

Cheshire Y/Sea Dog Swim Club

June Distance Meet

Sunday, June 1, 2008

HELD UNDER THE SANCTION OF CONNECTICUT SWIMMING, INC.
AND USA SWIMMING, INC.
SANCTION # L08-13

- Meet Manager:** Sheila Solernou 203-577-8685 rsolernou@comcast.net
- Entry Chair:** Pat DeVito 203-757-9527 patdevito@comcast.net
- Meet Referee:** Bill Broadbridge 203-250-0764 bbroadbridge@gmail.com
- Safety Chair:** Liz Aylward 203-464-8811 eaylward@yahoo.com
- Pool Emergency #:** 203-271-3208
- Location:** Cheshire Community Pool; 520 South Main Street (Rt 10), Cheshire, CT 06410
- 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.
The facility is accessible to the disabled.
Please contact the Meet Manager with questions.
- Schedule:** 7:00-7:35am General
7:35-7:45am Sprints/Pace/General
7:50am Meet Start
- Eligibility:** Swimmers and Coaches must be 2008 registered members of USA Swimming. All Coaches must present a valid USA Swimming coaches' card to the Meet Manager prior to the commencement of any sanctioned swim meet, and must have this card while on deck.
- Rules:** Current USA Swimming rules will govern. All events will be Timed Finals.
- Entry Limitations:** 2 individual events
- Entry Deadline:** Entries will be accepted on a first-come first serve basis. Date of receipt is based on Hard Copy and Payment received by Entry Chair. Deadline for CT Teams is Tuesday May 20, 2008 at 6:00pm. If there is still room in the meet Out of State teams will have until Friday May 23, 2008 at 6:00pm or until the meet is full.
- Entry Format:** Teams may e-mail 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, e-mail & mailing address of team contact. Also include meet entry fee report for Hy-Tek entries. Unofficial swimmers must be clearly marked in RED. NT entries will be 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 serve basis.

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 “STPA” and forms to:

Pat DeVito

220 Forest Ridge Road

Waterbury, CT 06708-1811

Teams using express mail, please waive signature requirement.

Cut Protocol: Team entries will be accepted on a first come-first serve basis until sessions are full. Meet Manager 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 1500 Free, subject to approval of CSI. Teams will be notified in advance by email of any changes. Be sure to include an accurate e-mail address of the team contact.

Awards: None

Timers/Counters: **Participants in the 400M I.M. will be required to provide their own timer. Participants in the 1500M Freestyle will be required to provide their own timers and lap counters.**

Scratches: Scratch Sheets will be provided in the Coaches’ Packets. These sheets **MUST** be returned 40 minutes before the session begins with scratched swimmers clearly identified.

Warm-Up: Connecticut Swimming, Inc. warm-up guidelines will be observed. The Meet Manager reserves the right to assign general warm-ups by team rather than by age or sex, if the size of the entry and considerations of safety so require. Details and lane assignments will be made available in Coaches’ Packets.

Results: Electronic results will be e-mailed to attending teams if an e-mail address is provided.

Concessions/Hospitality: Concessions/hospitality will not be available.

Directions: From 91 North: to Exit 10 (Rt. 40 ext). Follow to the end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the pool.

From 91 South: to 691 West. Take exit 3 off 691, Cheshire. At the light at the end of the 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.

Sunday, June 1, 2008
7:00 am Warm Up; 7:50 am Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11 & Over 400M I.M.	2
	<i>10 Minute Break</i>	
3	11 & Over 1500M Freestyle	4

The 1500M Freestyle will be run fastest to slowest alternating girls and boys.