

**Mile with a Smile
Distance Meet
May 9, 2010**

Glastonbury High School, 330 Hubbard Street, Glastonbury, CT 06033

Held under sanction of USA Swimming and Connecticut Swimming #L10-8

Several of our Glastonbury Swimming dads will be hosting a complimentary breakfast for moms during the warm-up session.

Please come and enjoy your special day!

EVENTS

[*.hvy](#)

	Name	Email	Phone
Meet Director:	Carolyn Garneau	cgarneau@cox.net	860-659-4289
Meet Referee:	Takuto Takabayashi	takutot@gmail.com	860-798-9515
Entry Chair:	Gretchen Hegwood	ghegwood@cox.net	860-657-8740
Safety Chair:	Craig Garneau	cgarneau@cox.net	860-659-4289
Officials Contact:	Takuto Takabayashi	takutot@gmail.com	860-798-9515

WEBSITE: <http://www.glastonburyswimming.net>

POOL EMERGENCY NUMBER: 860-652-7240

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

MEET FORMAT: The meet will be swum as timed-finals. All events will be swum fast-to-slow, mixed heats of women and men.

SCRATCH PROCEDURES: Coaches will receive scratch sheets, which must be returned no later than 45 minutes before the beginning of the session. Swimmers who fail to appear for an event will be disqualified from that event. No further penalty will be applied.

FACILITY: The Glastonbury High School Pool is a 6-lane, 25-yard pool with a Daktronics Electronic Timing System. Deck seating is somewhat limited and athletes may want to bring their own chairs. There is a large spectator area with "bleacher-style" seating.

DISABLED ACCESS: There is ample handicap parking throughout the Glastonbury High School Campus as well as near the entrance to the pool. The pool is on the main floor as is the men's locker room. The women's locker room is on the second floor and elevator assistance will be available if required. Additionally, there is a single-use handicap bathroom on the main floor with a shower. If special assistance is required by a spectator to access the bleacher area, please contact the meet director. (There are 7 stairs leading up to this area.)

COURSE: SCY

EVENTS: See attached list.

SESSION TIMES: Warm-up starts at 8:30 AM. Meet starts at 9:30 AM.

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.

EVENT INFORMATION: Deck entries will be accepted if meet is not fully subscribed. Several of our Glastonbury Swimming dads will be hosting a complimentary breakfast for moms during the warm-up session. Please come and enjoy your special day!

ENTRY LIMITATIONS: Glastonbury Swimming will limit the number of swims in the meet to 2 per swimmer.

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

DEADLINES: Entry deadline is April 28, 2010. Make checks payable to GSPO. Mail hardcopy and payment to the entry chairperson: Gretchen Hegwood, 107 Hawthorne Mead Drive, Glastonbury, CT 06033. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. Any swimmer who is entered and is unregistered, will be scratched from the meet until registration is completed.

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 ghegwood@cox.net. Please check that your team name, address, and contact information are listed correctly in this file. Date of receipt is based on hard copy and payment received by entry chair.

ENTRY FEES: Electronic entries: \$7.00 for individual events. Manual entries: \$9.00 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 GSPO and mail to: Gretchen Hegwood, 107 Hawthorne Mead Drive, Glastonbury, CT 06033. Payment must be received by 5/1/10.

CUT PROTOCOL: If the session is over subscribed second events will be cut. Coaches need to indicate on their entry which event is to be designated as a swimmer's 2nd event. If the time line estimate still exceeds four hours teams will be cut based on the date and proper receipt of their payment. 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: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Glastonbury Swimming will provide timers. Athletes must provide their own counters.

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 awards will be given.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS: Several of our Glastonbury Swimming dads will be hosting a complimentary breakfast for moms during the warm-up session. Please come and enjoy your special day!

PARKING: There is ample parking to the side and rear of the high school pool and gymnasium (Entrance D). The high school has signage that will help you locate the pool.

DIRECTIONS:

GLASTONBURY HIGH SCHOOL
330 Hubbard Street, Glastonbury, CT 06033
Glastonbury, CT 06033

From 91 South & 91 North

Merge onto CT-3 NORTH via EXIT 25 toward GLASTONBURY.
In 2.3 miles bear right onto ROUTE 2 EAST /NORWICH.
Merge onto CT-17 SOUTH via EXIT 7 on the LEFT toward PORTLAND.
Take the HUBBARD STREET exit in approximately 1.1 miles.
Turn left off of the ramp onto HUBBARD STREET.
GHS will be on your right in a ½ mile. ENTRANCE D will lead you to the Pool/Gymnasium parking lot.

From Route 2 East via 84 East or 84 West

Merge onto CT-2 EAST via EXIT 55 toward NORWICH / NEW LONDON

Merge onto CT-17 SOUTH via EXIT 7 on the LEFT toward PORTLAND

Take the HUBBARD STREET exit in approximately 1.1 miles.

Turn left off of the ramp onto HUBBARD STREET.

GHS will be on your right in a ½ mile. ENTRANCE D will lead you to the Pool/Gymnasium parking lot.

From Manchester Road via Route 2 West

Take EXIT 10 (MANCHESTER ROAD) turn left at exit stop sign.

Turn right at next stop sign onto NEW LONDON TURNPIKE.

Follow NEW LONDON TURNPIKE for 3.1 miles. At 2nd light turn left onto HUBBARD STREET.

The school is just up the hill on your left.

ENTRANCE D, the first entrance, is the one that leads to the GHS Pool/Gymnasium parking lot.

LODGING:

The following hotels are in the area:

Hilton Garden Inn
85 Glastonbury Blvd.
Glastonbury, CT 06033
(860) 659-1025

Homewood Suites
65 Glastonbury Blvd.
Glastonbury, CT 06033
(860) 652-8111

MileWith a Smile - 5/9/2010

Session Report

Session: 1 Mile with a Smile

Day of Meet: 1 Starts at 09:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats
Finals	1 Mixed 11 & Over 1650 Freestyle Break: 10 Minutes	0	0
Finals	2 Mixed 12 & Under 500 Freestyle	0	0
Finals	3 Mixed 11 & Over 400 IM Finish Time	0	0