

LRAC Long Course Invitational

June 4, 5, 6, 2010

Wolf-Zackin Natatorium, 2095 Hillside Road, Storrs, CT 06269

Held under sanction of USA Swimming and Connecticut Swimming #L10-16

EVENTS

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	Name	Email	Phone
Meet Director:	John O'Neill	swimjto@gmail.com	401.447.9004
Meet Referee:	Greg Lamoreaux	GLamoreaux1@aol.com	401-884-2667
Entry Chair:	John O'Neill	swimjto@gmail.com	401.447.9004
Safety Chair:	John O'Neill	swimjto@gmail.com	401.447.9004
Officials Contact:	Greg Lamoreaux	GLamoreaux1@aol.com	401-884-2667

WEBSITE: <http://LRACSwim.com>

POOL EMERGENCY NUMBER: In emergency, contact campus police at (860) 486-4800

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

MEET FORMAT: The meet will be conducted as Trials-Finals for the 11-12, 13-14, and Open Age Groups. A final and consolation final will be conducted for each age group. 10/U sessions will be timed final. The 400 IM, 400, 1500 Meter Freestyle and Relays will be conducted as Time-Finals, with all relays conducted at night. Relays are limited to 3 per team. The 1500 meter free will be run, fastest to slowest, alternating women-men in morning session, and the top six seeds for women and men will swim at night.

SCRATCH PROCEDURES: Coaches will be given scratch sheets upon arrival and check in. Scratch Sheets will be due 30 min prior to the start of a session. As per USA Swimming rule, as swimmer making a final will have 30 min to notify the Clerk-of-Course of the intention to Scratch. Friday Scratches known in advance can be emailed to the entry chair up to Noon on Friday, June 5th.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. **Exceptions for Failure to Compete in Finals:** No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

FACILITY: The University of Connecticut, Wolff-Zackin Natatorium, Storrs, CT. Six 50-meter lanes with non-turbulent lane lines. The pool is equipped with a Colorado Timing System, touch pads and an electronic scoreboard. There is available spectator seating for 800, including wheelchair accessible spectator area and entrance. In emergency, contact campus police at (860) 486-4800. The pool is located on the University of Connecticut campus, at the intersection of Hillside Road and Stadium Road.

DISABLED ACCESS: Handicapped parking and access is available adjacent to the pool. Contact the Meet Director for any special arrangements needed.

COURSE: LCM

EVENTS: See attached list.

SESSION TIMES:

Friday, 5 PM Warm-up, 6 PM Start.

Saturday and Sunday: Trials, 7:00 AM Warm-up, 8:15 AM Start

Saturday: Finals, 5 PM Warm-up, 6 PM Start.

Sunday Finals, 4:00 PM Warm-up, 5 PM Start.

10 and Under Sessions, 1 PM Warm-up, 2:00 PM Start on Saturday/12:30 Warm-up, 1:30 PM Start on Sunday

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

ELIGIBILITY: All athletes must be current athlete members of USA Swimming. 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.

EVENT INFORMATION: See attached.

ENTRY LIMITATIONS: Swimmers are limited to 4 events per day including relays.

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

DEADLINES: Entry deadline is May 17, 2010. Email time-date receipt or postal service time-date will determine when an entry is received. Mail hardcopy and payment to the entry chairperson: John O'Neill, 3 Ridgewood Road, Cumberland, RI 02864. All checks must be received 3 business days after email entry is received or entry time-date will not be valid. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration.

CONNECTICUT-ONLY DEADLINE: CT deadline is May 12, 2010. CT clubs meeting this deadline will be entered before out of state clubs. Email time-date receipt or postal service time-date will determine when an entry is received. All checks must be received 3 business days after email entry is received or entry time-date will not be valid.

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: joneill@LRACSwim.com. Please put your team Code in the subject line and check that your team name, address, and contact information are listed correctly in this file. Email time-date receipt or postal service time-date will determine when an entry is received. All checks must be received 3 business days after email entry is received or entry time-date will not be valid.

ENTRY FEES: Electronic entries: \$5.00 for Time Final events, \$6.00 for distance (400 Meter) and Trials/Final events. Relays are \$20.00. Manual entries: add .50 per event entry. 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 LRAC and mail to: John O'Neill, 3 Ridgewood Road, Cumberland, RI 02864. Payment must be received 3 business days after email entry is received or entry time-date will not be valid. When using overnight delivery, **please waive the "signature required."**

CUT PROTOCOL for INVITATIONALS: In the event of over-subscription, relays will be cut first followed by heat limitations on the 400M and longer events and then by team based on date received. LRAC will limit the session times to 4-4.5 hours. Clubs will be notified of cuts no later than Monday before the meet.

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: Relays will be limited to 3 relays per team per event. All relay swimmers must be officially entered in the meet.

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: Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$10.00 for individual events and \$40.00 per relay. Time trial events count toward the total number of event limitations per session.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: 1500 meter swimmers will be expected to provide back-up timer and counter. Teams will be required to supply back-up timers in proportion to the size of their entry. Qualified officials interested in working at the meet are encouraged to contact the Meet Referee. Timing assignments will be adjusted for Teams who help provide officials, if the names of the officials are given to either the Meet Director or the Meet Referee by May 21st. Teams will be informed of their work/timing assignments by May 29th, via email or phone call.

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 be scored. Points will be awarded: 28, 23, 21, 19, 17, 15, 13, 9, 7, 5, 3, 1 for 1-12th place. Relay point will be double. Team Awards presented for the first place and second place: Women Team, Men's Team and Combined Team.

AWARDS: Ribbons will be awarded to the top 6 finishers in each individual event and top 6 finishers in each relay event. Coaches may pick-up awards at the end of the meet. High Point Awards (1st, 2nd, 3rd) will be presented for each age group and presented after the final session.

CONCESSIONS: A basic concession stand will be available.

HOSPITALITY FOR COACHES AND OFFICIALS: Coaches and Officials will have hospitality available for the concession stand with credentials.

MISCELLANEOUS: The University of Connecticut, Connecticut Swimming INC., and LRAC assume no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility. No glass is allowed anywhere in the facility, and cell phone usage is strictly prohibited in the locker rooms and changing areas.

PARKING: There is ample parking available in the parking garage adjacent to the Wolff-Zackin Natatorium.

DIRECTIONS: The Wolff-Zackin Natatorium is at the corner of Hillside Road and Stadium Road. From the Boston area, take Mass Pike to I-84 West. From I-84 take Exit 68 onto Route 195. Follow Rt. 195 East approximately seven miles to the University of Connecticut campus. Take a right into the campus on North Eagleville. Follow approximately 1/2 mile to first light. Take left onto Hillcrest Road. Pool is approximately one mile on your right next to the basketball arena. Please use the following street address to get directions from MapQuest or other internet mapping services: 2095 Hillside Road, Storrs, CT.

LODGING: The following hotels and motels are in the area:

Nathan Hale Inn – (860) 427-7888 – Storrs – On Campus
Best Western Regent Inn - (860) 423-8451 - Mansfield Ctr. - 6.8 miles
Sleep Inn - (860) 684-1400 - Willington - 7.3 miles
Comfort Inn - (860) 871-2432 - Vernon - 15 miles
Holiday Inn Express - (860) 648-2000 - Vernon - 15 miles
Howard Johnson's Express - (800) 654-2000 - Vernon - 15 miles
Quality Inn - (800) 235-4667 - Vernon - 15 miles
Clarion Suites - (860) 643-5811 - Manchester - 17 miles
Courtyard - (860) 533-8484 - Manchester - 17 miles

2010 LRAC Long Course Invite - 6/4/2010 to 6/6/2010
Session Report

Session: 1 Friday Night

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Women 11 & Over 400 IM	0	0	06:00 PM _____
Finals	2 Men 11 & Over 400 IM	0	0	06:00 PM _____
Finals	3 Women 11 & Over 400 Freestyle	0	0	06:00 PM _____
Finals	4 Men 11 & Over 400 Freestyle	0	0	06:00 PM _____
Finals	5 Women 200 Freestyle Relay	0	0	06:00 PM _____
Finals	6 Men 200 Freestyle Relay	0	0	06:00 PM _____
	Finish Time			06:00 PM _____

Session: 2 Saturday Trials

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

Round	Event	Entries	Heats	Starts at
Prelims	9 Women 200 Freestyle	0	0	08:15 AM _____
Prelims	10 Men 200 Freestyle	0	0	08:15 AM _____
Prelims	11 Women 100 Backstroke	0	0	08:15 AM _____
Prelims	12 Men 100 Backstroke	0	0	08:15 AM _____
Prelims	13 Women 200 Breaststroke	0	0	08:15 AM _____
Prelims	14 Men 200 Breaststroke	0	0	08:15 AM _____
Prelims	15 Women 100 Butterfly	0	0	08:15 AM _____
Prelims	16 Men 100 Butterfly	0	0	08:15 AM _____
Prelims	17 Women 50 Freestyle	0	0	08:15 AM _____
Prelims	18 Men 50 Freestyle	0	0	08:15 AM _____
	Finish Time			08:15 AM _____

Session: 3 Saturday 10 and Under

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	21 Girls 10 & Under 200 Freestyle	0	0	02:00 PM _____
Finals	22 Boys 10 & Under 200 Freestyle	0	0	02:00 PM _____
Finals	23 Girls 10 & Under 50 Breaststroke	0	0	02:00 PM _____
Finals	24 Boys 10 & Under 50 Breaststroke	0	0	02:00 PM _____
Finals	25 Girls 10 & Under 100 Butterfly	0	0	02:00 PM _____
Finals	26 Boys 10 & Under 100 Butterfly	0	0	02:00 PM _____
Finals	27 Girls 10 & Under 50 Backstroke	0	0	02:00 PM _____
Finals	28 Boys 10 & Under 50 Backstroke	0	0	02:00 PM _____
Finals	29 Girls 10 & Under 100 Freestyle	0	0	02:00 PM _____
Finals	30 Boys 10 & Under 100 Freestyle	0	0	02:00 PM _____
	Finish Time			02:00 PM _____

2010 LRAC Long Course Invite - 6/4/2010 to 6/6/2010
Session Report

Session: 4 Saturday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Women 1500 Freestyle	0	0	06:00 PM	_____
Finals	8 Men 1500 Freestyle	0	0	06:00 PM	_____
Finals	9 Women 200 Freestyle	0	6u	06:00 PM	_____
Finals	10 Men 200 Freestyle	0	6u	06:20 PM	_____
Finals	11 Women 100 Backstroke	0	6u	06:39 PM	_____
Finals	12 Men 100 Backstroke	0	6u	06:52 PM	_____
Finals	13 Women 200 Breaststroke	0	6u	07:04 PM	_____
Finals	14 Men 200 Breaststroke	0	6u	07:28 PM	_____
Finals	15 Women 100 Butterfly	0	6u	07:51 PM	_____
Finals	16 Men 100 Butterfly	0	6u	08:02 PM	_____
Finals	17 Women 50 Freestyle	0	6u	08:13 PM	_____
Finals	18 Men 50 Freestyle	0	6u	08:19 PM	_____
Finals	19 Women 200 Medley Relay	0	0	08:25 PM	_____
Finals	20 Men 200 Medley Relay	0	0	08:25 PM	_____
	Entry / Heat Totals:	0	60		
	Finish Time			08:25 PM	_____

Session: 5 Sunday Trials

Day of Meet: 3 Starts at 08:15 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	31 Women 100 Freestyle	0	0	08:15 AM	_____
Prelims	32 Men 100 Freestyle	0	0	08:15 AM	_____
Prelims	33 Women 200 Butterfly	0	0	08:15 AM	_____
Prelims	34 Men 200 Butterfly	0	0	08:15 AM	_____
Prelims	35 Women 100 Breaststroke	0	0	08:15 AM	_____
Prelims	36 Men 100 Breaststroke	0	0	08:15 AM	_____
Prelims	37 Women 200 Backstroke	0	0	08:15 AM	_____
Prelims	38 Men 200 Backstroke	0	0	08:15 AM	_____
Prelims	39 Women 200 IM	0	0	08:15 AM	_____
Prelims	40 Men 200 IM	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

2010 LRAC Long Course Invite - 6/4/2010 to 6/6/2010
Session Report

Session: 6 Sunday 10 and Under

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	43 Girls 10 & Under 200 IM	0	0	01:30 PM	_____
Finals	44 Boys 10 & Under 200 IM	0	0	01:30 PM	_____
Finals	45 Girls 10 & Under 50 Butterfly	0	0	01:30 PM	_____
Finals	46 Boys 10 & Under 50 Butterfly	0	0	01:30 PM	_____
Finals	47 Girls 10 & Under 100 Backstroke	0	0	01:30 PM	_____
Finals	48 Boys 10 & Under 100 Backstroke	0	0	01:30 PM	_____
Finals	49 Girls 10 & Under 50 Freestyle	0	0	01:30 PM	_____
Finals	50 Boys 10 & Under 50 Freestyle	0	0	01:30 PM	_____
Finals	51 Girls 10 & Under 100 Breaststroke	0	0	01:30 PM	_____
Finals	52 Boys 10 & Under 100 Breaststroke	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____

Session: 7 Sunday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	31 Women 100 Freestyle	0	6u	05:00 PM	_____
Finals	32 Men 100 Freestyle	0	6u	05:11 PM	_____
Finals	33 Women 200 Butterfly	0	6u	05:21 PM	_____
Finals	34 Men 200 Butterfly	0	6u	05:43 PM	_____
Finals	35 Women 100 Breaststroke	0	6u	06:04 PM	_____
Finals	36 Men 100 Breaststroke	0	6u	06:15 PM	_____
Finals	37 Women 200 Backstroke	0	6u	06:27 PM	_____
Finals	38 Men 200 Backstroke	0	6u	06:50 PM	_____
Finals	39 Women 200 IM	0	6u	07:12 PM	_____
Finals	40 Men 200 IM	0	6u	07:34 PM	_____
Finals	41 Women 400 Freestyle Relay	0	0	07:55 PM	_____
Finals	42 Men 400 Freestyle Relay	0	0	07:55 PM	_____
	Entry / Heat Totals:	0	60		
	Finish Time			07:55 PM	_____