

The Wahoo Summer Invitational

June 1-3, 2007

Hosted by the Wilton Y Wahoos

Held under sanction of USA Swimming and Connecticut Swimming, Sanction #L07-09

Wilton Family YMCA

404 Danbury Rd. Wilton CT 06897

Meet Manager

LeAnn Abbott
96 Turtlehead Rd.
Wilton, CT 06897
203-210-5197
email: jabbott6@aol.com

Entry Chairman

Marie Blackwood/Wilton Y Wahoos
404 Danbury Rd.
Wilton, CT 06897
203-762-8384 ext. 290
email: wywahoos@msn.com

Safety Chairman: Pat Rappa **Meet Referee:** Helene Kramer-Gnerre **Pool Emergency Number:** 203-762-8384

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 necessary to ensure the fair and efficient running of the meet, with prior approval from CT program operations. 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. Meet management reserves the right to limit heats, adjust warm-up, and/or start times, or make other changes to ensure a quality meet. All changes are subject to approval by CSI Program Operations.

Pool: The Melissa Nickel Pool at the Wilton Family Y pool is a 6-lane by 50 meter facility with non-turbulent lane lines and electronic timing. Adequate seating and parking are available. Parking is available across the street at the Wilton High School. The Kiddy pool is not available to meet participants. It is for the use of the Wilton Y Members and their guests. **All 12/under children must be supervised by an adult when in any area of the Wilton Y except the locker rooms and pool deck.** Handicap/Elderly accessibility to Pool deck and spectator area is accessible through men's and women's locker rooms.

Events: All events will be swum as timed finals and will be deck seeded according to the swimmers' **best yard** times. Please note for the 400M Freestyle swimmers will be seeded according to the swimmers' best yard time for the 500 yard freestyle. All swimmers entered in relays must be in your entry file. All entry times in yards.

Eligibility: Only 2007 USA registered swimmers are eligible and must be registered prior to the entry deadline. The swimmer's age as of June 1, 2007 will determine his/her age for the meet.

Entry Limitations: Swimmers may enter up to two individual events on Friday and **13/O 3** individual events each on Saturday and Sunday. **12/Us** can swim **4** individual events on Saturday and Sunday including time trials.

Cut Protocol: If sessions are too long, relays will be cut first. If Friday's session is oversubscribed, heats will be limited and a Thursday evening session may be added for the overflow. If cuts still need to be made, teams will be cut based on date of receipt. Please read "entry deadline" section for rules on dates and complete entries.

Entry forms: Entries on disks in the USA Standard Data Interchange Format (SDIF) will be accepted. All entries on disk must be accompanied by original paper copy of the entry. You may also submit your entry by email in SDIF format. Please ZIP your entry and attach it to an email note to **Wywahoos@msn.com**. Mail your entry to Wilton Y Wahoos at the above address. Please send your original entry, not a photocopy. The **phone number** (and where possible, a **fax number** and/or **E-mail 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. If any of your swimmers are swimming the meet Unattached please mark **UNAT** clearly in **RED** alongside the swimmer's name on the entry sheet. Relays must be entered with

seed times, which may not be changed; NT entries will not be accepted for relays. 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 \$4.00 each; relays are \$8.00 each. Make checks payable to Wahoo Swim Club and mail the check with the entry forms to the entry chairman 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. **E-mailed entries are not considered official until we receive your check. There will be a \$1.00 charge for each swimmer, 5 or more, for hand entered entries.**

Entry Deadline: Entries will be on first come first serve basis until sessions are full. CT Teams entered by Tuesday May 15, 2007 will be entered first. **The final deadline for the meet is Wednesday May 16, 2007.** Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than Tuesday May 22, 2007. Teams will be notified of any changes or cuts as soon as possible after the entry deadline but no later than May 24, 2007.

Friday Evening: Friday events will be swum fastest to slowest alternating girls and boys.

Timers and Officials: The host team will require timers from teams in proportion to the size of their entries. Officials will also be needed. Please contact Helene Kramer-Gnerre, Head Referee if you will be able to assist, 203-733-4590 or email helene.kramer@ge.com.

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.

Time trials will be held at the end of each session if time permits. Cost of time trials \$4.00 per event.

Awards: 12/U events- Awards will be given to individual events for 1-6 places and relays 1-3 places.
13/O events no awards will be given.

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.

Information: Please direct all questions regarding entries to the chairman and all other questions to the meet director. Since we are the guest of the Wilton Family Y, 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.**

Meet Schedule

Friday

All Swimmers	Warm-up: 3:00PM	Start: 4:15PM
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Saturday and Sunday

13/O Morning Sessions	Warm-up: 7:00AM	Start: 8:30AM
10/U Afternoon Sessions	Warm-up: 1 PM	Start 1:45 PM
11/12 Evening Sessions	Warm-up: 5:15PM	Start: 6:00PM

**Warm-up and start times for the Sessions are subject to change depending of the size of the meet.*

**The meet management may need to add a Thursday evening session for overflow of the Friday session.*

Teams will be notified of any changes by Thursday May 24, 2007, or as soon as possible thereafter.

Information Updates, Meet Announcement, Psych Sheets and Meet Results: Available on the Wahoo's home page on the World Wide Web at:

<http://wywahoos.org>

Hotel

Courtyard by Marriott
474 Main Ave.
Norwalk, CT
203-849-9111

Ramanda Inn
789 Connecticut Ave.
Norwalk, CT
203-853-3477

Sheraton Four Pointe
426 Main Ave.
Norwalk, CT
203-849-9828

Norwalk Inn and Conf. Center
99 East Ave.
Norwalk, CT
203-838-5531

Hilton Garden Inn
560 Main Street
Norwalk, CT
203-523-4000

Directions: Wilton Family Y

Merritt Parkway from New Haven: Take exit 41(RT. 33) at end of the ramp turn left (north) onto RT. 33. Go 5.0 miles to the sixth traffic light. The Wilton Family Y is on the right, and the Wilton High School is on the left. Turn into the parking lot. Additional parking is available across the street at the high school if needed.

Merritt Parkway from New York: Take exit 39B. Follow the Route 7 North freeway to its end and turn right at the light. Turn left onto Rt. 7 north. Go 4.4 miles and turn right into the Y parking lot. The Wilton Family Y is on the right, and the Wilton High School is on the left. Additional parking is available across the street from the Y at the high school if needed.

Connecticut Turnpike 195: Take exit 15 to route 7 north. Follow Route 7 freeway to the end and turn right at the light. At the end of the road turn left onto old Route 7 and go about 3 miles to the Wilton Y as above.

There are numerous restaurants along Main Street and Route 7 and in conjunction with the motels.

THE WAHOO SUMMER INVITATIONAL ORDER OF EVENTS

June 1, 2007 Friday Evening

1	Senior 400M Freestyle	2
3	Senior 400M IM	4

June 2, 2007 Saturday Morning – 13/0 Events

5	13/14	100M	Breaststroke	6
7	15/0	100M	Breaststroke	8
9	13/14	100M	Freestyle	10
11	15/0	100M	Freestyle	12
13	13/14	100M	Butterfly	14
15	15/0	100M	Butterfly	16
17	13/14	200M	Backstroke	18
19	15/0	200M	Backstroke	20
21	13/14	200M	IM	22
23	15/0	200M	IM	24
25	13/14	200M	Freestyle Relay	26
27	15/0	200M	Freestyle Relay	28

Saturday Afternoon – 10/Under Events

29	10/U	50M	Breaststroke	30
31	10/U	100M	Freestyle	32
33	10/U	50M	Butterfly	34
35	10/U	100M	Backstroke	36
37	10/U	200M	IM	38
39	10/U	200M	Freestyle Relay	40

Saturday Evening – 11/12 Events

41	11/12	50M	Breaststroke	42
43	11/12	100M	Freestyle	44
45	11/12	50M	Butterfly	46
47	11/12	100M	Backstroke	48
49	11/12	200M	IM	50
51	11/12	200M	Freestyle Relay	52

THE WAHOO SUMMER INVITATIONAL ORDER OF EVENTS

June 3, 2007

Sunday Morning - 13/0 Events

53	13/14	200M	Freestyle	54
55	15/0	200M	Freestyle	56
57	13/14	200M	Butterfly	58
59	15/0	200M	Butterfly	60
61	13/14	100M	Backstroke	62
63	15/0	100M	Backstroke	64
65	13/14	200M	Breaststroke	66
67	15/0	200M	Breaststroke	68
69	13/14	50M	Freestyle	70
71	15/0	50M	Freestyle	72
73	13/14	200M	Medley Relay	74
75	15/0	200M	Medley Relay	76

Sunday Afternoon - 10/U Events

77	10/U	200M	Freestyle	78
79	10/U	100M	Butterfly	80
81	10/U	50M	Backstroke	82
83	10/U	100M	Breaststroke	84
85	10/U	50M	Freestyle	86
87	10/U	200M	Medley Relay	88

Sunday Evening - 11/12 Events

89	11/12	200M	Freestyle	90
91	11/12	100M	Butterfly	92
93	11/12	50M	Backstroke	94
95	11/12	100M	Breaststroke	96
97	11/12	50M	Freestyle	98
99	11/12	200M	Medley Relay	100

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Complete Summary and return with entry

Swimmers	Individual Events	Relay Events
10& U Girls		
10& U Boys		
11-12 Girls		
11-12 Boys		
13-14 Girls		
13-14 Boys		
Senior Women		
Senior Men		
Total Events		
	x \$4.00	x \$8.00
Total Entry fees		
Hand entered entries \$1.00 per swimmer, 5 or more		----- -
Total Amount of Check		

Make checks payable to the Wahoo Swim Club

Team Name: _____ Initials: _____

Team Town and State (for program): _____ Coach _____

Team Contact: _____

Contact phone (including area code): Daytime: _____ Evening: _____

Email _____ Fax number _____