** Nancy Kingman  
564 South Avenue  
New Canaan, CT 06840  
203-966-4528 ext 137  
Fax 203-972-7738  
[Nancy@ncycaimans.org](mailto:Nancy@ncycaimans.org)

**Entry Deadline:** Entries must be received no later than 6:00 P.M. Wednesday, May 3<sup>rd</sup>, 2006. No

changes may be made after the entry is received. Any entry received after the above dates will be returned, unless the meet is undersubscribed.

**Oversubscription:** Entries will be accepted on a first-come, first-served basis.

Entry Format: Open to all 2006 USA registered swimmers. There are no cut-off times for this meet.

Please include USA registration numbers and age of all swimmers. Identify unattached swimmers with red ink. Relay only swimmers must be included on the entry form. All entries must be on official CSI entry form or Windows format disk using LSA, Hytek, or compatible file format. Disk entries must be accompanied by a printed copy. Include on the entry the name, address, telephone number, and email address of the head coach and of a club official responsible for the team's entry. In case of dispute, the paper entry form will be considered the only official document of entry. All entries must be accompanied with payment. Do not send cards.

**Seed times should be short course yards.** Nonconforming time will be seeded last. Please avoid "NT" entries.

Out of state teams *must* submit a roster of swimmers signed by the LSC registration chairman or other acceptable proof that each swimmer is USA registered.

**Checks Payable to:** NCYAC

**Warm-up Times:**

Session I - 8&U/9&10 Swimmers 7:30AM

Session II - 11&12/13&O Swimmers 12:30PM

Starting Times: Session I - 8&U/9&10 Swimmers 9:00AM

Session II - 11&12/13&O Swimmers 2:00PM

**Scratch Procedure:** Coaches will receive a scratch sheet for each session of the meet in their information packets listing all of their swimmers and events for that session. Coaches must indicate all scratches on these sheets and turn them in to the computer table within one half hour after the beginning of warm-up.

**Credentials:** Coaches must present a valid USA Swimming coaches' card to the Meet Manager prior to the commencement of any sanctioned swim meet, and must have this card while on deck.

**Refreshments:** Refreshments will be made available.

**Directions:** From the Merrit parkway: Take exit 37 make a left and head north on Route 124. Follow this road for about a half mile and the YMCA will be located on the right. Parking is located right past the YMCA at Saxe Middle School.

**Parking:** There is no parking in the YMCA lot. Parking is located at the Saxe Middle School parking lot adjacent to the YMCA and should be used instead of parking on South Avenue (Route 124) as cars will be ticketed.

**Handicapped Access:** Access to the spectator area is by stairway only. The pool deck is at ground floor level. If special assistance is required by athletes, coaches, or spectators, please contact the Meet Director.

**Comments:**

- A full complement of officials is important to the success of any meet. Please email the Meet Referee with a list of officials from your team who would be available to work one or more sessions.
- Teams will be asked to supply timers in relationship to the size of their entry. Assignments will be emailed to all teams and must be filled for the duration of the session. Teams providing officials will have their timing assignments adjusted if the names of the officials provided with the entry
- 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.
- Current USA Swimming rules will govern.
- All events will be timed finals.

**Session I**

8:00AM Warm-up - 9:00AM Start

8&U/9&10 Swimmers

Girls Event Boys

1 8&U 100m Medley Relay 2

3 9&10 200m Medley Relay 4

5 8&U 50m Freestyle 6

7 9&10 50m Freestyle 8

9 8&U 50m Breaststroke 10

11 9&10 50m Breaststroke 12

**\*\*5 MINUTE BREAK\*\***

13 8&U 100m Individual Medley 14

15 9&10 100m Individual Medley 16

17 8&U 50m Backstroke 18

19 9&10 50m Backstroke 20

21 8&U 50m Butterfly 22

23 9&10 50m Butterfly 24

**\*\*5 MINUTE BREAK\*\***

25 8&U 100m Freestyle Relay 26

27 9&10 200m Freestyle Relay 28

**Session II**

12:30PM Warm-up - 2:00PM Start

11&12/13&O Swimmers

Order of Events

Girls Event Boys

29 11&12 200m Medley Relay 30

31 13&O 200m Medley Relay 32

33 11&12 50m Freestyle 34

35 13&O 50m Freestyle 36

37 11&12 50m Breaststroke 38

39 13&O 50m Breaststroke 40

**\*\*5 MINUTE BREAK\*\***

41 11&12 100m Individual Medley 42

43 13&O 100m Individual Medley 44  
45 11&12 50m Backstroke 46  
47 13&O 50m Backstroke 48  
49 11&12 50m Butterfly 50  
51 13&O 50m Butterfly 52  
\*\*5 MINUTE BREAK\*\*  
53 11&12 200m Freestyle Relay 54  
55 13&O 200m Freestyle Relay 56