

**Cheshire Y/Sea Dog Swim Club**  
**June 12 & Under Invite**  
**June 26-27, 2010**

520 South Main Street (Rte 10), Bartlem Park  
Cheshire, CT 06410

Held under sanction of USA Swimming and Connecticut Swimming #L10-29

**EVENTS**

**\*.hvv**

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Cheryl Guetens	<a href="mailto:guetens@cox.net">guetens@cox.net</a>	203-988-5959
<b>Meet Referee:</b>	Mike Smalec	<a href="mailto:msmalec@cox.net">msmalec@cox.net</a>	
<b>Entry Chair:</b>	Amy Straub	<a href="mailto:straub101@aol.com">straub101@aol.com</a>	203-288-1055
<b>Safety Chair:</b>	Liz Aylward		

**WEBSITE:** <http://www.c-dog.net>

**POOL EMERGENCY NUMBER:** 203-271-3208

**MEET CLASSIFICATION:** This meet is open to all USA Swimming athletes and clubs.

**MEET FORMAT:** The meet will be swum as Timed-Final. Events 23 (12/U 400 Free) and 48 (12/U 400 IM) are mixed gender events and will be seeded solely by time.

**SCRATCH PROCEDURES:** Scratch sheets will be provided in the Coaches' Packets. These sheets MUST be returned 20 minutes after the first warm-up begins with the scratched swimmers names clearly identified.

**FACILITY:** The Cheshire Community Pool is an 8-lane, 50-meter pool. 10 Lane Daktronics Electronic Timing System. Deck Seating will be available, bring deck chairs.

**DISABLED ACCESS:** The facility is accessible to the disabled. Please contact the Meet Director with questions.

**COURSE:** LCM

**EVENTS:** See attached list.

**SESSION TIMES:** Warm Up: 7:00am; Meet Start: 8:00am

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect.

**ELIGIBILITY:** All athletes must be current athlete members of USA Swimming 12 and younger. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Any swimmer who is entered and is unregistered, will be scratched from the meet until registration is completed. 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.

**ADAPTED SWIMMING:** Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition.

**ENTRY LIMITATIONS:** Swimmers must be 12 years and younger. Swimmers may be entered in a maximum of 4 events per day. Please designate a swimmers 4<sup>th</sup> event which may be cut in case of oversubscription.

**ENTRY TIMES:** Submit entry times in: LCM. No Times are STRONGLY discouraged.

**DEADLINES:** Entry deadline for all clubs is Friday, June 18, 2010. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Date of receipt is based on Electronic Copy of entry.

**CONNECTICUT-ONLY DEADLINE:** Tuesday, June 15, 2010 Entries will be accepted on a first-come first-served basis. Date of receipt is based on electronic copy being received by Entry Chair. CT clubs meeting this deadline will be entered before out of state clubs.

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at [straub101@aol.com](mailto:straub101@aol.com). Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received by Friday, June 18, 2010.

**ENTRY FEES:** Electronic entries: \$5.00 for individual events. Manual entries: \$6.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**PAYMENT INSTRUCTIONS:** Please make checks payable to “STPA” and put “12/Under Invite” on the memo line. Checks should be mailed to: Jane Barlok, 360 North Brooksvale Road, Cheshire, CT 06410. Payment must be received by Friday, June 18, 2010.

**CUT PROTOCOL:** Team entries will be accepted on a first-come first-serve basis until sessions are full. Due to session time constraints the Meet Director will cut swimmers 4<sup>th</sup> event, then limit heats in the 12/U 200 fly, back, breast, 400 free and IM events, then cut clubs, subject to approval of CSI. Circle in RED the 4<sup>th</sup> event to be scratched in case of over subscription. Teams will be notified by Monday, June 21, 2010 of any changes. Be sure to include an accurate email address of the team contact.

**RESERVE THE RIGHT TO MAKE CHANGES:** The meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet, with prior approval from Program Operations. Clubs will be notified of cuts no later than Monday before the meet.

**RELAYS:** No

**SAFETY:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. No electronic devices with cameras are permitted in the locker rooms.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** No.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Participants in the 400M Freestyle and the 400M IM will be required to provide their own timers. Teams will be required to supply timers based on their entry for the duration of the meet.

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

**SCORING:** The meet will not be scored.

**AWARDS:** Ribbons will be awarded 1<sup>st</sup>-8<sup>th</sup> place. **Cheshire Y/Sea Dog Swim Club will not mail awards after the fact. Please make sure that your club has a person to claim your team's awards at the end of the meet.**

**CONCESSIONS:** Yes.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** You may use any of the several lots at Bartlem Park surrounding the Cheshire Community Pool. Overflow parking is available across the street at Cheshire High School.

**DIRECTIONS:**

**FROM 91 NORTH:** To exit 10 (Rt.40 ext). Follow to end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the High School.

**FROM 91 SOUTH:** To 691 West. Take exit 3 off 691, Cheshire. At light at the end of 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.

**CDOG 10 June 12/Under Invite - 6/26/2010 to 6/27/2010**

**Session Report**

Session: 1 Saturday

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 10 & Under 50 Freestyle	0	0	08:00 AM _____
Finals	2 Boys 10 & Under 50 Freestyle	0	0	08:00 AM _____
Finals	3 Girls 11-12 50 Freestyle	0	0	08:00 AM _____
Finals	4 Boys 11-12 50 Freestyle	0	0	08:00 AM _____
Finals	5 Girls 12 & Under 200 Butterfly	0	0	08:00 AM _____
Finals	6 Boys 12 & Under 200 Butterfly	0	0	08:00 AM _____
Finals	7 Girls 10 & Under 100 Breaststroke	0	0	08:00 AM _____
Finals	8 Boys 10 & Under 100 Breaststroke	0	0	08:00 AM _____
Finals	9 Girls 11-12 100 Breaststroke	0	0	08:00 AM _____
Finals	10 Boys 11-12 100 Breaststroke	0	0	08:00 AM _____
Finals	11 Girls 10 & Under 50 Butterfly	0	0	08:00 AM _____
Finals	12 Boys 10 & Under 50 Butterfly	0	0	08:00 AM _____
Finals	13 Girls 11-12 50 Butterfly	0	0	08:00 AM _____
Finals	14 Boys 11-12 50 Butterfly	0	0	08:00 AM _____
Finals	15 Girls 10 & Under 100 Backstroke	0	0	08:00 AM _____
Finals	16 Boys 10 & Under 100 Backstroke	0	0	08:00 AM _____
Finals	17 Girls 11-12 100 Backstroke	0	0	08:00 AM _____
Finals	18 Boys 11-12 100 Backstroke	0	0	08:00 AM _____
Finals	19 Girls 10 & Under 200 IM	0	0	08:00 AM _____
Finals	20 Boys 10 & Under 200 IM	0	0	08:00 AM _____
Finals	21 Girls 11-12 200 IM	0	0	08:00 AM _____
Finals	22 Boys 11-12 200 IM	0	0	08:00 AM _____
Finals	23 Mixed 12 & Under 400 Freestyle	0	0	08:00 AM _____
	Finish Time			08:00 AM _____

Session: 2 Sunday

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	24 Girls 12 & Under 200 Backstroke	0	0	08:00 AM _____
Finals	25 Boys 12 & Under 200 Backstroke	0	0	08:00 AM _____
Finals	26 Girls 10 & Under 50 Breaststroke	0	0	08:00 AM _____
Finals	27 Boys 10 & Under 50 Breaststroke	0	0	08:00 AM _____
Finals	28 Girls 11-12 50 Breaststroke	0	0	08:00 AM _____
Finals	29 Boys 11-12 50 Breaststroke	0	0	08:00 AM _____
Finals	30 Girls 10 & Under 100 Freestyle	0	0	08:00 AM _____
Finals	31 Boys 10 & Under 100 Freestyle	0	0	08:00 AM _____
Finals	32 Girls 11-12 100 Freestyle	0	0	08:00 AM _____
Finals	33 Boys 11-12 100 Freestyle	0	0	08:00 AM _____
Finals	34 Girls 12 & Under 200 Breaststroke	0	0	08:00 AM _____
Finals	35 Boys 12 & Under 200 Breaststroke	0	0	08:00 AM _____
Finals	36 Girls 10 & Under 100 Butterfly	0	0	08:00 AM _____
Finals	37 Boys 10 & Under 100 Butterfly	0	0	08:00 AM _____
Finals	38 Girls 11-12 100 Butterfly	0	0	08:00 AM _____

**CDOG 10 June 12/Under Invite - 6/26/2010 to 6/27/2010**

**Session Report**

Finals	39	Boys 11-12 100 Butterfly	0	0	08:00 AM	_____
Finals	40	Girls 10 & Under 200 Freestyle	0	0	08:00 AM	_____
Finals	41	Boys 10 & Under 200 Freestyle	0	0	08:00 AM	_____
Finals	42	Girls 11-12 200 Freestyle	0	0	08:00 AM	_____
Finals	43	Boys 11-12 200 Freestyle	0	0	08:00 AM	_____
Finals	44	Girls 10 & Under 50 Backstroke	0	0	08:00 AM	_____
Finals	45	Boys 10 & Under 50 Backstroke	0	0	08:00 AM	_____
Finals	46	Girls 11-12 50 Backstroke	0	0	08:00 AM	_____
Finals	47	Boys 11-12 50 Backstroke	0	0	08:00 AM	_____
Finals	48	Mixed 12 & Under 400 IM	0	0	08:00 AM	_____
		Finish Time			08:00 AM	_____