

# 2008 SENIOR SPRING LONG COURSE INVITATIONAL

MAY 16-18, 2008

Sanction – L08-06

**Hosted by:**

**Water Rat Swim Team**

**Westport Weston Family Y**

**Location:**

**Wesleyan University**

**Middletown, CT**

\* - Held under the sanction of USA Swimming and Connecticut Swimming.

**FACILITY:** The 18<sup>th</sup> Annual Long Course Invitational will once again be held at the Freeman Athletic Center on the Wesleyan University campus. The pool is 50 meters by 25yards – providing eight 9' wide lanes. The starting end of the pool is 14.5' and gradually slopes to a depth of 8' over most of the racing course. Colorado Timing System computer, touch pads and eight lane score board assures a quality timing system display of events. **EMERGENCY PHONE:** Facility Monitor: (860) 685-2886 and Pool Deck (860) 685-2915

**MEET MANAGER:** Chuck Katter

**ENTRY CHAIR:** Ellen Johnston – [EllenJ1@aol.com](mailto:EllenJ1@aol.com)

(203) 226-8981 ext. 110

**REFEREE:** Monica Prangley

Email - [MHPrangley@aol.com](mailto:MHPrangley@aol.com)

**SAFETY DIRECTOR:** Nicole Donovan

**ENTRIES:** Swimmers may swim (5) events on Saturday. There is no event limit for Friday and Sunday. Individuals qualifying in only three (3) events may swim an additional three (3) over the course of the meet – with the exception of the 400 & 1500 meter freestyles and 400 individual medley. Entries in those events must be at or under the qualifying time and **MUST** be pre-proven on the team's entry. All participants must 2008 USA Swimming registered.

Teams should submit their entry via email using Hy-Tek or other SDIF entry file. Please email to [EllenJ1@aol.com](mailto:EllenJ1@aol.com). [Handwritten entries are acceptable with an additional \$2.00 surcharge per swimmer.] Please be sure to include the following information with your entry: Coaches name, telephone numbers, team address, contact person, email address and summary of entries.

**ENTRY DEADLINE:** All entries – mailed or emailed must be received by **THURSDAY, MAY 8.**

Please mail to: Water Rat Swim Team

Westport Weston Family Y

PO Box 190

Westport, CT 06881

Street Address: Water Rat Swim Team

Westport Weston Family Y

59 Post Road East

Westport, CT 06880

These must be received by 6:00pm on Thursday, May 8. The check and paper entry must be received by Monday, May 12.

Entries will be handled on a first come first serve basis. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but not later than May 11. If cuts or changes are made, the contact person listed on the entry will be notified.

**ENTRY FEE:** \$5.00 per individual event. Checks are payable to WRAT Parents Club.

**STARTING TIMES:**

		<u>Warm-up</u>	<u>Start</u>
Friday:	Session I:	5:00pm	6:00pm
Saturday:	Session II:	8:00am	9:15am
Saturday:	Session III:	4:00pm	5:00pm
Sunday:	Session IV:	8:00am	9:15am

**OFFICIALS and TIMERS:** We will need help officiating and timing. We would greatly appreciate any teams with officials to please help whenever possible throughout the course of the meet. Please submit names with entry form or contact Ellen Johnston at (203) 226-8981 ext. 110 or email at [EllenJ1@aol.com](mailto:EllenJ1@aol.com). Teams will be required to supply timers and will be notified the week of the meet.

**WARM-UP INFORMATION:** Warm-up procedures will be conducted with the USA/CT Swimming, Inc. rules for the safety of the participants. Please refer to your coach's packet for more information. Should time permit, a warm-up will be available during the course of the session.

**SCRATCHES:** Coaches will receive a scratch sheet in their packet which must be turned in at the designated time prior to the start of the meet.

**CONDUCT of the 1500m FREESTYLE:** The 1500 will be swum fastest to slowest alternating women and men. Depending on the time line, this event may be limited. Teams will be notified of such decision the week of the meet. *SWIMMERS MUST PROVIDE THEIR OWN TIMER AND LAP COUNTER.*

**RULES:** The meet will be run in accordance with USA Swimming Rules. The Meet Referee reserves the right to make any adjustment to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. All coaches must present a valid USA Swimming 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 CT Swimming Program Operations.

**AWARDS:** No awards will be given at this meet.

**DIRECTIONS: FROM THE SOUTH** – North on – 91 or the Merritt Parkway. Follow signs for Route 66 east and proceed to the intersection of Route 66 and Route 3 – turn right onto Vine Street. Parking is available next to the tennis courts. Athletic center is located at the end of the road.

**FROM THE NORTH** – Follow I-91 to Route 9 and proceed to the Middletown exit. Take a right at the light directing to 66 west – which is Washington Street. Drive up the hill to the Wesleyan campus and turn left onto High Street. Proceed until Church Street and turn right at the light. Proceed approximately 1000 yards to the athletic center.

**DISABLED/ELDERLY ACCESS:** Limited handicap parking is available. Disable access through the front entrance only. An elevator is in the front lobby to the locker rooms and pool deck. Spectator seating is to the left of the lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

<b>HOTELS:</b>	Crown Plaza 100 Berlin Road Cromwell, CT (860) 635-2000	Courtyard by Marriott 4 Sebethe Drive Cromwell, CT (860) 635-1001	Comfort Inn Route 372 Cromwell, CT (860) 635-4100
	Super 8 Motel 1 Industrial Drive Cromwell, CT (860) 843-1991	Marriott – Rocky Hill I-91 – Exit 23 Rocky Hill, CT (860) 257-6000	

