

2010 Mako Long Course Invitational

Meet Type: Invitational

June 26-27, 2010

Greenknoll Aquatic Center at Camp Greenknoll, Brookfield, CT

10 Huckleberry Hill Rd., Brookfield CT 06804

Held under sanction of USA Swimming and Connecticut Swimming #LC10-30

EVENTS

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	Name	Email	Phone
Meet Director:	Robert Bouchey	rbouchey@regionalymca.org	203-755-4444 X 122
Meet Referee:	Greg Dembowski	gdembowski@regionalymca.org	203-740-3432 X 201
Entry Chair:	Patricia Dembowski	patholahan@yahoo.com	203-733-8172
Safety Chair:	Sonja Williams	swilliams@regionalymca.org	203-775-4444 X 133
Officials Contact:	Greg Dembowski	gdembowski@regionalymca.org	203-740-3432 X 201

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

POOL EMERGENCY NUMBER: 203-775-1113

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

MEET FORMAT: The meet will be swum as timed-finals. Swimmer age groups will be girls and boys 12 & under and 13 & over.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for each session of the meet in their information packets listing all of their swimmers and events for each session. Scratch sheets shall be due to the computer table 30 minutes after the start of warm-ups; these must be returned even if a team has no scratches.

FACILITY: The pool at the Greenknoll Aquatic Center is a 6 lane by 50 meter facility with fully automatic Colorado electronic timing system and non-turbulent lane lines. Swimmers and spectators should bring folding chairs for seating.

DISABLED ACCESS: Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email Greg Dembowski gdembowski@regionalymca.org in advance to make arrangements.

COURSE: LCM

EVENTS: See attached list.

SESSION TIMES:

Sat/Sun AM 7:15 AM warm ups; 8:30 AM start

Sat/Sun PM 1:45 PM warm ups; 3:00 PM start

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 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: 4 individual events per session; if a swimmer is entered in more than 3 events per session circle 4th event to indicate which event should be cut if the meet is over-subscribed (see Cut Protocol).

ENTRY TIMES: Submit entry times in LCM. No Times are discouraged; use estimated or converted times if no seed time is available in LCM.

DEADLINES: Entry deadline is June 14, 2010. Mail hardcopy and payment to the entry chairperson: Pat Dembowski, 28 Greenknoll Drive, Brookfield CT 06804. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Teams will be entered on a first come, first serve basis, in order as received, space permitting. Formal team entry date is determined by date of email receipt as long as hard copy and entry fee are postmarked within two business days. Any failure to send the hard copy and payment on time will cause entry to lose priority and formal entry date will then be based on the date of postal receipt. See CT only deadline for exception to entry priority for out of state teams.

CONNECTICUT-ONLY DEADLINE: CT deadline is May 31, 2010. CT clubs meeting this deadline will be entered before out of state clubs. After that May 14, CT and out-of-state entries will be accepted in order received, space permitting. Formal team entry date is described in **DEADLINES** section above.

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 patholahan@yahoo.com. Please check that your team name, address, and contact information are listed correctly in this file. Identify unattached swimmers with red ink on your printed entry; if a swimmer is entered in more than 3 events per session circle 4th event to indicate which event should be cut if the meet is over-subscribed (see Cut Protocol). The required mailed entry must contain a computer printout of the entry file. Please include USA registration numbers, age, entry events and seed times of all swimmers in entry files; send original entry sheets, sorted by swimmer. Include on the entry the name, address, and telephone number of the head coach and a club contact responsible for the team's entry. In case of dispute, the original entry form will be considered the only official document of entry. Mail entry documents to: Patricia Dembowski, 28 Greenknoll Drive, Brookfield CT 06804.

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 **Regional YMCA of Western CT** and mail to: Pat Dembowski, 28 Greenknoll Drive, Brookfield CT 06804. Payment must be received to be confirmed in meet and must be received by 06/19/10, or postmarked within two days after email entry, whichever is sooner.

CUT PROTOCOL: The meet will be managed to stay within approximately four hours of competition, after warm ups. If the timeline is too lengthy based on entries, teams /entries will be cut based on date of receipt. Before cutting teams, 4th events will be cut. The 400 Free and 400IM events may be heat limited if number of entries creates timeline issues. In the event of heavy subscription, lightly enrolled events may be combined to mixed gender for the purpose of reducing heats. 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 and \$24.00 for relays (400 and 800 meter relays only), payable at the meet. Time trial events count toward the total number of event limitations per session. Time trials, if held, will be at the conclusion of each session. Requests for time trials must be handed in to the computer table not later than 30 minutes after warm ups begin. If an event must be scratched to enter a time trial in order not to exceed the entry limit, the scratch should also be submitted within 30 minutes after warm ups begin. Time trial requests will be accepted on a first come first serve basis.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: All teams will be required to supply timers in proportion to the size of their entry. Teams providing a list of officials by June 15, 2010 will be credited in their timing assignments. Watches to be provided by meet host.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck in designated areas. Certain areas will be designated for spectators on deck and outside the fence line.

SCORING: The meet will not be scored.

AWARDS: Heat winners.

CONCESSIONS: Food and beverage concession will be available during the meet.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

MISCELLANEOUS: The meet is hosted by The Mako Swim Team and The Regional YMCA of Western CT. The Greenknoll Aquatic Center is an outdoor 50 meter X 6 lane pool located on the YMCA's Camp Greenknoll, adjacent to and just west of the Regional YMCA of Western CT's Greenknoll Branch building. Shade is limited so feel free to bring shelters for swimmers which may be set up on the grass outside the fence line. There are changing rooms and bathrooms at pool side. Lockers are not yet installed so swimmers should bring possessions to their team area. There are sheltered tables under the pavilion nearby (close to the pool) for relaxing and picnicking.

PARKING: The Greenknoll Aquatic Center at Camp Greenknoll is at 10 Huckleberry Hill Road. Parking is available at the back of the Greenknoll YMCA, located at 2 Huckleberry Hill Rd. Meet attendees and teams may park anywhere on the upper level lot, or use the drive way down towards the pond to access overflow parking on the grass near the pond, forming two rows of parked cars, do not block the dry hydrant, which is a big concrete circular structure in the grassy area. Do not attempt to drive into the farm gate at #10 Huckleberry Hill Road. Once you park, walk down the driveway towards the pond and cross over the foot bridge to the pool.

DIRECTIONS: Greenknoll Aquatic Center at Camp Greenknoll, 10 Huckleberry Hill Rd, Brookfield CT 06804

Points East of Danbury:

I-84 WEST to Exit 7 (US-7 north).

US-7 NORTH to first Exit, Exit 11 (Federal Road)

Take LEFT off Exit ramp

Take RIGHT on Federal Road (US-202)

Pass Costco on LEFT

In .4 miles bear LEFT on Old New Milford Road

Turn LEFT on Huckleberry Hill Road

YMCA is on right, Greenknoll Aquatic Center at Camp Greenknoll is just past the YMCA Building, also on the right

Danbury and points West:

I-84 EAST to Exit 7 (US-7 north).

US-7 NORTH to first Exit, Exit 11 (Federal Road)

Take LEFT off Exit ramp

Take RIGHT on Federal Road (US-202)

Pass Costco on LEFT

In .4 miles bear LEFT on Old New Milford Road

Turn LEFT on Huckleberry Hill Road

YMCA is on right, Greenknoll Aquatic Center at Camp Greenknoll is just past the YMCA Building, also on the right

LODGING: The following hotels and motels are in the area:

Courtyard Danbury

3 Eagle Road

Danbury CT 06810

(203) 730-2228

3.5 miles / 8 minutes

2009 Mako LC Invitational - 6/26/2010 to 6/27/2010

Session Report

Session: 1 Sat AM 13 & Overs - 7:15 Warm up

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	1 Girls 13 & Over 50 Freestyle	0	0		08:30 AM _____
Finals	2 Boys 13 & Over 50 Freestyle	0	0		08:30 AM _____
	Break: 10 Minutes				
Finals	3 Girls 13 & Over 100 Butterfly	0	0		08:40 AM _____
Finals	4 Boys 13 & Over 100 Butterfly	0	0		08:40 AM _____
Finals	5 Girls 13 & Over 200 Breaststroke	0	0		08:40 AM _____
Finals	6 Boys 13 & Over 200 Breaststroke	0	0		08:40 AM _____
Finals	7 Girls 13 & Over 200 Freestyle	0	0		08:40 AM _____
Finals	8 Boys 13 & Over 200 Freestyle	0	0		08:40 AM _____
Finals	9 Girls 13 & Over 100 Backstroke	0	0		08:40 AM _____
Finals	10 Boys 13 & Over 100 Backstroke	0	0		08:40 AM _____
Finals	11 Girls 13 & Over 400 IM	0	0		08:40 AM _____
Finals	12 Boys 13 & Over 400 IM	0	0		08:40 AM _____
	Finish Time				08:40 AM _____

Session: 2 Sat PM 12 & Unders - 1:45 Warm up

Day of Meet: 1 Starts at 03:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	13 Girls 12 & Under 50 Backstroke	0	0		03:00 PM _____
Finals	14 Boys 12 & Under 50 Backstroke	0	0		03:00 PM _____
Finals	15 Girls 12 & Under 50 Freestyle	0	0		03:00 PM _____
Finals	16 Boys 12 & Under 50 Freestyle	0	0		03:00 PM _____
	Break: 10 Minutes				
Finals	17 Girls 12 & Under 100 Butterfly	0	0		03:10 PM _____
Finals	18 Boys 12 & Under 100 Butterfly	0	0		03:10 PM _____
Finals	19 Girls 12 & Under 100 Breaststroke	0	0		03:10 PM _____
Finals	20 Boys 12 & Under 100 Breaststroke	0	0		03:10 PM _____
Finals	21 Girls 12 & Under 200 Freestyle	0	0		03:10 PM _____
Finals	22 Boys 12 & Under 200 Freestyle	0	0		03:10 PM _____
Finals	23 Girls 12 & Under 200 Backstroke	0	0		03:10 PM _____
Finals	24 Boys 12 & Under 200 Backstroke	0	0		03:10 PM _____
Finals	25 Girls 12 & Under 200 IM	0	0		03:10 PM _____
Finals	26 Boys 12 & Under 200 IM	0	0		03:10 PM _____
	Finish Time				03:10 PM _____

2009 Mako LC Invitational - 6/26/2010 to 6/27/2010

Session Report

Session: 3 Sun AM 13 & Overs - 7:15 Warm Up

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	27 Girls 13 & Over 200 Butterfly	0	0		08:30 AM _____
Finals	28 Boys 13 & Over 200 Butterfly	0	0		08:30 AM _____
Finals	29 Girls 13 & Over 100 Freestyle	0	0		08:30 AM _____
Finals	30 Boys 13 & Over 100 Freestyle	0	0		08:30 AM _____
Finals	31 Girls 13 & Over 200 IM	0	0		08:30 AM _____
Finals	32 Boys 13 & Over 200 IM	0	0		08:30 AM _____
Finals	33 Girls 13 & Over 100 Breaststroke	0	0		08:30 AM _____
Finals	34 Boys 13 & Over 100 Breaststroke	0	0		08:30 AM _____
Finals	35 Girls 13 & Over 200 Backstroke	0	0		08:30 AM _____
Finals	36 Boys 13 & Over 200 Backstroke	0	0		08:30 AM _____
Finals	37 Girls 13 & Over 400 Freestyle	0	0		08:30 AM _____
Finals	38 Boys 13 & Over 400 Freestyle	0	0		08:30 AM _____
	Finish Time				08:30 AM _____

Session: 4 Sun PM 12 & Unders - 1:45 Warm Up

Day of Meet: 2 Starts at 03:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	39 Girls 12 & Under 50 Breaststroke	0	0		03:00 PM _____
Finals	40 Boys 12 & Under 50 Breaststroke	0	0		03:00 PM _____
Finals	41 Girls 12 & Under 50 Butterfly	0	0		03:00 PM _____
Finals	42 Boys 12 & Under 50 Butterfly	0	0		03:00 PM _____
	Break: 10 Minutes				
Finals	43 Girls 12 & Under 200 Butterfly	0	0		03:10 PM _____
Finals	44 Boys 12 & Under 200 Butterfly	0	0		03:10 PM _____
Finals	45 Girls 12 & Under 100 Freestyle	0	0		03:10 PM _____
Finals	46 Boys 12 & Under 100 Freestyle	0	0		03:10 PM _____
Finals	47 Girls 12 & Under 200 Breaststroke	0	0		03:10 PM _____
Finals	48 Boys 12 & Under 200 Breaststroke	0	0		03:10 PM _____
Finals	49 Girls 12 & Under 100 Backstroke	0	0		03:10 PM _____
Finals	50 Boys 12 & Under 100 Backstroke	0	0		03:10 PM _____
Finals	51 Girls 12 & Under 400 Freestyle	0	0		03:10 PM _____
Finals	52 Boys 12 & Under 400 Freestyle	0	0		03:10 PM _____
	Finish Time				03:10 PM _____