

Sharks Swim Team and Norwalk ZEUS Long Course Invitational

May 5 & 6, 2007 At Yale University

Held Under Sanction of USA Swimming and CT Swimming

Sanction # L07-02m

Meet Director/ Entry Chair

Rick Lewis

Lewisshark@aol.com

212 Palmer Hill Road

Old Greenwich, CT 06870

Meet Referee: Joe Dudek, jdudek@optonline.net

Safety Coordinator: Mio Cloud

Pool Facility:

- 5 lane 50 meter pool with no timing system.
- Pool and bleachers are Handicapped Accessible. Limited seating (bring folding chairs for balcony) and parking is available.
- Concession area is also available.

Eligibility:

- All swimmers and coaches must be 2007 registered members of USA Swimming.
- Age is determined by the swimmer's age as of May 5, 2007.
- 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.

Events:

- All Events will be swum as timed finals.
- USA Swimming rules will govern the meet.
- Entries are to be submitted in best meter times (please have your computer convert).
- Swimmers can enter and compete in as many as 5 events per day.
- Meet management will limit the heats of all the 400 freestyles, 400 IM, and 800 freestyle to stay within the 4 hour time limit.
- Swimmers have to provide their own timers in the Senior 400 meter, Senior 800 meter freestyle, and 12 and under 400 meter freestyle.
- The Senior 800 Freestyle will be run fastest to slowest, alternating women and men.
- Manual timing at the Yale practice pool. Therefore we will need at least 2 timers for every lane.

Entry Fee:

- All events are \$4.00 each.
- The Senior 800 meter Freestyle is \$6.00
- Make all checks payable to **SHARKS!!**
- Mail the check with entry form to the entry chair above. If you send your entry by express mail, please sign the waiver so that the package will be delivered even if no one is there to sign for it.
- There will be a \$1.00 surcharge for each swimmer; for five or more hand entered entries.

Entry Deadline:

- Entries are accepted on first come, first serve basis.
- All entries must be received by April 19, 2007.
- Formal entry is determined by the date of receipt of the hard copy of the entry and the entry fee.

Cut Procedure

- All entries accepted on first come, first served basis.
- If cuts are necessary, 7/under swimmers will be cut first.
- Then swimmers will be limited to 4 events per day, then 3 events per day.
- Meet management reserves the right to limit the heats of the 400 Freestyle, 400 IM, and 800 meter Freestyle event to maintain the 4 hour time limit.
- All teams will be notified as soon as possible of any cuts but no later than April 30, 2007.

Times of the meet:

- Meet management reserves the right to limit heats and adjust warm up and/or start times, upon the approval of CT Swimming Program Operations.
- Meet management will also limit the heats of the Senior 400 freestyle, 400 IM, and 800 freestyle to stay within the 4 hour time frame.

Entry Form:

- Open to all 2007 USA Swimming registered swimmers.
- Entry should include USA registration number and age of all swimmers.
- Please identify all unattached swimmers with red ink.
- Entries must be on Hy-Tek, LSA, or other SDIF format, but must be accompanied by a computer printout. Include on the entry form, the team name, address, and telephone of the head coach and/or club official responsible for the team's entry.
- Entries may be sent via email to LEWISSHARK@aol.com

Awards:

No awards will be given.

Order of Events:

Girls	Event	Boys		
Session 1	Senior	Saturday, 5/5/07	7:30 a.m. warm up	9:00 a.m. Start
1	400 mtr. I.M.	2		
3	100 mtr. Freestyle	4		
5	100 mtr. Backstroke	6		
7	100 mtr. Breaststroke	8		
9	100 mtr. Butterfly	10		
11	50 mtr. Freestyle	12		
13	400 meter Free	14		
Session 2	12 and Unders	Saturday, 5/5/07	1:00 p.m. warm up	2:00 p.m. Start
15	12 & under 50 mtr. Freestyle	16		
17	12 & Under 50 mtr. Backstroke	18		
19	12 & Under 100 mtr. Freestyle	20		
21	12 and Under 100 mtr. Backstroke	22		
23	12 & Under 50 mtr. Breaststroke	24		
25	12 & Under 50 mtr. Butterfly	26		
27	12 & Under 100 mtr. Breaststroke	28		
29	12 and Under 100 mtr. Butterfly	30		
31	12 & Under 200 mtr. I.M.	32		
33	12 and Under 400 meter Free	34		
Session 3	Seniors	Sunday, 5/6/07	7:30 warm up	9:00 a.m. start
35	200 mtr. Freestyle	36		
37	200 mtr. Butterfly	38		
39	200 mtr. Backstroke	40		
41	200 mtr. Breaststroke	42		
	30 minute break			
43	800 mtr. Freestyle	44		