

WESTON SWIMMING INC.
Hula in Da POOLA
A Tropical Themed Swim Meet
Coaches and Swimmers wear your best Tropical Attire.

9 and Under Swim Meet
Held Under sanction of USA and Connecticut Swimming, Inc.

May 21, 2005
Sanction # L06-8M
Will be swum in SCY

- Sponsored By:** Weston Swimming Inc.
- Location:** Weston Middle School Pool
110 School Rd.
Weston, CT. 06883
- Facility:** 6 Lane – 25 yard pool: Starting blocks at deep end of pool.
- Warm ups:** 12:00-12:20 Girls Warm up
12:20-12:40 Boys Warm up
12:40-12:50 Sprints
1:00 Start time of first event
- Emergency Phone:** (203) 291-1560 Weston Pool Number
Officials' Contact: Sonya Baier
Safety Chairman: Mike Imber
Meet Manager: Sonya Baier
Entry Chair: Dan Zeek
Weston Swimming
PO BOX 1064
Weston CT. 06883
(203) 623-4141
Email Entries Encouraged: DDANZEEK@AOL.COM
- Entry Deadline:** Entries from Connecticut team must be received no later than Friday May 12, 2006. Out of State teams no later than May 12, 2006.
- Entry Format:** Open to all USA Swimming registered swimmers. Please include the USA registration numbers and ages of all swimmers. Identify Unattached swimmers with red ink. Relay only swimmers must be included on your entry form. All entries submitted by disk using Hy-Tek, LSA or other SDIF format. A printout must accompany the entry.
Email Entries encouraged to: DDANZEEK@AOL.COM Please Include meet entry and Word Document of entry in email. Payment must accompany mailed entries. Payments for email entries must be received within 3 days of receipt of entry.

Entry Limitations and Cut Protocol: Entries must be in the swimmers best SCY times. Please estimate on new swims and limit NT's. An Individual may enter **four (4)** Individual events and **two (2)** relays. Relays will be cut in the event that the meet is oversubscribed. Teams will be notified of any changes by Monday May 15, 2006.

Please Note: USA Swimming rules govern this meet. Meet Management reserves the right to limit heats, adjust warm up and / or stat times or make changes to ensure a quality meet. All Changes are subject to approval by Program Operations. 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 while on deck.

Cell Phones in Locker Room: The use of Cell phones with the camera function in the locker room will not be permitted. If found using this function of the cell phone it will be removed and the team will be asked to leave the meet.

Handicapped / Elderly Accessibility: The spectator and pool deck area is accessible for the handicapped and the elderly. Parking is available in the main lot of the Middle School. Elevators are accessible through the main entrance to the pool and spectator area.

Entry Fee: \$3.00 Individual \$6.00 Relays
Make Checks Payable to: Weston Swimming Inc.

Timing: Manual Timing will be used. The middle time of 3 watches per lane will be the official time.

Awards: Ribbons 1st – 6th individual events 1st – 3rd Relays

Directions : Exit 42/Merritt Parkway to Route 57 North. Right at fifth light (just past town center) onto School Road. Left at (immediate) fork and follow road past the elementary school, high school and then middle school (all on your right). The entrance to the Weston Middle School Pool Locker Rooms is immediately to the right of the steps leading up to the school. Go through the double doors; turn right and the girls locker rooms are on the right/boys on the left. Walk to the front of the locker room, near the showers to the pool entrance. The entrance to the viewing balcony is outside, to the right of the locker room entrance. Go through the doors, up the steps and straight to the pool.

Order of Events

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	9/U 100 Yd Medley Relay	2
3	9/U 50 yard Breaststroke	4
5	8/U 25 yard Breaststroke	6
7	9/U 50 yard Freestyle	8
9	8/U 25 yard Freestyle	10
11	9/U 50 yard Butterfly	12
13	8/U 25 yard Butterfly	14
15	9/U 50 yard Backstroke	16
17	8/U 25 yard Backstroke	18
19	9/U 100 yard IM	20
21	9/U 100 yard Freestyle Relay	22