



CONNECTICUT UNITED STATES MASTERS SWIMMING
Connecticut Swimming, Inc. Open Water Championship
MEET ANNOUNCEMENT

Held under sanction of Connecticut Swimming Inc./USA Swimming #L10-28
and sanction of CT LSMC of United States Masters Swimming # TBD

Name: Valley Shore YMCA MADISON MILE – JUNE 26, 2010

2 Events: A: 1 Mile Open Water Championship in Long Island Sound (Ages 11 +)
B: Mini Mile Open Water Swim (approx 500yds) (Ages 9-12)

Entry Fee: A: \$25 Entry for all USA Swimming members
B: \$25 Entry for USMS members, one-day USMS members \$40

Age Limits: A: One Mile Championship (Minimum age of 11)
B: Mini Mile (Minimum age of 9 – Max age of 12)

Awards: A: USA Swimmers: Top 3 for both Male and Female (11-12,13-14,15-16, 17-18, 19+) for 1 Mile Championship. Top 3 for both Male and Female (9-10, 11-12) for Mini Mile.
B: USMS Swimmers: Number 1 in each age group for both Male and Female
Wetsuit Division: First Male and First Female overall.

Rules: Current USMS and USA Swimming open water swimming rules will govern this event. A one-hour cutoff time will be strictly enforced. Wetsuits are permitted but swimmers are ineligible for awards.

Disabled Swimmers: We encourage the participation of disabled swimmers. Each disabled swimmer should contact Jen Lyman at 203-464-6903 in advance in order to plan for any special arrangements necessary for your participation in this event.

Date: Saturday June 26, 2010
Mini Mile 9:00 am
One Mile Championship 9:20 am

Time: Registration Check in: 7:45 am
Warm –up: 7:45– 8:50 am
Briefing: 8:50 am
Mini Mile Start: 9:00 am (all Swimmers)

Championship Race Start:

- Wave 1 – 9:20 USA Male Swimmers Ages 15+
 - Wave 2 - 9:25 USA Female Swimmers Ages 15+
 - Wave 3 - 9:30 USA Male Swimmers Ages 11-14
 - Wave 4 - 9:35 USA Female Swimmers Ages 11-14
 - Wave 5 – 9:40 USMS Male Swimmers
 - Wave 4 – 9:45 USMS Female & Wetsuit Swimmers
- (Waves subject to change based upon entries)

Timing: Electronic CHAMPIONCHIP TIMING will be used. Each swimmer will wear an electronic timing chip secured by an ankle bracelet to automatically record their time as they run across the finish line. The timing chip must be returned or a \$30 charged will be assessed to the swimmer for failing to return the chip.

Location: Surf Club, Madison, CT (Madison Town Beach)

Facility Description: Large club house with bathroom and registration facilities. Approximately 1/3 mile of beach. Minimal currents in this location.

Volunteers: Each CSI Team sending 5 or more swimmers will be required to provide one adult volunteer for the event.

Race Director: Jen Lyman 203-464-6903 coachlyman@hotmail.com

Safety Chairman: Bob Pimer

Event Referee: Mike Huffman

Entry Chairman: Jen Lyman

Entry Deadline: CSI Team entries due by June 18, 2009. Race day entries will **NOT** permitted

Entry Format: Open to all USA registered swimmers and USMS masters swimmers.
NON USMS swimmers over age 18 must pay 1-day membership fee for USMS to obtain insurance coverage. Non USA registered swimmers under age 18 are not permitted.

How to enter: (Race Day Registration Will Not Be Offered)

USA Swimming athletes can enter in three different ways:

TEAM ENTRY: USA Swimming clubs can enter as a group by submitting a print-out of all entrants (with name, age and USA #) using LSA or Hytek software. Meet files are posted on ctswim.org. Mail the print-out and club check to: Valley Shore YMCA attn: Joan Camire, PO Box 694 Westbrook, CT 06498. If you enter in this manner you do not need to fill out separate application forms for each swimmer. Please no discs or emails.

INDIVIDUAL ONLINE ENTRY: Each swimmer can register individually online through www.active.com.

INDIVIDUAL MAIL ENTRY: Each swimmer can register individually by completing the event application and sending it via regular mail. Photo copies of the application form are permitted.

Checks Payable: Valley Shore YMCA

Beneficiary: Valley Shore YMCA

Refreshments: Refreshments to be provided after the event.

Directions: I-95 North or South to Exit 61 (Rte 79). Take left of exit if heading South/Right off exit if heading North. Proceed ½ mile to 3rd Light. Turn right onto Rte 1. Proceed for approx ½ mile and turn left on West Wharf Rd. (Madison CC is on corner). At next stop sign, turn right on Surf Club Rd and proceed into Surf Club.