

# Sharks Swim Team and Norwalk ZEUS Long Course Invitational

May 3 & 4, 2008 At Yale University

Held Under Sanction of USA Swimming and CT Swimming

Sanction # L08-02

## Meet Director/ Entry Chair

Eric Baritz – byte1inc@optonline.net

Meet Referee: Joe Dudek, jdudek@optonline.net

Safety Coordinator: Glen LeBlanc

Emergency Phone: 203-432-2480

## 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 2008 registered members of USA Swimming.
- Age is determined by the swimmer's age as of May 3, 2008.
- 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 4 events per day.
- Meet management will limit the heats of all the 400 freestyles, 400 IM, and 1500 freestyle to stay within the 4 hour time limit.
- Swimmers have to provide their own timers in the Sr. 400 meter and Sr. 1500 meter freestyle.
- The Senior 1500 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.
- There will be time trials if time permits. This will not count as one of the 4 events, but there is still a \$5 entry fee for time trials. Swimmers in time trial will need to provide their own timers.

## Entry Fee:

- All events are \$5.00 each. The Senior 1500 meter Freestyle is \$10.00
- Make all checks payable to **NAC**. Mail the check with entry form to the entry chair above at address below:

ZEUS Swimming  
c/o Eric Baritz  
501 Westport Avenue, #272  
Norwalk, CT 06854

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 18, 2008.
- 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 3 events per day.
- Meet management reserves the right to limit the heats of the 400 Freestyle, 400 IM, and 1500 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 28, 2008.

### **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.
- Meet Management will also adjust the time of the break before the 1500 Freestyle if necessary.
- Finally Meet management will adjust the start times of the meet after approval from Program Operations.

### **Entry Form:**

- Open to all 2008 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 [byte1inc@optonline.net](mailto:byte1inc@optonline.net)

### **Awards:**

No awards will be given.

## Order of Events:

<b>Girls</b>	<b>Event</b>	<b>Boys</b>		
<b>Session 1</b>	<b>Senior</b>	<b>Saturday, 5/3/08</b>	<b>1:30 p.m. warm up</b>	<b>2:45 p.m. Start</b>
1	200 mtr. Freestyle	2		
3	200 mtr I.M.	4		
5	200 mtr. Backstroke	6		
7	200 mtr. Breastsroke	8		
9	200 mtr. Butterfly	10		
	-- break --			
11	1500 mtr. Freestyle	12		
<b>Session 2</b>	<b>Seniors</b>	<b>Sunday, 5/4/08</b>	<b>7:30 warm up</b>	<b>8:45 a.m. start</b>
13	400 mtr. I.M.	14		
15	100 mtr. Freestyle	16		
17	100 mtr. Backstroke	18		
19	100 mtr. Breaststroke	20		
21	100 mtr. Butterfly	22		
23	50 mtr. Freestyle	24		
25	400 meter Free	26		
<b>Session 3</b>	<b>12 and Unders</b>	<b>Sunday, 5/4/08</b>	<b>1:00 p.m. warm up</b>	<b>2:00 p.m. Start</b>
27	12 and Under 400 meter Free	28		
29	12 & under 50 mtr. Freestyle	30		
31	12 & Under 50 mtr. Backstroke	32		
33	12 & Under 100 mtr. Freestyle	34		
35	12 and Under 100 mtr. Backstroke	36		
37	12 & Under 50 mtr. Breaststroke	38		
39	12 & Under 50 mtr. Butterfly	40		
41	12 & Under 100 mtr. Breaststroke	42		
43	12 and Under 100 mtr. Butterfly	44		