

Wilton Y Wahoos
2010 Summer Invitational
May 14-16, 2010

Wilton YMCA, 404 Danbury Rd. Wilton, CT 06897
Held under sanctioned of USA Swimming and Connecticut Swimming #L10-

EVENTS

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	Name	Email	Phone
Meet Director:	Catherine Moss	scmoss@optonline.net	203-563-9505
Meet Referee:	Dennis Rodney	dlrmdi@msn.com	203-733-4604
Entry Chair:	LeAnn Abbott	labbott@wiltonymca.org	203-762-8384x290
Safety Chair:	Irene DiGuglielmo		
Officials Contact:	Dennis Rodney	(see above)	

WEBSITE: <http://wywahoos.org>

POOL EMERGENCY NUMBER: 203-762-8384

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

MEET FORMAT: The meet will be swum as timed-finals format. Friday events will be swum fastest to slowest alternating girls and boys.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for each session of the meet in their information packet, listing all of their swimmers and events for that session. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table within **one-half hour after** the beginning of warm-ups.

FACILITY: The Melissa Nickel Pool at the Wilton Family YMCA, 404 Danbury Rd., Wilton, CT. The Wilton YMCA pool is a 6 lane by 50 meter facility with a dividing bulkhead and electronic timing. There is deck seating and parking; over flow parking will be in the high school parking lot opposite the YMCA. Swimmers and their families are guests of the Wilton Family Y and must follow the rule **that no children under 12 years should be anywhere in the building unsupervised by an adult.**

DISABLED ACCESS: Wilton Family YMCA is Handicapped-accessible. Pool deck and spectator area are accessible through men's and women's locker rooms and are also handicapped-accessible.

COURSE: LCM

EVENTS: See attached list.

SESSION TIMES: Meet Schedule

Friday:

Afternoon Session	Warm-up: 1:00PM	Start: 2:00PM
Evening Session	Warm-up: 5:00PM	Start: 6:00PM

Saturday and Sunday:

13/O Morning Sessions	Warm-up: 6:30AM	Start: 8:00AM
10/U Afternoon Sessions	Warm-up: 12:30PM	Start 1:30 PM
11/12 Evening Sessions	Warm-up: 4:30PM	Start: 5:30PM

**Warm-up and start times for the Sessions are subject to change depending of the size of the meet.*

**The meet management may need to add a Thursday evening session for overflow of the Friday session.*

Teams will be notified of any changes by Monday May 10, 2010, or as soon as possible thereafter.

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: All events will be swum as timed finals and will be deck seeded according to the swimmers' **best yard** times. Please note for the 400M Freestyle swimmers will be seeded according to the swimmers' best yard time for the 500 yard freestyle.

ENTRY LIMITATIONS: Swimmers may enter up to two individual events on Friday. 13/Os may enter **3** individual events each on Saturday and Sunday. 12/Us can swim **4** individual events on Saturday and Sunday.

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

DEADLINES: Entry deadline is April 28, 2010. Mail hardcopy and payment to the entry chairperson: LeAnn Abbott, 404 Danbury Rd., Wilton, CT 06897. All entries must be typed or

printed legibly, and must use full names and registration numbers from USA Swimming registration. Entry will be complete when a hard copy and check are received by the Wilton Y Wahoos office. *No changes may be made after the entry is received. Any entry received after the above dates will be returned.* **The final deadline for the meet is Wednesday April 28, 2010.** Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than Tuesday May 4, 2010. Teams will be notified of any changes or cuts as soon as possible after the entry deadline but no later than May 10, 2010.

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 labbott@wiltonymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Entry will be complete when a hard copy and check are received by the Wilton Y Wahoos office.

ENTRY FEES: Electronic entries: \$6.50 for individual events & \$6.50 for distance event. Manual entries: \$7.50 for individual events & \$7.50 for distance events. No refunds will be given for entries that are accepted.

PAYMENT INSTRUCTIONS: Please make checks payable to Wilton Y Wahoos and mail to: LeAnn Abbott, 404 Danbury Rd., Wilton, CT 0897. Payment must be received by May 10, 2010.

CUT PROTOCOL: Entries will be accepted on a first come first serve basis for each session until the timeline for each session fills Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than Tuesday May 4, 2010. Teams will be notified of any changes or cuts as soon as possible after the entry deadline but no later than May 10, 2010.

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: There will be no relays.

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 Time Trials will be offered.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Officials: A meet of this size and caliber requires many workers to make it run efficiently. The Wahoos welcome any one who would like to assist with officiating during this meet. Please contact Dennis Rodney (203-733-4604), if you have any officials that will be able to help, or include name, phone number and level of official with entry. **Timers:** *The host team will require timers from teams in proportion to the size of their entries.* Team assignments will be emailed to your team contact on the Tuesday prior to the meet.

DECK ACCESS: Spectators are permitted to sit on the bleachers on the building side of the pool. No Deck chairs will be permitted. Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the other areas of the pool deck.

SCORING: The meet will not be scored.

AWARDS:

12/U events- Awards will be given for individual events for 1-6 places and relays 1-3 places.

13/O events no awards will be given.

All teams are to pick up awards at the conclusion of the meet. Awards will not be mailed out.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS:

PARKING: There is limited parking at the Wilton Family YMCA. Overflow parking will be in the high school parking lot opposite the YMCA.

DIRECTIONS: From New York: Take the Merritt Parkway to Exit 39B Follow the Route 7 North freeway to its end and turn right at the light. Turn left onto Rt. 7 North. Go 4.4 miles and turn right into the Y parking lot. The Wilton Family Y is on the right, and the Wilton High School is on the left.

From New Haven: Take the Merritt Parkway to exit 41(Rt 33). At the end of the ramp, turn left (north) onto Rt 33. Go North along Rt.33 for 2.5 miles. Rt 33 merges with Rt. 7. Stay on Rt. 7 for 2.6 miles to the Y. The Wilton Y is on the right and the Wilton High School is on the left.

From I 95: Take exit 15 to Rt. 7 North. Follow Rt 7 freeway to the end and turn right at the light. At the end of the road turn left onto old Rt. 7 North. Proceed to the Wilton Y as above.

LODGING:

**Hilton Garden Inn
560 Main Avenue
Norwalk, CT
203-523-4000**

**Group booking rates available by mentioning: Wilton Y Wahoos Swim Team @
Double Tree Hotel – Norwalk
789 Connecticut Ave.
Norwalk, CT 06854
203-854-3477
www.norwalk.doubletree.com
For Group Rates, please call: 203-523-2205**

2010 Wahoos Summer Invitational - 5/14/2010 to 5/16/2010**Sanction #: L09-10****Session Report**

Session: 1 Friday Afternoon - Open

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Women 400 IM	0	0	02:00 PM
Finals	2 Men 400 IM	0	0	02:00 PM
Finals	3 Women 50 Freestyle	0	0	02:00 PM
Finals	4 Men 50 Freestyle	0	0	02:00 PM
	Finish Time			02:00 PM

Session: 2 Friday Evening

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

Round	Event	Entries	Heats	Starts at
Finals	5 Women 1500 Freestyle	0	0	06:00 PM
Finals	6 Men 1500 Freestyle	0	0	06:00 PM
Finals	7 Girls 12 & Under 400 Freestyle	0	0	06:00 PM
Finals	8 Boys 12 & Under 400 Freestyle	0	0	06:00 PM
	Finish Time			06:00 PM

Session: 3 Saturday AM - 13/Over

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	9 Girls 13-14 200 Butterfly	0	0	08:00 AM
Finals	10 Boys 13-14 200 Butterfly	0	0	08:00 AM
Finals	11 Girls 15 & Over 200 Butterfly	0	0	08:00 AM
Finals	12 Boys 15 & Over 200 Butterfly	0	0	08:00 AM
Finals	13 Girls 13-14 100 Freestyle	0	0	08:00 AM
Finals	14 Boys 13-14 100 Freestyle	0	0	08:00 AM
Finals	15 Girls 15 & Over 100 Freestyle	0	0	08:00 AM
Finals	16 Boys 15 & Over 100 Freestyle	0	0	08:00 AM
Finals	17 Girls 13-14 200 Breaststroke	0	0	08:00 AM
Finals	18 Boys 13-14 200 Breaststroke	0	0	08:00 AM
Finals	19 Girls 15 & Over 200 Breaststroke	0	0	08:00 AM
Finals	20 Boys 15 & Over 200 Breaststroke	0	0	08:00 AM
Finals	21 Girls 13-14 100 Backstroke	0	0	08:00 AM
Finals	22 Boys 13-14 100 Backstroke	0	0	08:00 AM
Finals	23 Girls 15 & Over 100 Backstroke	0	0	08:00 AM
Finals	24 Boys 15 & Over 100 Backstroke	0	0	08:00 AM
Finals	25 Girls 13 & Over 400 Freestyle	0	0	08:00 AM
Finals	26 Boys 13 & Over 400 Freestyle	0	0	08:00 AM
	Finish Time			08:00 AM

2010 Wahoos Summer Invitational - 5/14/2010 to 5/16/2010**Sanction #: L09-10****Session Report**

Session: 4 Saturday Afternoon - 10/Under

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	27 Girls 10 & Under 50 Breaststroke	0	0	01:30 PM _____
Finals	28 Boys 10 & Under 50 Breaststroke	0	0	01:30 PM _____
Finals	29 Girls 10 & Under 100 Freestyle	0	0	01:30 PM _____
Finals	30 Boys 10 & Under 100 Freestyle	0	0	01:30 PM _____
Finals	31 Girls 10 & Under 50 Butterfly	0	0	01:30 PM _____
Finals	32 Boys 10 & Under 50 Butterfly	0	0	01:30 PM _____
Finals	33 Girls 10 & Under 100 Backstroke	0	0	01:30 PM _____
Finals	34 Boys 10 & Under 100 Backstroke	0	0	01:30 PM _____
Finals	35 Girls 10 & Under 200 IM	0	0	01:30 PM _____
Finals	36 Boys 10 & Under 200 IM	0	0	01:30 PM _____
	Finish Time			01:30 PM _____

Session: 5 Saturday Evening - 11-12

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	37 Girls 11-12 50 Breaststroke	0	0	05:30 PM _____
Finals	38 Boys 11-12 50 Breaststroke	0	0	05:30 PM _____
Finals	39 Girls 11-12 100 Freestyle	0	0	05:30 PM _____
Finals	40 Boys 11-12 100 Freestyle	0	0	05:30 PM _____
Finals	41 Girls 11-12 50 Butterfly	0	0	05:30 PM _____
Finals	42 Boys 11-12 50 Butterfly	0	0	05:30 PM _____
Finals	43 Girls 11-12 100 Backstroke	0	0	05:30 PM _____
Finals	44 Boys 11-12 100 Backstroke	0	0	05:30 PM _____
Finals	45 Girls 11-12 200 IM	0	0	05:30 PM _____
Finals	46 Boys 11-12 200 IM	0	0	05:30 PM _____
	Finish Time			05:30 PM _____

2010 Wahoos Summer Invitational - 5/14/2010 to 5/16/2010**Sanction #: L09-10****Session Report**

Session: 6 Sunday AM - 13/Over

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	47 Girls 13-14 100 Butterfly	0	0	08:00 AM
Finals	48 Boys 13-14 100 Butterfly	0	0	08:00 AM
Finals	49 Girls 15 & Over 100 Butterfly	0	0	08:00 AM
Finals	50 Boys 15 & Over 100 Butterfly	0	0	08:00 AM
Finals	51 Girls 13-14 200 Backstroke	0	0	08:00 AM
Finals	52 Boys 13-14 200 Backstroke	0	0	08:00 AM
Finals	53 Girls 15 & Over 200 Backstroke	0	0	08:00 AM
Finals	54 Boys 15 & Over 200 Backstroke	0	0	08:00 AM
Finals	55 Girls 13-14 100 Breaststroke	0	0	08:00 AM
Finals	56 Boys 13-14 100 Breaststroke	0	0	08:00 AM
Finals	57 Girls 15 & Over 100 Breaststroke	0	0	08:00 AM
Finals	58 Boys 15 & Over 100 Breaststroke	0	0	08:00 AM
Finals	59 Girls 13-14 200 IM	0	0	08:00 AM
Finals	60 Boys 13-14 200 IM	0	0	08:00 AM
Finals	61 Girls 15 & Over 200 IM	0	0	08:00 AM
Finals	62 Boys 15 & Over 200 IM	0	0	08:00 AM
Finals	63 Girls 13-14 200 Freestyle	0	0	08:00 AM
Finals	64 Boys 13-14 200 Freestyle	0	0	08:00 AM
Finals	65 Girls 15 & Over 200 Freestyle	0	0	08:00 AM
Finals	66 Boys 15 & Over 200 Freestyle	0	0	08:00 AM
	Finish Time			08:00 AM

Session: 7 Sunday Afternoon - 10/Under

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	67 Girls 10 & Under 200 Freestyle	0	0	01:30 PM
Finals	68 Boys 10 & Under 200 Freestyle	0	0	01:30 PM
Finals	69 Girls 10 & Under 100 Butterfly	0	0	01:30 PM
Finals	70 Boys 10 & Under 100 Butterfly	0	0	01:30 PM
Finals	71 Girls 10 & Under 50 Backstroke	0	0	01:30 PM
Finals	72 Boys 10 & Under 50 Backstroke	0	0	01:30 PM
Finals	73 Girls 10 & Under 100 Breaststroke	0	0	01:30 PM
Finals	74 Boys 10 & Under 100 Breaststroke	0	0	01:30 PM
Finals	75 Girls 10 & Under 50 Freestyle	0	0	01:30 PM
Finals	76 Boys 10 & Under 50 Freestyle	0	0	01:30 PM
	Finish Time			01:30 PM

2010 Wahoos Summer Invitational - 5/14/2010 to 5/16/2010

Sanction #: L09-10

Session Report

Session: 8 Sunday Evening - 11-12

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	77 Girls 11-12 200 Freestyle	0	0	05:30 PM _____
Finals	78 Boys 11-12 200 Freestyle	0	0	05:30 PM _____
Finals	79 Girls 11-12 100 Butterfly	0	0	05:30 PM _____
Finals	80 Boys 11-12 100 Butterfly	0	0	05:30 PM _____
Finals	81 Girls 11-12 50 Backstroke	0	0	05:30 PM _____
Finals	82 Boys 11-12 50 Backstroke	0	0	05:30 PM _____
Finals	83 Girls 11-12 100 Breaststroke	0	0	05:30 PM _____
Finals	84 Boys 11-12 100 Breaststroke	0	0	05:30 PM _____
Finals	85 Girls 11-12 50 Freestyle	0	0	05:30 PM _____
Finals	86 Boys 11-12 50 Freestyle	0	0	05:30 PM _____
	Finish Time			05:30 PM _____