

The New Canaan YMCA Caimans
Summer Invitational
June 11-13th, 2010

Freeman Athletic Center, 161 Cross Street, Middletown, CT 06459

Held under sanction of USA Swimming and Connecticut Swimming #L10-18.

EVENTS

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Meet Director:	John Spadafina	jspadafina@newcanaanymca.org	203-966-4528 ext138
Meet Referee:	Marie-Pierre Graf	Mpierre38@aol.com	
Entry Chair:	Jason Paige	ncyheadcoach@newcanaanymca.org	203-966-4528 ext 137
Safety Chair:	Alicia Guerrette	aguerrette@newcanaanymca.org	203-966-4528 ext 174

WEBSITE: <http://www.ncyac.org>

POOL EMERGENCY NUMBER: Facility Monitor: 860-685-2690 Pool Deck: 860-685-2915

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

MEET FORMAT: The meet will be swum as timed-finals

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for each session of the meet in their information packet listing all of their swimmers and events for that session. Coaches must indicate all scratches on these sheets and turn them in to the computer table within one half hour after the beginning of warm ups even if there are no scratches. Failure to turn in the scratch upon final request will result in the swimmers being scratched.

FACILITY: The Wesleyan University Pool is an 8 -lane, 50-meter pool with touch pads at both ends of the pool and a full Colorado display board. This meet will be using automatic timing. The spectator seating will handle approximately 300 people.

DISABLED ACCESS: Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby goes to locker rooms and pool deck. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: LCM

EVENTS: See attached list.

SESSION TIMES:	Warm-ups	Start
Friday Session (Senior)	4:00 PM	5:15 PM
Saturday/Sunday AM (12/U)	7:00 AM	8:15 AM
Saturday/Sunday PM (Senior)	12:45 PM	2:00 PM

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 meet shall determine the swimmer's age and age group for the meet. Any swimmer who is entered
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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: NA

ENTRY LIMITATIONS: Entries are limited to 2 individual events for the Friday Session, 4 individual events per day for Saturday and Sunday. Please indicate fourth events, in the event the meet is over-subscribed.

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

DEADLINES: Entry deadline is **June 2nd 2010**. Entries will be accepted on a first come first serve basis. Please email your entry file to the entry Chair Jason Paige at Ncyheadcoach@newcanaanymca.org. The time and date on the emailed entry will determine the order in which the entry is received. Mail hardcopy and payment to the entry chairperson: Jason Paige, 564 South Ave, New Canaan CT 06840. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration.

CONNECTICUT-ONLY DEADLINE: Connecticut teams have up until **May 26, 2010** to receive meet entry priority.

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 ncyheadcoach@newcanaanymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Please indicate fourth events, in the event the meet is over-subscribed.

ENTRY FEES: Electronic entries: \$6.00 for individual events. Manual entries: \$7.00 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 **NCYAC** and mail to: Jason Paige 564 South Avenue New Canaan, CT, 06840. **Payment or proof of payment must be received no later than 6:00pm Wednesday 06/02/10.**

CUT PROTOCOL: There will be one session on Friday and two sessions on Saturday and Sunday. **For the AM sessions**, if the projected timeline exceeds past 12:15 pm, swimmers will be scratched from their 4th event in that session. **For the PM Sessions:** if the session is over subscribed, swimmers will be scratched from their 4th event from that session. After all teams have had the 4th event cut, team entries will be returned based on the date and time that they were received, and the 4th event for each team will be reinstated if the time line allows. Teams will be notified in advance by email of any change to the meet format ASAP, but no later than **June 4, 2010**

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: There will be no Relays.

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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.
6. No Swimmers will be allowed in the Faculty Locker Room

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: No Time trials will be offered.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: All teams will be required to provide timers in proportion to the size of their team entry. Timer assignments will be emailed to all teams prior to the meet. It is the responsibility of each team representative or coach to make sure that their timers report for the timers' meeting and remain in place for the entire session. If timers need to be relieved, it is their team responsibility to replace them. Timers are expected to remain on deck until completion of all events. A full complement of officials is important to the success of any meet. Please email the Meet Referee with a list of officials from your team who would be available to work one or more sessions. Swimmers in the 400 IM will need to provide their own timers.

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 to the top 8 finishers in each individual event. Awards will be available for pick up at the computer table at the completion of each session. Awards not picked up by the conclusion of the meet will only be sent to the participating clubs at the expense of the team requesting the awards

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Please park in one of the Wesleyan parking lots near the pool

WESLEYAN UNIVERSITY LAWN POLICY: Teams may, with certain limitations and with the approval of the Meet Director, use the lawn adjacent to the pool and ice rink buildings as a rest and gathering area. Please consult the CSI Lawn Policy for Meets Held at Wesleyan University, which is available on ctswim.org. Violations of the policy will subject offending teams to fines as described therein.

DIRECTIONS: To Wesleyan University

From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left.

From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left. No parking will be permitted on the street directly in front of the Athletic Center or on any practice field. Wesleyan will tow illegally parked cars. Please plan to park in the lot next to the tennis courts on Vine Street.

HOTELS

Wesleyan University:

Marriott Courtyard
4 Sebethe Dr
Cromwell, CT 06416
860-635-1001

Hampton Inn
20 Waterchase Dr
Rocky Hill, CT 06067
860-563-7877

Inn at Middletown
70 Main Street
Middletown, CT 06457
860-854-6300

Comfort Inn
Route 372
Cromwell, CT 06416
860-635-4100

Ramada Plaza Hotel
275 Research Parkway
Meriden, CT 06450
203-238-2380

Radisson Hotel
100 Berlin Road
Cromwell, CT 06416
860-635-2000

Licensed to New Canaan YMCA Aquatic Club HY-TEK's Meet Manager 3/22/2010
 NCY Long Course Invite - 6/11/2010 to 6/13/2010
 Session Report

Session: 1 Friday Evening

Day of Meet: 1 Starts at 12:00 AM Heat Interval: 15 Seconds / Back +15 Seco

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 400 Freestyle	0	0	12:00 AM
Finals	2 Boys 400 Freestyle	0	0	12:00 AM
Finals	3 Girls 12 & Under 200 Backstr	0	0	12:00 AM
Finals	4 Boys 12 & Under 200 Backstro	0	0	12:00 AM
Finals	5 Girls 12 & Under 200 Breasts	0	0	12:00 AM
Finals	6 Boys 12 & Under 200 Breastst	0	0	12:00 AM
Finals	7 Girls 12 & Under 200 Butterf	0	0	12:00 AM
Finals	8 Boys 12 & Under 200 Butterfl	0	0	12:00 AM
Finals	9 Girls 400 IM	0	0	12:00 AM
Finals	10 Boys 400 IM	0	0	12:00 AM
	Finish Time			12:00 AM

Session: 2 SaturdayAM

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

Round	Event	Entries	Heats	Starts at
Finals	11 Girls 10 & Under 200 IM	0	0	08:15 AM
Finals	12 Boys 10 & Under 200 IM	0	0	08:15 AM
Finals	13 Girls 11-12 200 IM	0	0	08:15 AM
Finals	14 Boys 11-12 200 IM	0	0	08:15 AM
Finals	15 Girls 10 & Under 100 Freesty	0	0	08:15 AM
Finals	16 Boys 10 & Under 100 Freestyl	0	0	08:15 AM
Finals	17 Girls 11-12 100 Freestyle	0	0	08:15 AM
Finals	18 Boys 11-12 100 Freestyle	0	0	08:15 AM
Finals	19 Girls 10 & Under 50 Breastst	0	0	08:15 AM
Finals	20 Boys 10 & Under 50 Breaststr	0	0	08:15 AM
Finals	21 Girls 11-12 50 Breaststroke	0	0	08:15 AM
Finals	22 Boys 11-12 50 Breaststroke	0	0	08:15 AM
Finals	23 Girls 10 & Under 100 Backstr	0	0	08:15 AM
Finals	24 Boys 10 & Under 100 Backstro	0	0	08:15 AM
Finals	25 Girls 11-12 100 Backstroke	0	0	08:15 AM
Finals	26 Boys 11-12 100 Backstroke	0	0	08:15 AM
Finals	27 Girls 10 & Under 50 Butterfl	0	0	08:15 AM
Finals	28 Boys 10 & Under 50 Butterfly	0	0	08:15 AM
Finals	29 Girls 11-12 50 Butterfly	0	0	08:15 AM
Finals	30 Boys 11-12 50 Butterfly	0	0	08:15 AM
	Finish Time			08:15 AM

Session: 3 SaturdayPM

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

Round	Event	Entries	Heats	Starts at
Finals	31 Girls 50 Freestyle	0	0	02:00 PM
Finals	32 Boys 50 Freestyle	0	0	02:00 PM
Finals	33 Girls 100 Backstroke	0	0	02:00 PM
Finals	34 Boys 100 Backstroke	0	0	02:00 PM
Finals	35 Girls 200 Breaststroke	0	0	02:00 PM
Finals	36 Boys 200 Breaststroke	0	0	02:00 PM
Finals	37 Girls 200 Freestyle	0	0	02:00 PM

Finals	38	Boys 200 Freestyle	0	0	02:00 PM
Finals	39	Girls 100 Butterfly	0	0	02:00 PM
Finals	40	Boys 100 Butterfly	0	0	02:00 PM
		Finish Time			02:00 PM

Session: 4 Sunday AM

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

Round	Event	Entries	Heats	Starts at	
Finals	41	Girls 10 & Under 200 Freesty	0	0	08:15 AM
Finals	42	Boys 10 & Under 200 Freestyl	0	0	08:15 AM
Finals	43	Girls 11-12 200 Freestyle	0	0	08:15 AM
Finals	44	Boys 11-12 200 Freestyle	0	0	08:15 AM
Finals	45	Girls 10 & Under 100 Breasts	0	0	08:15 AM
Finals	46	Boys 10 & Under 100 Breastst	0	0	08:15 AM
Finals	47	Girls 11-12 100 Breaststroke	0	0	08:15 AM
Finals	48	Boys 11-12 100 Breaststroke	0	0	08:15 AM
Finals	49	Girls 10 & Under 50 Backstro	0	0	08:15 AM
Finals	50	Boys 10 & Under 50 Backstrok	0	0	08:15 AM
Finals	51	Girls 11-12 50 Backstroke	0	0	08:15 AM
Finals	52	Boys 11-12 50 Backstroke	0	0	08:15 AM
Finals	53	Girls 10 & Under 100 Butterf	0	0	08:15 AM
Finals	54	Boys 10 & Under 100 Butterfl	0	0	08:15 AM
Finals	55	Girls 11-12 100 Butterfly	0	0	08:15 AM
Finals	56	Boys 11-12 100 Butterfly	0	0	08:15 AM
Finals	57	Girls 10 & Under 50 Freestyl	0	0	08:15 AM
Finals	58	Boys 10 & Under 50 Freestyle	0	0	08:15 AM
Finals	59	Girls 11-12 50 Freestyle	0	0	08:15 AM
Finals	60	Boys 11-12 50 Freestyle	0	0	08:15 AM
		Finish Time			08:15 AM

Session: 5 Sunday PM

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seco

Round	Event	Entries	Heats	Starts at	
Finals	61	Girls 200 IM	0	0	02:00 PM
Finals	62	Boys 200 IM	0	0	02:00 PM
Finals	63	Girls 100 Freestyle	0	0	02:00 PM
Finals	64	Boys 100 Freestyle	0	0	02:00 PM
Finals	65	Girls 200 Backstroke	0	0	02:00 PM
Finals	66	Boys 200 Backstroke	0	0	02:00 PM
Finals	67	Girls 100 Breaststroke	0	0	02:00 PM
Finals	68	Boys 100 Breaststroke	0	0	02:00 PM
Finals	69	Girls 200 Butterfly	0	0	02:00 PM
Finals	70	Boys 200 Butterfly	0	0	02:00 PM
		Finish Time			02:00 PM