

**OMNI 13/Over – 12/Under Invitational**  
**Yale University**  
**Payne Whitney Gymnasium**  
**May 20 – 21, 2006**  
**Held Under the Sanction of USA/CT Swimming # L 06 – 7M**

**Entry Chairman:** Tim Wise  
50 Wright Road  
Wethersfield, CT 06109 (203) 432 – 1498 Timothy.Wise@yale.edu

**Meet Manager:** Tim Wise  
**Safety Chair:** Julie Pelczar  
**Referee:** Don Galluzzi

**Pool:** The Yale Practice Pool is a 5 lane 50 meter facility with hand held timing, limited deck space and spectator seating. The Payne Whitney Gymnasium is handicapped accessible with the use of ramps and elevators. Parking can be found near and around the gymnasium; handicapped parking can be found on Tower Parkway in front of the gym. **Emergency phone (203) 432 - 2480.**

**Events:** Please enter using **Long Course Meter times**. OMNI reserves the right to limit the number of heats of an event, subject to the approval of the CSI Program Operations Chair. Teams will be notified in the event of over subscription. The 400 freestyle may be limited to the 4 fastest heats of women and men, maximum of 8 heats for this event and **NT is strongly discouraged**. Those swimmers who are not able to swim the 400 will be offered the opportunity to choose another event that day or offered a refund of their entry fee.

**Entry:** Swimmers may enter a maximum of 3 events per day. Any swimmer who wishes to swim UNATTACHED must mark this clearly in red with 'UN' alongside the swimmers' name on the entry sheet. **Teams are encouraged to submit their entries via email.** A diskette compatible for a PC using LSA Swim Team, Hy-Tek or other SDIF is also acceptable. An original paper copy of the entry must accompany all entries. Team entry date is determined by the date the hard copy and entry fees are received.

**Entry Deadline:** May 9, 2006. Entries will be accepted on a first come – first serve basis. The entry deadline may be extended if the meet is under subscribed.

**Entry fee:** Splash fee \$4 per event. There will a \$ 5.00 charge per swimmer for hand entries. **Make checks payable to OMNI Swim Club.**

**Warm-up sessions** - General warm-up for all senior sessions, no lane assignments. The last 10 minutes of each warm-up session two lanes will open up for sprints and one for pace. 12/Under warm-up will be broken into two groupings with assigned lanes followed by a sprint and circle swim session.

<b>13/Over</b>	Warm-up	7:30am
	Start	8:30am
<b>12/Under</b>	Warm-up	12:30pm
	Start	1:30p.m.

Warm-up and start times are for both Saturday and Sunday sessions.

**Eligibility:** Only 2006 USA Swimming members are eligible and must be registered prior to entry deadline. The swimmer's age as of May 20, 2006 will determine his/her age for the meet. USA Swimming will govern the meet. There are no cut-off standards for this meet.

**Scratches:** 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 office within one half hour after the beginning of warm-up.

**Timers and officials:** OMNI will be asking for timers from teams based on size of entry. OMNI welcomes anyone who wishes to assist in officiating during this meet. Please contact Tim Wise.

**USA Swimming membership cards:** All Coaches must present a valid USA Swimming Coaches Card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck.

**Food:** Food and beverages will be available during the meet. Food will not be allowed on deck during the meet except for water bottles. **Please NO GLASS on the deck.**

**Miscellaneous:** Time trials will be held at the end of each session if time permits. No awards will be distributed.

**Directions:** Take Exit 3 off of 91 (Trumbull Street). Go straight through three lights, at the fourth light take left (Prospect). At the next light take right (Grove Street). Follow road through one light and Payne Whitney is straight ahead. Practice Pool is located on the third floor.

**Hotel Information:**

The Colony Inn (10 minutes) 1157 Chapel Street New Haven, CT 06511 (203) 776-1234	The OMNI Hotel (10 minutes) 155 Temple Street New Haven, CT 06511 (203) 772-6664 or 1-800-843-6664
Courtyard Marriott at Yale (across the street) 30 Whalley Ave New Haven, CT 06511 (203) 777-6221 or 1-800-465-4329	New Haven Hotel (10 minutes) George Street New Haven, CT 06511 (203) 498-3100
Hotel Duncan (10 minutes) 1151 Chapel Street New Haven, CT 06511 (203) 787-1273	Howard Johnson's Inn (20 minutes) 2250 Whitney Ave Hamden, CT 06506 (203) 288-3831 or 1-800-446-4656
Residence Inn by Marriott (20 minutes) 3 Long Wharf Drive New Haven, CT 06511 (203) 777-5337	Days Inn (20 minutes) 3400 Whitney Ave Hamden, CT 06506 (203) 288-2505

**WE ARE GUESTS OF YALE UNIVERSITY. COACHES, SWIMMERS AND FRIENDS ARE EXPECTED TO TREAT THE FACILITY WITH RESPECT. PLEASE NO ROAMING OR WANDERING AROUND THE GYMNASIUM.**

<b>OMNI SWIM CLUB</b>		
<b>Order of Events</b>		
<b>May 20 – 21, 2006</b>		
<b>Session I</b>	<b>13/Overs</b>	
<b>Saturday</b>	<b>7:30am warm-up</b>	<b>8:30am Start</b>

<b>Women's</b>	<b>Event</b>	<b>Men's</b>
1	200 IM	2
3	100 Backstroke	4
5	200 Butterfly	6
7	200 Freestyle	8
9	100 Breaststroke	10
11	50 Freestyle	12
<b>Session II</b>	<b>12/Unders</b>	
<b>Saturday</b>	<b>12:30pm warm-up</b>	<b>1:30pm Start</b>
13	200 IM	14
15	50 Backstroke	16
17	50 Breaststroke	18
19	100 Butterfly	20
21	100 Freestyle	22
<b>Session III</b>	<b>13/Overs</b>	
<b>Sunday</b>	<b>7:30am warm-up</b>	<b>8:30am start</b>
23	400 Freestyle	24
25	100 Butterfly	26
27	200 Backstroke	28
29	200 Breaststroke	30
31	100 Freestyle	32
<b>Session IV</b>	<b>12/Unders</b>	
<b>Sunday</b>	<b>12:30pm warm-up</b>	<b>1:30pm start</b>
33	200 Freestyle	34
35	50 Butterfly	36
37	50 Freestyle	38
39	100 Breaststroke	40
41	100 Backstroke	42