

**ZEUS Early Spring Invitational**  
**May 15 and 16, 2010**  
**Yale University, Payne Whitney Gymnasium**  
**70 Tower Parkway, New Haven, CT, 06511**

Held under sanction of USA Swimming and Connecticut Swimming #L10-11

**EVENTS**

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	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Eric Baritz	<a href="mailto:Byte1inc@optonline.net">Byte1inc@optonline.net</a>	203-838-5836
<b>Meet Referee:</b>	Nancy Wargo	<a href="mailto:nwargo@optonline.net">nwargo@optonline.net</a>	203-838-5836
<b>Entry Chair:</b>	Eric Baritz	<a href="mailto:Byte1inc@optonline.net">Byte1inc@optonline.net</a>	203-838-5836
<b>Safety Chair:</b>	Dennis Flores	<a href="mailto:denswimusa@yahoo.com">denswimusa@yahoo.com</a>	203-838-5836
<b>Officials Contact:</b>	Nancy Wargo	<a href="mailto:nwargo@optonline.net">nwargo@optonline.net</a>	203-838-5836

**WEBSITE:** <http://zeuswimteam.org>

**POOL EMERGENCY NUMBER:** 203-432-2480

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

**MEET FORMAT:** The meet will be swum as Timed-Final. The 1500 Freestyle will be a mixed event and run fastest to slowest.

**SCRATCH PROCEDURES:** Scratch Sheets are due 30 minutes after the warm up begins. There will be a positive check in for the 1500 Freestyle. Failure to scratch will result in the Team not allowing their swimmers in the session. Failure to positively check in for the 1500 Freestyle will result in the swimmers being scratched from the event.

**FACILITY:** The Yale University Practice Pool (3<sup>rd</sup> Floor) is a 5 lane 50 meter pool. Manual Timing will be used. Balcony seating is accessible from the 4<sup>th</sup> floor.

**DISABLED ACCESS:** Handicapped parking is available; entrance to Payne Whitney Gymnasium is handicapped accessible. Elevator service is available to the 4<sup>th</sup> floor for seating. Locker rooms as well are handicapped accessible.

**COURSE:** LCM

**EVENTS:** See attached list.

**SESSION TIMES:**

Session 1 (Senior) 7:30 a.m. warm up and 8:45 a.m. start

Session 2 (12 and unders) 1:15 p.m. warm up and 2:15 p.m. start

Session 3 (Senior) 7:30 a.m. warm up and 8:45 a.m. start with a 20 minute break before the 1500 meter Freestyle

**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:**

There will be a 20 minute break before the 1500 meter Freestyle  
The 1500 Freestyle will be a mixed event and run Fastest to slowest.

**ENTRY LIMITATIONS:** Swimmers may enter up to 5 events per session.

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

**DEADLINES:** Entry deadline is April 30, 2010.

Mail hardcopy and payment to the entry chairperson:

ZEUS Swimming  
C/O Eric Baritz  
501 Westport Avenue, #272  
Norwalk, CT 06851

All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. The entry is considered officially received upon the emailed entry.

**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 [byte1inc@optonline.net](mailto:byte1inc@optonline.net). Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected in full by the entry deadline listed above.

**ENTRY FEES:** Electronic entries: \$6.00 for individual events, \$8.00 for the Senior 400 Freestyle, 12 and under 400 Freestyle, 400 IM events, and \$10.00 for the 1500 Freestyle. Manual entries: \$8.00 for individual events, and \$10.00 for distance 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:

NAC ZEUS Swimming  
C/O Eric Baritz  
501 Westport Avenue, #272  
Norwalk, CT 06851.

Payment must be received by 4/30/10.

**CUT PROTOCOL:** In the case of oversubscription to the meet, the host team will:

- Limit individual events from 5 to 4, then 4 to 3.
- Cut out all 7 year olds
- Cut out all 8 year olds
- Begin the meet earlier so as to allow for more heats of competition
- Limit the 400 IM heats, 400 Freestyle and 1500 Freestyle events.

- Eliminate the 20 minute break before the 1500 Freestyle and keep one lane open during the last event.
- Cut teams based on their emailed entry.
- The host team will allow as many of its own swimmers to compete in order to allow for the proper number of volunteer workers

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:** 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:** Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$6.00 for individual events, \$8.00 for the 400 Freestyle and 400 IM, \$10.00 for the 800 Freestyle and 1500 Freestyle.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Volunteer requirements will be based upon the size of the entry. Swimmers should provide their own timers and counters for the 1500 Freestyle.

**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, TOP 16.

**AWARDS:** No Ribbons or Medals will be awarded.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Ample parking behind Payne Whitney Gymnasium in addition to street parking.

**DIRECTIONS: Merritt Parkway** to Exit 59. Turn south to the first traffic light and left onto Whalley Ave. Go 3.7 miles to York Ave. Turn left at York. Go to the first light. Turn left onto Tower Parkway. Entrance to the Gymnasium will be on your right, at the base of the tower. **From I-95 or I-91** merge onto CT-34 W, New Haven. From this ramp take the second exit and get into the right lane. At the second light turn right onto York Street. Follow directions above.

**2010 ZEUS Long Course Spring Starter - 5/15/2010 to 5/16/2010****Session Report**

Session: 1 Saturday a.m. session

Day of Meet: 1 Starts at 08:50 AM Heat Interval: 25 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Mixed 400 IM	0	0	08:50 AM _____
Finals	2 Girls 100 Freestyle	0	0	08:50 AM _____
Finals	3 Boys 100 Freestyle	0	0	08:50 AM _____
Finals	4 Girls 100 Backstroke	0	0	08:50 AM _____
Finals	5 Boys 100 Backstroke	0	0	08:50 AM _____
Finals	6 Girls 100 Breaststroke	0	0	08:50 AM _____
Finals	7 Boys 100 Breaststroke	0	0	08:50 AM _____
Finals	8 Girls 100 Butterfly	0	0	08:50 AM _____
Finals	9 Boys 100 Butterfly	0	0	08:50 AM _____
Finals	10 Girls 50 Freestyle	0	0	08:50 AM _____
Finals	11 Boys 50 Freestyle	0	0	08:50 AM _____
Finals	12 Mixed 400 Freestyle	0	0	08:50 AM _____
	Finish Time			08:50 AM _____

Session: 2 Saturday p.m. session

Day of Meet: 1 Starts at 02:20 PM Heat Interval: 25 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	13 Mixed 12 & Under 400 Freestyle	0	0	02:20 PM _____
Finals	14 Girls 12 & Under 50 Freestyle	0	0	02:20 PM _____
Finals	15 Boys 12 & Under 50 Freestyle	0	0	02:20 PM _____
Finals	16 Girls 12 & Under 50 Backstroke	0	0	02:20 PM _____
Finals	17 Boys 12 & Under 50 Backstroke	0	0	02:20 PM _____
Finals	18 Girls 12 & Under 100 Freestyle	0	0	02:20 PM _____
Finals	19 Boys 12 & Under 100 Freestyle	0	0	02:20 PM _____
Finals	20 Girls 12 & Under 100 Backstroke	0	0	02:20 PM _____
Finals	21 Boys 12 & Under 100 Backstroke	0	0	02:20 PM _____
Finals	22 Girls 12 & Under 50 Breaststroke	0	0	02:20 PM _____
Finals	23 Boys 12 & Under 50 Breaststroke	0	0	02:20 PM _____
Finals	24 Girls 12 & Under 50 Butterfly	0	0	02:20 PM _____
Finals	25 Boys 12 & Under 50 Butterfly	0	0	02:20 PM _____
Finals	26 Girls 12 & Under 100 Breaststroke	0	0	02:20 PM _____
Finals	27 Boys 12 & Under 100 Breaststroke	0	0	02:20 PM _____
Finals	28 Girls 12 & Under 100 Butterfly	0	0	02:20 PM _____
Finals	29 Boys 12 & Under 100 Butterfly	0	0	02:20 PM _____
Finals	30 Mixed 12 & Under 200 IM	0	0	02:20 PM _____
	Finish Time			02:20 PM _____

**2010 ZEUS Long Course Spring Starter - 5/15/2010 to 5/16/2010**  
**Session Report**

Session: 3 Sunday a.m. session

Day of Meet: 2 Starts at 08:50 AM Heat Interval: 25 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	31 Girls 200 Freestyle	0	0	08:50 AM	_____
Finals	32 Boys 200 Freestyle	0	0	08:50 AM	_____
Finals	33 Girls 200 Backstroke	0	0	08:50 AM	_____
Finals	34 Boys 200 Backstroke	0	0	08:50 AM	_____
Finals	35 Girls 200 Breaststroke	0	0	08:50 AM	_____
Finals	36 Boys 200 Breaststroke	0	0	08:50 AM	_____
Finals	37 Girls 200 Butterfly	0	0	08:50 AM	_____
Finals	38 Boys 200 Butterfly	0	0	08:50 AM	_____
Finals	39 Mixed 1500 Freestyle	0	0	08:50 AM	_____
	Finish Time			08:50 AM	_____