

# 2010 BEAR Summer Sizzler Invitational

June 18-20, 2010

## University of Connecticut

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

Held under sanction of USA Swimming and Connecticut Swimming #L10-20

### EVENTS

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	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Jon Levine	<a href="mailto:Aquabears@cox.net">Aquabears@cox.net</a>	860-653-9135
<b>Meet Referee:</b>	King Lee	<a href="mailto:king22@snet.net">king22@snet.net</a>	
<b>Entry Chair:</b>	Jon Levine	<a href="mailto:Aquabears@cox.net">Aquabears@cox.net</a>	860-653-9135
<b>Safety Chair:</b>	Jill Donohue	<a href="mailto:srdonohue@yahoo.com">srdonohue@yahoo.com</a>	860-508-7764

**WEBSITE:** <http://www.bearswim.com>

**POOL EMERGENCY NUMBER:** 860-944-9463

**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:** Scratch sheets for each session will be provided and must be submitted 20 minutes after the start of warm-ups.

**FACILITY:** The Wolff-Zackin Competition Pool is a 6-lane, 50 meter pool. Colorado timing with six lane display will be used. There is ample spectator seating.

**DISABLED ACCESS:** Handicapped parking and pool deck access is available behind the pool. Please contact the Meet Director if you need special arrangements.

**COURSE:** LCM

**EVENTS:** See attached list.

### SESSION TIMES:

Friday P.M.	All age groups	Warm-up 4:00 P.M.	Start 5:00 P.M.
Sat./Sun. A.M.	10/under & 13/14	Warm-up 9:00 A.M.	Start 10:00 A.M.
Sat./Sun. P.M.	11/12 and 15/over	Warm-up 2:15 P.M.	Start 3:15 P.M.

**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 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 may enter and compete in 5 events per day.

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

**DEADLINES:** Entry deadline is June 8, 2010. Mail hardcopy and payment to the entry chairperson: Jon Levine, 4 Northwoods Road, North Granby, CT 06060. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. The date of receipt will be based upon when the electronic entry file was received by the Meet Manager.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is May 25, 2010. The date of receipt will be based upon when the electronic entry file was received by the Meet Manager. 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 [Aquabears@cox.net](mailto:Aquabears@cox.net). Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected within 5 days of the submission of the electronic entry, or the "received date" will be changed to the date when the entry fees arrive.

**ENTRY FEES:** Electronic entries: \$5.00 for Saturday and Sunday individual events, \$6.00 for all Friday events, \$10.00 for relays. Manual entries: \$7.00 for all individual events, \$15.00 for relays. 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 Aquabears LLC and mail to: Jon Levine, 4 Northwoods Road, North Granby, CT 06060. Payment must be received by June 8, 2010.

**CUT PROTOCOL:** The Aquabears will limit each session to 4 hours based on date received. 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:** Yes. There are no relay limitations. 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:** Yes. Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$10.00 for individual events and \$15.00 for relays. Time trial events count toward the total number of event limitations per session.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Teams will be asked to supply timers in relationship to the size of their entry. Teams supplying names of parents willing to officiate will have their timing assignments adjusted.

**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:** No

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** UCONN has asked us to direct ALL coaches and spectators to the South Parking Garage, which is across the street from Gampel Pavilion

**DIRECTIONS:** Take I-84 to Route 195, exit 68. Follow Route 195 for 7 miles to the middle of the campus. When the lake is on your right, take the next right. Follow your way through the campus towards the silver dome. This is the field house; the pool is in the adjacent brick building.

**LODGING:**

A block of rooms has been set up at the Hampton Inn & Suites in Manchester, CT. The rate is \$89 for a room with 2 queen beds, \$99 for a suite. A hot breakfast is included. Contact the hotel at 860-644-1732 and identify yourself as part of the "Aquabears Summer Sizzler" block. Rooms are limited.

**2010 Bear Summer Sizzler - 6/18/2010 to 6/20/2010**

**Session Report**

Session: 1 Friday PM Session

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 10 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Girls 10 & Under 200 Freestyle	0	0	05:00 PM _____
Finals	2 Boys 10 & Under 200 Freestyle	0	0	05:00 PM _____
Finals	3 Girls 11-12 200 Freestyle	0	0	05:00 PM _____
Finals	4 Boys 11-12 200 Freestyle	0	0	05:00 PM _____
Finals	5 Girls 13-14 400 Freestyle	0	0	05:00 PM _____
Finals	6 Boys 13-14 400 Freestyle	0	0	05:00 PM _____
Finals	7 Girls 15 & Over 400 Freestyle	0	0	05:00 PM _____
Finals	8 Boys 15 & Over 400 Freestyle	0	0	05:00 PM _____
Finals	9 Girls 10 & Under 200 IM	0	0	05:00 PM _____
Finals	10 Boys 10 & Under 200 IM	0	0	05:00 PM _____
Finals	11 Girls 11-12 200 IM	0	0	05:00 PM _____
Finals	12 Boys 11-12 200 IM	0	0	05:00 PM _____
Finals	13 Girls 13-14 400 IM	0	0	05:00 PM _____
Finals	14 Boys 13-14 400 IM	0	0	05:00 PM _____
Finals	15 Girls 15 & Over 400 IM	0	0	05:00 PM _____
Finals	16 Boys 15 & Over 400 IM	0	0	05:00 PM _____
	Finish Time			05:00 PM _____

**2010 Bear Summer Sizzler - 6/18/2010 to 6/20/2010**

**Session Report**

Session: 2 Saturday AM Session

Day of Meet: 2 Starts at 10:00 AM Heat Interval: 10 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	17 Girls 13-14 50 Freestyle	0	0	10:00 AM _____
Finals	18 Boys 13-14 50 Freestyle	0	0	10:00 AM _____
Finals	19 Girls 10 & Under 100 Freestyle	0	0	10:00 AM _____
Finals	20 Boys 10 & Under 100 Freestyle	0	0	10:00 AM _____
Finals	21 Girls 13-14 200 Butterfly	0	0	10:00 AM _____
Finals	22 Boys 13-14 200 Butterfly	0	0	10:00 AM _____
Finals	23 Girls 10 & Under 50 Butterfly	0	0	10:00 AM _____
Finals	24 Boys 10 & Under 50 Butterfly	0	0	10:00 AM _____
Finals	25 Girls 13-14 100 Breaststroke	0	0	10:00 AM _____
Finals	26 Boys 13-14 100 Breaststroke	0	0	10:00 AM _____
Finals	27 Girls 10 & Under 100 Breaststroke	0	0	10:00 AM _____
Finals	28 Boys 10 & Under 100 Breaststroke	0	0	10:00 AM _____
Finals	29 Girls 13-14 100 Backstroke	0	0	10:00 AM _____
Finals	30 Boys 13-14 100 Backstroke	0	0	10:00 AM _____
Finals	31 Girls 10 & Under 50 Backstroke	0	0	10:00 AM _____
Finals	32 Boys 10 & Under 50 Backstroke	0	0	10:00 AM _____
Finals	33 Girls 13-14 200 Freestyle	0	0	10:00 AM _____
Finals	34 Boys 13-14 200 Freestyle	0	0	10:00 AM _____
Finals	35 Girls 10 & Under 200 Medley Relay	0	0	10:00 AM _____
Finals	36 Boys 10 & Under 200 Medley Relay	0	0	10:00 AM _____
Finals	37 Girls 13-14 200 Medley Relay	0	0	10:00 AM _____
Finals	38 Boys 13-14 200 Medley Relay	0	0	10:00 AM _____
	Finish Time			10:00 AM _____

**2010 Bear Summer Sizzler - 6/18/2010 to 6/20/2010**

**Session Report**

Session: 3 Saturday PM Session

Day of Meet: 2 Starts at 03:15 PM Heat Interval: 10 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	39 Girls 15 & Over 50 Freestyle	0	0	03:15 PM _____
Finals	40 Boys 15 & Over 50 Freestyle	0	0	03:15 PM _____
Finals	41 Girls 11-12 100 Freestyle	0	0	03:15 PM _____
Finals	42 Boys 11-12 100 Freestyle	0	0	03:15 PM _____
Finals	43 Girls 200 Butterfly	0	0	03:15 PM _____
Finals	44 Boys 200 Butterfly	0	0	03:15 PM _____
Finals	45 Girls 11-12 50 Butterfly	0	0	03:15 PM _____
Finals	46 Boys 11-12 50 Butterfly	0	0	03:15 PM _____
Finals	47 Girls 15 & Over 100 Breaststroke	0	0	03:15 PM _____
Finals	48 Boys 15 & Over 100 Breaststroke	0	0	03:15 PM _____
Finals	49 Girls 11-12 100 Breaststroke	0	0	03:15 PM _____
Finals	50 Boys 11-12 100 Breaststroke	0	0	03:15 PM _____
Finals	51 Girls 15 & Over 100 Backstroke	0	0	03:15 PM _____
Finals	52 Boys 15 & Over 100 Backstroke	0	0	03:15 PM _____
Finals	53 Girls 11-12 50 Backstroke	0	0	03:15 PM _____
Finals	54 Boys 11-12 50 Backstroke	0	0	03:15 PM _____
Finals	55 Girls 15 & Over 200 Freestyle	0	0	03:15 PM _____
Finals	56 Boys 15 & Over 200 Freestyle	0	0	03:15 PM _____
Finals	57 Girls 11-12 200 Medley Relay	0	0	03:15 PM _____
Finals	58 Boys 11-12 200 Medley Relay	0	0	03:15 PM _____
Finals	59 Girls 200 Medley Relay	0	0	03:15 PM _____
Finals	60 Boys 200 Medley Relay	0	0	03:15 PM _____
	Finish Time			03:15 PM _____

**2010 Bear Summer Sizzler - 6/18/2010 to 6/20/2010**

**Session Report**

Session: 4 Sunday AM Session

Day of Meet: 3 Starts at 10:00 AM Heat Interval: 10 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	61 Girls 13-14 100 Freestyle	0	0	10:00 AM _____
Finals	62 Boys 13-14 100 Freestyle	0	0	10:00 AM _____
Finals	63 Girls 10 & Under 50 Freestyle	0	0	10:00 AM _____
Finals	64 Boys 10 & Under 50 Freestyle	0	0	10:00 AM _____
Finals	65 Girls 13-14 200 Breaststroke	0	0	10:00 AM _____
Finals	66 Boys 13-14 200 Breaststroke	0	0	10:00 AM _____
Finals	67 Girls 10 & Under 100 Butterfly	0	0	10:00 AM _____
Finals	68 Boys 10 & Under 100 Butterfly	0	0	10:00 AM _____
Finals	69 Girls 13-14 100 Butterfly	0	0	10:00 AM _____
Finals	70 Boys 13-14 100 Butterfly	0	0	10:00 AM _____
Finals	71 Girls 10 & Under 50 Breaststroke	0	0	10:00 AM _____
Finals	72 Boys 10 & Under 50 Breaststroke	0	0	10:00 AM _____
Finals	73 Girls 13-14 200 Backstroke	0	0	10:00 AM _____
Finals	74 Boys 13-14 200 Backstroke	0	0	10:00 AM _____
Finals	75 Girls 10 & Under 100 Backstroke	0	0	10:00 AM _____
Finals	76 Boys 10 & Under 100 Backstroke	0	0	10:00 AM _____
Finals	77 Girls 13-14 200 IM	0	0	10:00 AM _____
Finals	78 Boys 13-14 200 IM	0	0	10:00 AM _____
Finals	79 Girls 10 & Under 200 Freestyle Relay	0	0	10:00 AM _____
Finals	80 Boys 10 & Under 200 Freestyle Relay	0	0	10:00 AM _____
Finals	81 Girls 13-14 200 Freestyle Relay	0	0	10:00 AM _____
Finals	82 Boys 13-14 200 Freestyle Relay	0	0	10:00 AM _____
	Finish Time			10:00 AM _____

**2010 Bear Summer Sizzler - 6/18/2010 to 6/20/2010**

**Session Report**

Session: 5 Sunday PM Session

Day of Meet: 3 Starts at 03:15 PM Heat Interval: 10 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	83 Girls 15 & Over 100 Freestyle	0	0	03:15 PM _____
Finals	84 Boys 15 & Over 100 Freestyle	0	0	03:15 PM _____
Finals	85 Girls 11-12 50 Freestyle	0	0	03:15 PM _____
Finals	86 Boys 11-12 50 Freestyle	0	0	03:15 PM _____
Finals	87 Girls 200 Breaststroke	0	0	03:15 PM _____
Finals	88 Boys 200 Breaststroke	0	0	03:15 PM _____
Finals	89 Girls 11-12 100 Butterfly	0	0	03:15 PM _____
Finals	90 Boys 11-12 100 Butterfly	0	0	03:15 PM _____
Finals	91 Girls 15 & Over 100 Butterfly	0	0	03:15 PM _____
Finals	92 Boys 15 & Over 100 Butterfly	0	0	03:15 PM _____
Finals	93 Girls 11-12 50 Breaststroke	0	0	03:15 PM _____
Finals	94 Boys 11-12 50 Breaststroke	0	0	03:15 PM _____
Finals	95 Girls 200 Backstroke	0	0	03:15 PM _____
Finals	96 Boys 200 Backstroke	0	0	03:15 PM _____
Finals	97 Girls 11-12 100 Backstroke	0	0	03:15 PM _____
Finals	98 Boys 11-12 100 Backstroke	0	0	03:15 PM _____
Finals	99 Girls 15 & Over 200 IM	0	0	03:15 PM _____
Finals	100 Boys 15 & Over 200 IM	0	0	03:15 PM _____
Finals	101 Girls 11-12 200 Freestyle Relay	0	0	03:15 PM _____
Finals	102 Boys 11-12 200 Freestyle Relay	0	0	03:15 PM _____
Finals	103 Girls 200 Freestyle Relay	0	0	03:15 PM _____
Finals	104 Boys 200 Freestyle Relay	0	0	03:15 PM _____
	Finish Time			03:15 PM _____