

LONG COURSE INVITATIONAL

June 15, 16 & 17, 2007

Hosted by the Hopkins Mariner Swim Team

Held under Sanction of USA Swimming and Connecticut Swimming Inc.

Sanction # L07-14

Held at Wesleyan University

Middletown, CT.

Meet Manager

Lisa Earley
846 Beechwood Road
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Entry Chairman

Lisa Earley
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Referee: Karen Barber email: Karen_jubanyik@yahoo.com

Safety Chairman: Bob Pimer

Pool Emergency Number: (860)685-2886 (Facility Monitor)
(860)685-2915 (pool Deck)

The meet will be run in accordance with USA Swimming rules unless otherwise noted. The meet referee reserves the right to make any adjustments to the provisions of the meet announcement in conjunction with CSI Program operations that they deem necessary to ensure the fair and efficient running of the meet.

Disabled/Elderly Access: Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through the front entrance only. Elevator in front lobby goes to the locker rooms and pool deck. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches, or spectators, please contact the Meet Director.

Pool: the Wesleyan University pool is an 8 lane by 50 meter facility with non-turbulent lane lines and electronic timing. Adequate seating and parking is available.

Events: All events will be deck seeded according to the swimmers best meter times. On Saturday ONLY, the fastest two heats will return in the evening to swim in the finals session. Friday and Sunday are timed final events and will swim in the morning session. All relays will swim in the morning session, no relays will swim in the finals session. Time trials may be available if time permits on Saturday only. No time trials will be allowed in the 800 or 1500 free, and a time trial swim counts toward the limit of three events per day. The meet referee reserves the right to combine events if it is deemed in the best interest of the swimmers.

Eligibility: Only 2007 USA Swimming registered swimmers are eligible for this meet. The swimmer's age as of June 15, 2007 will determine the age for the meet. 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.

Entry Limitations: Swimmers may enter any number of events but are limited to competing in no more than 3 individual events per day, including time trials.

Entry Forms: Teams are encouraged to submit their entries on a disk using the Hy-Tek program. An original paper copy of the entry must accompany all entries on disk. You may also submit your entry by email in SDIF format. Email your entry to Learley851@aol.com. Mail your entry to the entry chairman listed on the cover page. The phone number and/or email address of a club representative that can be reached in the evening must be included on the form as well as a club mailing address. The entry will not be considered until the payment has been received. If any of your swimmers are swimming the meet Unattached please mark **UNAT** clearly in **RED** along side of the swimmer's name on the entry sheet. Relays must be entered with seed times. In case of dispute, the official entry form will be considered the master form and only official document of entry.

Entry Fees: Individual events are \$5.00 and relays are \$10.00 each. (Time trials are \$5.00 per event.) Make checks payable to Hopkins and mail the check with your entry forms to the entry chairman. There will be a \$1.00 charge per swimmer for 5 or more swimmers on hand entered entries.

Entry Deadline: CT teams that enter by noon on Wednesday, May 23, will be entered first. All other entries will be entered on a first come first serve basis till the meet is full but the final entry deadline for received entries is Wednesday, May 30. If adjustments need to be made in the meet timeline the club contact will be notified by Tuesday, June 12, in the morning. The meet management reserves the right to adjust warm-up and /or start times subject to approval of CT Swimming Program Operation.

Cut Protocol: If the meet is oversubscribed we will eliminate the relays first. If the meet is still oversubscribed, we would then need to eliminate teams based on the date we received their entry. Entries are accepted on a first come first serve basis until the meet is full. Formal team entry date is determined by the date of entry hard copy and entry fee receipt by the host team.

Heat Limits: Only the fastest 24 girls and 24 boys will swim in the 9-12 year old 400 free and the senior 1500 free and 800 free. The 1500 free and the 800 free will be swum fastest to slowest alternating girls and boys. Positive check in for both Friday events will be required by 6:00pm on Thursday, June 14, 2007, and by 6:00pm Saturday, June 15, 2007 for the 800 free. Please check in by sending an email listing those swimmers that wish to be considered for the event to learley851@aol.com. An email will be sent out that evening, listing the top 24 swimmers for those events. There will not be a penalty for a no-show on an event listed as a timed final event, but we hope that if you state that someone is intending to swim that they show up to swim. Should we end up with empty lanes on events that have a positive check in time we will attempt to fill the lanes on the basis of their entry time. The lanes will be offered to the next fastest entered swimmers until all lanes are full. The senior 400 free and 400 IM are timed final events and will be limited to 4 heats of each gender in trials. The fastest 8 swimmers in each gender will swim only in finals. There will only be one heat of 400 free and 400 IM for each gender in finals. Positive check in for these events are no later than 6:00pm the evening prior to when the event is scheduled. Once again there will not be a penalty for a no-show in these events. Should there be an empty lane in the trials session for these events we will offer the lane to the next fastest entered swimmer until all lanes are full.

Timing System: We will be using electronic timing for this meet, but back-up timers will be needed from each team based on the size of your entry.

Timers and Officials: the host team will require timers from teams in proportion to the size of their entries. Teams must provide their own timers and counters for the distance events. Officials will also be needed. Please contact Karen Barber, head referee at Karen_jubanyik@yahoo.com if your will be able to assist.

Scratches: Coaches will receive a scratch sheet for each session of the meet in their information packet, listing all of their swimmers and events for that session. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table within one-half hour after the beginning of warm-ups.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals and fails to compete, and has not been scratched will be barred from all further competition in the meet.

Exceptions for Failure to Compete in Finals:

No penalty shall apply for failure to compete in finals if:

1. The referee is notified in the event of injury or illness and accepts the proof thereof.
2. A swimmer not qualifying for a final heat based on the results of the preliminary heats but is bumped up because of a late scratch.
3. It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Meet Schedule

<i>Friday</i>	<i>Warm-up 5:00pm</i>	<i>Start 6:00pm</i>
<i>Trials Sat. 13 & over</i>	<i>Warm-up 7:00am</i>	<i>Start 8:15am</i>
<i>Trials Sat. 12 & under</i>	<i>Warm-up 12:30pm</i>	<i>Start 1:30pm</i>
<i>Finals on Saturday</i>	<i>Warm-up 5:30pm</i>	<i>Start 6:30pm</i>
<i>Timed Finals Sun. 13 & over</i>	<i>Warm-up 7:00am</i>	<i>Start 8:15am</i>
<i>Timed finals Sun. 12 & under</i>	<i>Warm-up 1:30pm</i>	<i>Start 2:30pm</i>

- Warm-up and start times for the sessions and finals are subject to change depending on the size of the meet. Teams will be notified of any changes as soon as possible.

Awards: medals for the top 3 finishers in each individual event, and the top 3 relays. Team high point awards will be given to the three teams accumulating the most points at the end of the meet. The scoring system follows rule book rule #102.7.3 SCORING. The points that will be used are as follows:

PLACE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Relays	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2
Indiv. Events	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Food: Food and beverages will be available during the meet, however, food will not be allowed in any areas of the building other than the food concession area.

Coaches & Officials Hospitality: There will be a hospitality room for coaches and officials located in the team room adjacent to the pool office.

Information: Please direct all questions regarding entries to the chairman and all other questions to the meet director. Since we are guests of Wesleyan university, all swimmers, coaches, and guests are expected to treat the facility with respect. It is the responsibility of each team to provide supervision for the swimmers when they are not swimming. Any violations of the rules of sportsmanship and common courtesy could result in the expulsion of a swimmer and/or team from the meet. Cell phones with the ability to take photos will not be permitted in the locker rooms.

Directions: From the South: North on I-91 or the Merritt parkway. Follow signs for Rte. 66 east and proceed to the intersection of Rte. 66 and Rte. 3. Turn right onto Vine Street. Parking is available next to the tennis courts. The athletic complex is at the end of the street.

From the North: Follow I-91 to Rte. 9 and proceed to the Middletown Exit. Take a right at the light onto 66 west (Washington Street). Drive up the hill to the Wesleyan campus and turn left onto High Street. Proceed to Church Street and turn right at the light. Proceed approximately 1000 yards to the athletic center.

Schedule of Events

Friday, June 15, 2007

WARM-UP 5:00pm START 6:00pm

Women		Men
1	Senior 800 Free Relay	2
3	9-12 yr. old 400 meter free *	4
5	Senior 1500 meter free *	6

* Only the fastest 24 swimmers in each gender that respond to the positive check in will swim

* You must provide your own timers and lap counters for the 1500 free and a timer for the 9-12 400 free.

Saturday, AM Session June 16, 2007

WARM-UP 7:00am START 8:15am

7	Senior 200 meter IM	8
9	Senior 100 meter breast	10
11	Senior 400 meter free #	12
13	Senior 100 meter fly	14
15	Senior 200 meter back	16
17	Senior 50 meter free	18
19	Senior 400 meter Medley Relay	20

This is a heat limited **timed final** event. The fastest 8 swimmers in each gender will automatically swim in finals.

Saturday, PM Session June 16, 2007

WARM-UP 12:30pm START 1:30pm

21	11/12 50 meter breast	22
23	10 & under 50 meter breast ##	24
25	11/12 200 meter free	26
27	10 & under 200 meter free ##	28
29	11/12 50 meter fly	30
31	10 & under 50 meter fly ##	32
33	11/12 100 meter back	34
35	10 & under 100 meter back ##	36
37	11/12 50 meter free	38
39	10 & under 50 meter free ##	40
41	12 & under 200 Medley Relay	42

This is a timed final event. These swimmers do not return for finals.

Sunday, AM Session June 17, 2007
WARM-UP 7:00am START 8:15 am

43	Senior 400 meter IM #	44
45	Senior 100 meter free	46
47	Senior 200 meter breast	48
49	Senior 100 meter Back	50
51	Senior 200 meter free	52
53	Senior 200 meter fly	54
55	Senior 400 meter Free Relay	56
	20 minute warm-up	
57	Senior 800 meter free	58

This is a heat limited timed final event. The fastest 8 swimmers in each gender will automatically swim in finals.

Sunday, PM Session June 17, 2007
WARM-UP 1:30pm START 2:30pm

59	11/12 200 meter IM	60
61	10 & under 200 meter IM ##	62
63	11/12 100 meter free	64
65	10 & under 200 meter free ##	66
67	11/12 100 meter breast	68
69	10 & under 100 meter breast ##	70
71	11/12 50 meter back	72
73	10 & under 50 meter back ##	74
75	11/12 100 meter fly	76
77	10 & under 100 meter fly ##	78
79	12 & under 200 meter Free Relay	80

this is a timed final event. These swimmers do not return for finals.

ORDER OF EVENTS FOR FINALS
SATURDAY

- The fastest 16 qualifiers from each individual event (11/12 and older) in the morning session will return for the evening finals session.

Saturday Finals

Senior 200 meter IM
 11/12 50 meter breast
 Senior 100 meter breast
 11/12 200 meter free
 Senior 400 meter free
 11/12 50 meter fly
 Senior 100 meter fly
 11/12 100 meter back
 Senior 200 meter back
 11/12 50 meter free
 Senior 50 meter free