



***CONNECTICUT UNITED STATES MASTERS SWIMMING***  
***Connecticut Swimming, Inc. Open Water Championship***  
***MEET ANNOUNCEMENT***

Held under sanction of Connecticut Swimming Inc./USA Swimming L09-36  
and sanction of CT LSMC of United States Masters Swimming # TBD

Name: Valley Shore YMCA MADISON MILE – JUNE 20, 2009

2 Events: A: 1 Mile Open Water Championship in Long Island Sound (Ages 11 +)  
B: Mini Mile Open Water Swim (approx 500yds) (Ages 9-12)

Entry Fee: A: \$25 Entry fee for all USA Swimming members  
B: \$25 Entry fee for USMS members,  
C: \$40 one event USMS members

Age Limits: A: One Mile Championship (Minimum age of 11)  
B: Mini Mile (Minimum age of 9 – Max age of 12)

Awards: A: USA Swimmers: Top 3 for both Male and Female (11-12,13-14,15-16, 17-18, 19+) for 1 Mile Championship. Top 3 for both Male and Female (9-10, 11-12) for Mini Mile.  
B: USMS Swimmers: Top 3 in each age group for both Male and Female  
Wetsuit Division: Not eligible for awards

Rules: Current USMS and USA Swimming open water swimming rules will govern this event. A one-hour cutoff time will be strictly enforced. Wetsuits are permitted but swimmers are ineligible for awards.

Disabled Swimmers: We encourage the participation of disabled swimmers. Each disabled swimmer should contact Jen Lyman at 203-464-6903 in advance in order to plan for any special arrangements necessary for your participation in this event.

Date: Saturday June 20, 2009  
Mini Mile 9:00 am  
One Mile Championship 9:20 am

Time: Registration Check in: 7:45 am  
Warm –up: 7:45– 8:50 am  
Briefing: 8:50 am

Mini Mile Start: 9:00 am (all Swimmers)

Championship Race Start:

Wave 1 – 9:20 USA Male Swimmers Ages 15+

Wave 2 - 9:25 USA Female Swimmers Ages 15+

Wave 3 - 9:30 USA Male Swimmers Ages 11-14

Wave 4 - 9:35 USA Female Swimmers Ages 11-14

Wave 5 – 9:40 USMS Male Swimmers

Wave 4 – 9:45 USMS Female & Wetsuit Swimmers

(Waves subject to change based upon entries)

Timing: Electronic CHAMPIONCHIP TIMING will be used. Each swimmer will wear an electronic timing chip secured by an ankle bracelet to automatically record their time as they run across the finish line. The timing chip must be returned or a \$30 charged will be assessed to the swimmer for failing to return the chip.

Location: Surf Club, Madison, CT (Madison Town Beach)

Facility Description: Large club house with bathroom and registration facilities. Approximately 1/3 mile of beach. Minimal currents in this location.

Volunteers: Each CSI Team sending 5 or more swimmers will be required to provide one adult volunteer for the event.

Race Director: Jen Lyman 203-464-6903 [coachlyman@hotmail.com](mailto:coachlyman@hotmail.com)

Safety Chairman: Bob Pimer

Event Referee: Mike Huffman

Entry Chairman: Jen Lyman

Entry Deadline: CSI Team entries due by June 15, 2009. Race day entries will **NOT** permitted

Entry Format: Open to all USA registered swimmers and USMS masters swimmers.

NON USMS swimmers over age 19 must pay 1-day membership fee for USMS to obtain insurance coverage. Non USA registered swimmers under age 19 are not permitted.

How to enter: USA Swimming athletes can enter in three different ways:

**TEAM ENTRY:** USA Swimming clubs can enter as a group by submitting a print-out of all entrants (with name, age and USA #) using LSA or Hytek software. Mail the print-out and club check to: Valley Shore YMCA attn: Joan Camire, PO Box 694 Westbrook, CT 06498. If you enter in this manner you do not need to fill out separate application forms for each swimmer. Please no discs or emails.

**INDIVIDUAL ONLINE ENTRY:** Each swimmer can register individually online through [www.active.com](http://www.active.com).

**INDIVIDUAL MAIL ENTRY:** Each swimmer can register individually by completing the event application and sending it via regular mail. Photo copies of the application form are permitted.

Checks Payable: Valley Shore YMCA

Beneficiary: Valley Shore YMCA

Refreshments: Refreshments to be provided after the event.

Directions: I-95 North or South to Exit 61 (Rte 79). Take left of exit if heading South/Right off exit if heading North. Proceed ½ mile to 3rd Light. Turn right onto Rte 1. Proceed for approx ½ mile and turn left on West Wharf Rd. (Madison CC is on corner). At next stop sign, turn right on Surf Club Rd and proceed into Surf Club.