

2010 SENIOR SPRING LONG COURSE INVITATIONAL
Invitational
May 14 – 16, 2010
Wesleyan University

Freeman Athletic Center, 161 Cross Street, Middletown, CT

Held under sanctioned of USA Swimming and Connecticut Swimming #L10-9

EVENTS

[*.hvy](#)

	Name	Email	Phone
Meet Director:	Ellen Johnston	EllenJ1@aol.com	(203) 226-8981 Ext. 110
Meet Referee:	Barbara Wiederecht	bwiedere@optonline.net	(203) 454-1363
Entry Chair:	Ellen Johnston	EllenJ1@aol.com	(203) 226-8981 Ext. 110
Safety Chair:	Uwe Wanner	Uwe-Wanner@chemtura.com	
Officials Contact:	Barbara Wiederecht	bwiedere@optonline.net	(203) 454-1363

WEBSITE: <http://www.westporty.org/wrats/>

POOL EMERGENCY NUMBER: (860) 685-2915 – Pool Deck Facility Monitor: (860) 685-2690

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

MEET FORMAT: The meet will be swum as timed-finals. The 1500M freestyle will be swum fast-to-slow, alternating heats of women and men.

SCRATCH PROCEDURES: Coaches packets will contain scratch sheets for each session and a time line for when scratches are due. *Failure to turn in the scratch upon final request will result in the swimmers being scratched.*

FACILITY: The 20th Annual Long Course Invitational will once again be held at the Freeman Athletic Center on the Wesleyan University campus. The pool is 50 meters by 25yards – providing eight 9' wide lanes. The starting end of the pool is 14.5' and gradually slopes to a depth of 8' over most of the racing course. Colorado Timing System computer, touch pads and eight-lane score board assures a quality timing system display of events.

DISABLED ACCESS: Limited handicap parking is available. Disabled access is through the front entrance only. An elevator is available in the front lobby for access to the locker rooms and pool deck. Spectator seating is to the left of the lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: LCM

EVENTS: See attached list

SESSION TIMES:	<u>SESSION 1</u>	<u>FRIDAY, MAY 14, 2010</u>
		5:00 PM Warm-up 6:00 PM Start
	<u>SESSION 2</u>	<u>SATURDAY, MAY 15, 2010</u>
		8:00 AM Warm-up 9:15 AM Start
	<u>SESSION 3</u>	<u>SATURDAY, MAY 15, 2010</u>
		4:00 PM Warm-up 5:00 PM Start
	<u>SESSION 4</u>	<u>SUNDAY, MAY 16, 2010</u>
		8:00 AM Warm-up 9:15 AM 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 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 swim (5) events on Saturday. There is no event limit for Friday and Sunday. Individuals qualifying in only three (3) events may swim an additional three (3) over the course of the meet – with the exception of the 400 & 1500 meter freestyles and 400 individual medley. Entries in those events must be at or under the qualifying time and **MUST** be pre-proven on the team's entry. The 1500 may be a heat limited.

ENTRY TIMES: Submit entry times in: LCM

QUALIFYING TIMES: The following time standards are in short course yards.

Please submit your entry in long course meters using either actual times or converted from yards to long course meters.

<u>Event #</u>	<u>Women</u>	<u>Event</u>	<u>Men</u>	<u>Event #</u>
1	1908.99	1500m Freestyle	1800.99	2
3	206.99	200m Freestyle	155.79	4
5	104.49	100m Butterfly	58.29	6
7	238.39	200m Breaststroke	223.89	8
9	222.39	200m Ind. Medley	209.99	10
11	27.19	50m Freestyle	24.49	12
13	220.49	200m Backstroke	207.09	14
15	113.59	100m Breaststroke	106.29	16
17	535.39	400m Freestyle	511.69	18

19	58.89	100m Freestyle	53.09	20
21	221.19	200m Butterfly	208.99	22
23	105.29	100m Backstroke	59.19	24
25	500.99	400m Ind. Medley	437.09	26

*****REMINDER:** *Qualifying times are in short course yards. Entries must be submitted in long course meters.*

The host team reserves the right to enter its swimmers regardless of qualifying times in order to insure workers for a well run meet.

No Times are discouraged.

DEADLINES: Entry deadline is MAY 6, 2010. Mail hardcopy and payment to the entry chairperson:

Please mail to:

Water Rat Swim Team
Westport Weston Family Y
PO Box 190
Westport, CT 06881

Street Address: Water Rat Swim Team
Westport Weston Family Y
59 Post Road East
Westport, CT 06880

All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be handled on a first come first served basis. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but not later than May 10, 2010. If cuts or changes are made, the contact person listed on the entry will be notified.

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 ellenj1@aol.com. Please check that your team name, address, and contact information are listed correctly in this file. All entries must include swimmers full name and USA Swimming registration number. Electronic entries must be received by 6:00 PM on Thursday, May 6, 2010. Payment must be received by Monday, May 10, 2010.

ENTRY FEES: \$6.00 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 Water Rat Parent Club and mail to:

Please mail to:

Water Rat Swim Team
Westport Weston Family Y
PO Box 190
Westport, CT 06881

Street Address: Water Rat Swim Team
Westport Weston Family Y
59 Post Road East
Westport, CT 06880

Payment must be received by 05/10/2010.

CUT PROTOCOL: Entries will be handled on a first come first served basis. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but not later than Monday, May 10, 2010. If cuts or changes are made, the contact person listed on the entry will be notified. The 1500 freestyle may be heat limited.

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: None

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: We will need help officiating and timing. We would greatly appreciate any teams with officials to please help whenever possible throughout the course of the meet. Please submit names with entry form or contact Ellen Johnston at (203) 226-8981 ext. 110 or email at EllenJ1@aol.com. Teams will be required to supply timers and will be notified the week of the meet. *Swimmers in the 1500M freestyle must supply their own timers and lap 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 at this meet.

CONCESSIONS: There will be no concessions at this meet.

HOSPITALITY FOR COACHES AND OFFICIALS: Hospitality will be available for coaches and officials. There will be no coaches lunch.

PARKING: Please park in one of the Wesleyan parking lots near the pool.

DIRECTIONS: From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take a right onto Rt. 66W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left.

From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left.

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

Crown Plaza
100 Berlin Road

Courtyard by Marriott
4 Sebethe Drive

Comfort Inn
Route 372

Cromwell, CT
(860) 635-2000

Cromwell, CT
(860) 635-1001

Cromwell, CT
(860) 635-4100

Super 8 Motel
1 Industrial Drive
Cromwell, CT
(860) 843-1991

Marriott – Rocky Hill
I-91 – Exit 23
Rocky Hill, CT
(860) 257-6000

Inn at Middletown
70 Main Street
Middletown, CT 06457
(860) 854-6300

Licensed To: WRATS

Hy-Tek's MEET MANAGER 3/19/2010 Page 1

20010 WRAT SR Spring Invitational - 5/14/2010 to 5/16/2010
Freeman Athletic Center, Wesleyan University, Sanction #: L10-09
Long Course
Session Report

Session: 1 Session I

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 1500 Freestyle	0	0	06:00	_____
				PM	
Finals	2 Boys 1500 Freestyle	0	0	06:00	_____
				PM	
	Finish Time			06:00	_____
				PM	

Session: 2 Session II

Day of Meet: 2 Starts at 09:15 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 200 Freestyle	0	0	09:15	_____
				AM	
Finals	4 Boys 200 Freestyle	0	0	09:15	_____
				AM	
Finals	5 Girls 100 Butterfly	0	0	09:15	_____
				AM	
Finals	6 Boys 100 Butterfly	0	0	09:15	_____
				AM	
Finals	7 Girls 200 Breaststroke	0	0	09:15	_____
				AM	
Finals	8 Boys 200 Breaststroke	0	0	09:15	_____
				AM	
Finals	9 Girls 200 IM	0	0	09:15	_____
				AM	
Finals	10 Boys 200 IM	0	0	09:15	_____
				AM	
	Finish Time			09:15	_____
				AM	

Session: 3 Session III

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Girls 50 Freestyle	0	0	05:00	_____
				PM	
Finals	12 Boys 50 Freestyle	0	0	05:00	_____
				PM	
Finals	13 Girls 200 Backstroke	0	0	05:00	_____
				PM	
Finals	14 Boys 200 Backstroke	0	0	05:00	_____

Finals	15	Girls 100 Breaststroke	0	0	PM 05:00	_____
Finals	16	Boys 100 Breaststroke	0	0	PM 05:00	_____
Finals	17	Girls 400 Freestyle	0	0	PM 05:00	_____
Finals	18	Boys 400 Freestyle	0	0	PM 05:00	_____
		Finish Time			PM 05:00	_____
					PM	

Session: 4 Session IV

Day of Meet: 3 Starts at 09:15 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at		
Finals	19	Girls 100 Freestyle	0	0	09:15 AM	_____
Finals	20	Boys 100 Freestyle	0	0	09:15 AM	_____
Finals	21	Girls 200 Butterfly	0	0	09:15 AM	_____
Finals	22	Boys 200 Butterfly	0	0	09:15 AM	_____
Finals	23	Girls 100 Backstroke	0	0	09:15 AM	_____
Finals	24	Boys 100 Backstroke	0	0	09:15 AM	_____
Finals	25	Girls 400 IM	0	0	09:15 AM	_____
Finals	26	Boys 400 IM	0	0	09:15 AM	_____
		Finish Time			09:15 AM	_____

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