

**CHESHIRE Y/SEA DOG SWIM CLUB
DISTANCE MEET**

Friday, May 11, 2007

HELD UNDER THE SANCTION OF USA SWIMMING AND CONNECTICUT
SWIMMING.
SANCTION # L07-05

NAME: SEA DOG SWIM CLUB DISTANCE MEET

DATE: FRIDAY MAY 11, 2007

LOCATION: CHESHIRE COMMUNITY POOL, 520 South Main Street (RT 10) Cheshire, CT 06410

SPONSORED BY: Cheshire Y/Sea Dog Swim Club

MEET CLASSIFICATION: Open

MEET DIRECTOR: Sheila Solernou 203-575-1978 rsolernou@sbcglobal.net

REFEREE: Chris Patrell 203-530-4242 spatrell@cox.net

ENTRY CHAIR: Janine Koukos 203-250-0420 jkoukos@cox.net

SAFETY CHAIR: Liz Aylward 203-464-8811 eaylward@yahoo.com

FACILITY/POOL DESCRIPTION: 8 Lane, 50 meter pool.
Daktronics Electronic Timing System
Deck Seating Limited, bring deck chairs
Overflow parking available across the street
at Cheshire High School.

EMERGENCY PHONE: 203-271-3208

DISABLED ACCESS: The facility is accessible to the disabled. Please contact
the Meet Director with questions.

SPLASH FEE: \$7.00/event

MANUAL ENTRY FEE: \$1.00 per swimmer for teams with more than 5 swimmers.

MAIL ONE CHECK PER TEAM, PAYABLE TO "CHESHIRE STPA" AND FORMS TO:

Ms. Janine Koukos
579 Higgins Road
Cheshire, CT 06410

Teams using express mail, please waive signature requirement.

ENTRY DEADLINE: Entries will be accepted on a first-come first-served basis.
Date of receipt is based on Hard Copy and Payment
received by Entry Chair. All entries must be received by
Tuesday, May 1, 2007 at 6:00 pm.

ENTRY FORMAT:	Teams may email entry to entry chair or submit entries on disk using LSA, Hy-Tek or SDIF software. A paper copy must be sent either way with check. Entries must include name, phone number, email & mailing address of team contact. Also include meet entry fee report for Hy-Tek entries. Unattached swimmers must be clearly marked in RED. NT entries are STRONGLY DISCOURAGED. Entry times should be in Long Course Meters. If sent overnight mail, please sign "waiver of signature". Entries will be accepted on a first-come first-served basis.
SWIMMER ELIGIBILITY:	Swimmers must be 2007 registered members of USA Swimming.
COACH ELIGIBILITY:	Coaches must be 2007 registered members of USA Swimming. All coaches must present a valid USA Swimming Coach Card to the Meet Director prior to commencement of any sanctioned swim meet and must have this card with them while on deck.
ENTRY LIMITATIONS:	2 individual events
CUT PROTOCOL:	Team entries will be accepted on a first-come first-serve basis until sessions are full. Meet Director reserves the right to make any adjustments deemed necessary to ensure fair and efficient running of the meet, such as adjusting warm-up and start times. Due to session time constraints, heats may be limited in the 800 Free, subject to approval by CSI. Teams will be notified in advance by email of any changes no later than May 6, 2007. Be sure to include an accurate email address of the team contact.
SCRATCH PROCEDURE:	Scratch sheets will be provided in the Coaches' Packets. These sheets MUST be returned 40 minutes before the session begins with the scratched swimmers names clearly identified.
WARM UPS:	Connecticut Swimming, Inc. warm-up guidelines will be observed. The Meet Director reserves the right to assign general warm-ups by team rather than by age or sex, if the size of the entry and considerations to safety so require. Details and lane assignments will be made available with the Coaches' Packets.
SCHEDULE:	4:30-5:05 pm: General Warm-Ups 5:05-5:15 pm: Sprints/Pace/General 5:20 pm: Meet Start
AWARDS:	None

**REFRESHMENTS/
CONCESSIONS:**

Available throughout warm-ups and competitive sessions.

TIMERS/COUNTERS:

Participants in the 800M Freestyle will be required to provide their own timers and lap counters. Teams will be required to supply timers based on their entry until the start of the 800M Freestyle.

DIRECTIONS:

FROM 91 NORTH: To exit 10 (Rt.40 ext). Follow to end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the High School.

FROM 91 SOUTH: To 691 West. Take exit 3 off 691, Cheshire. At light at the end of ramp, go left, heading south on Rt. 10. Follow Rt. 10 south through Cheshire. Pool is on the left across from the High School.

FROM 84 WEST: to 691 East, take the Cheshire exit. Take a right at the end of the ramp onto Rt. 10 South through Cheshire. Pool is on the left across from the High School.

FROM 84 EAST: To exit 26 (rt. 70). Follow Rt. 70 into Cheshire. At Rt. 10 intersection, take a right, heading South on Rt. 10 through Cheshire. Pool is on the left across from the High School.

The 800M Freestyle will be run fastest to slowest alternating girls and boys.

SEA DOG SWIM CLUB DISTANCE MEET

Friday, May 11, 2007

4:30 pm Warm-ups; 5:20 pm Start

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	12 & Under 200M Butterfly	2
3	12 & Under 200M Backstroke	4
5	12 & Under 200M Breaststroke	6
7	11 & Over 800M Freestyle	8