

Wilton Y Wahoos
2010 LC AA Invitational
June 18-20, 2010

Wilton YMCA, 404 Danbury Rd. Wilton, CT 06897

Held under sanctioned of USA Swimming and Connecticut Swimming #L10- 21

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: 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 prelim/final format. To be eligible to participate in the meet, swimmers must have achieved 1 "AA" qualifying time in their age group. The qualifying times being used for the meet are the USA 2009 LC "AA" National Time Standards for 13-14 & 15-16 year olds. For example, all 13-14 age group swimmers must have 1 13-14 "AA" time and all 15-over age group swimmers must have 1 15-16 "AA" time. All events will be deck seeded according to the swimmers best AA **meter** times, AA yard times will be accepted and seeded after the meter times. Preliminary heats, distance events, and relays in the AA session will be swum in Long Course Meters. 2 heats of evening finals will be swum in Long Course Meters. All 400 Free, 400 IM and 800 Freestyle events will be swum fastest to slowest. Relays will be swum during the finals session.

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 that session. Coaches must indicate all scratches on these sheets and turn them in to the computer table within **one half hour** after the beginning of warm-up. **We will have positive check in for Fri/Sat/Sun. finals through 30th place.**

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fail to compete and who has not been scratched will be barred from all further competition in the meet.

Exceptions for Failure to Compete in Finals: No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event.

3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

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:

Friday/Saturday/Sunday Prelims	Warm-up 6:30am	Start 8:00am
Friday/Saturday/Sunday Prelims	Warm-up 5:00pm	Start 6:00pm

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 the 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 enter the AA Invitational having 1 "AA" cut and are eligible to swim a full event schedule.** Swimmers may enter 3 individual events/day for the AA session. Teams are limited to 2 relay teams/relay event. The Wilton Y Wahoos reserve the right to enter our swimmers to assure adequate staffing of our meets.

ENTRY TIMES: Submit entry times in: LCM. No Times are discouraged. USA 2009 LC "AA" National Time Standards for 13-14's & 15-16's are used as requirements for the "AA" session.

DEADLINES: **Entry deadline is June 1, 2010 BY 9:00 pm.** 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.***

CONNECTICUT-ONLY DEADLINE: CT deadline is 5/28/10. Entry will be complete when a hard copy and check are received by the Wilton Y Wahoos office. CT clubs meeting this deadline will be entered before out of state clubs.

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, \$12.00 for relays. Manual entries: \$8.00 for individual events, \$8.00 for distance events, \$16.00 for relays. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry (optional).

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 06/11/10.

CUT PROTOCOL: Entries are accepted on a first come first serve basis until the meet is full. If oversubscribed, the meet management may cut relays, adjust warm-up/start times, move the Sat/Sun AA prelim sessions to short course meters based of session size in order to ensure the majority of teams are included. Teams will be notified of any cuts or changes as soon as possible after the entry deadline but no later than June 14, 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: All relay swimmers must be officially entered in the meet. Relays will be scratched if time is limited. Refunds will be made accordingly.

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 \$12.00 for individual events and \$24.00 for relays. Time trial events count toward the total number of event limitations per session and will only include those events listed for the meet.

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 if you have any officials that will be able to help. **Timers:** *The host team will require timers from teams in proportion to the size of their entries.* Team assignments will be emailed to the visiting team's contact person no later than Tuesday prior to the meet. Swimmers are to provide their own counter for the 800 Freestyle events.

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. .

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SCORING: The meet will not be scored.

AWARDS: There will be no awards.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: There is limited parking at the Wilton Family YMCA. Overflow parking will be in the high school parking lot opposite the YMCA. **There will be no parking permitted at the high school on Saturday afternoon and evening due to Wilton High School Graduation.**

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 Long Course AA Invitational - 6/18/2010 to 6/20/2010**Sanction #: L09-18****Session Report**

Session: 1 Friday Morning

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Prelims	1 Girls 13 & Over 200 Freestyle	0	0		08:00 AM _____
	13-14			2:25.39	
	15 & Over			2:21.09	
Prelims	2 Boys 13 & Over 200 Freestyle	0	0		08:00 AM _____
	13-14			2:17.29	
	15 & Over			2:11.49	
Prelims	3 Girls 13 & Over 100 Breaststroke	0	0		08:00 AM _____
	13-14			1:25.29	
Prelims	4 Boys 13 & Over 100 Breaststroke	0	0		08:00 AM _____
Prelims	5 Girls 13 & Over 100 Butterfly	0	0		08:00 AM _____
	13-14			1:13.29	
	15 & Over			1:11.19	
Prelims	6 Boys 13 & Over 100 Butterfly	0	0		08:00 AM _____
	13-14			1:08.09	
	15 & Over			1:04.89	
Prelims	7 Girls 13 & Over 400 IM	0	0		08:00 AM _____
	13-14			5:45.99	
	15 & Over			5:35.99	
Prelims	8 Boys 13 & Over 400 IM	0	0		08:00 AM _____
	13-14			5:30.09	
	15 & Over			5:13.49	
	Finish Time				08:00 AM _____

2010 Long Course AA Invitational - 6/18/2010 to 6/20/2010**Sanction #: L09-18****Session Report**

Session: 2 Friday Finals

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	1 Girls 13 & Over 200 Freestyle 13-14 15 & Over	0	4u	2:25.39 2:21.09	06:00 PM _____
Finals	2 Boys 13 & Over 200 Freestyle 13-14 15 & Over	0	4u	2:17.29 2:11.49	06:13 PM _____
Finals	3 Girls 13 & Over 100 Breaststroke 13-14	0	4u	1:25.29	06:26 PM _____
Finals	4 Boys 13 & Over 100 Breaststroke	0	4u		06:34 PM _____
Finals	5 Girls 13 & Over 100 Butterfly 13-14 15 & Over	0	4u	1:13.29 1:11.19	06:42 PM _____
Finals	6 Boys 13 & Over 100 Butterfly 13-14 15 & Over	0	4u	1:08.09 1:04.89	06:49 PM _____
Finals	7 Girls 13 & Over 400 IM 13-14 15 & Over	0	4u	5:45.99 5:35.99	06:56 PM _____
Finals	8 Boys 13 & Over 400 IM 13-14 15 & Over	0	4u	5:30.09 5:13.49	07:24 PM _____
	Entry / Heat Totals:	0	32		
	Finish Time				07:51 PM _____

2010 Long Course AA Invitational - 6/18/2010 to 6/20/2010**Sanction #: L09-18****Session Report**

Session: 3 Saturday Morning

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Prelims	9 Girls 13 & Over 200 Butterfly 13-14 15 & Over	0	0	2:41.29 2:35.89	08:00 AM _____
Prelims	10 Boys 13 & Over 200 Butterfly 13-14 15 & Over	0	0	2:32.19 2:24.29	08:00 AM _____
Prelims	11 Girls 13 & Over 50 Freestyle 13-14 15 & Over	0	0	31.09 30.49	08:00 AM _____
Prelims	12 Boys 13 & Over 50 Freestyle 13-14 15 & Over	0	0	29.09 27.59	08:00 AM _____
Prelims	13 Girls 13 & Over 200 Breaststroke 13-14 15 & Over	0	0	3:03.99 2:57.99	08:00 AM _____
Prelims	14 Boys 13 & Over 200 Breaststroke 13-14 15 & Over	0	0	2:54.39 2:46.99	08:00 AM _____
Prelims	15 Girls 13 & Over 100 Backstroke 13-14 15 & Over	0	0	1:14.59 1:13.09	08:00 AM _____
Prelims	16 Boys 13 & Over 100 Backstroke 13-14 15 & Over	0	0	1:11.39 1:07.69	08:00 AM _____
Prelims	17 Girls 13 & Over 400 Freestyle 13-14 15 & Over	0	0	5:03.49 4:55.99	08:00 AM _____
Prelims	18 Boys 13 & Over 400 Freestyle 13-14 15 & Over Finish Time	0	0	4:50.19 4:38.09	08:00 AM _____

2010 Long Course AA Invitational - 6/18/2010 to 6/20/2010

Sanction #: L09-18

Session Report

Session: 4 Saturday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	9 Girls 13 & Over 200 Butterfly 13-14 15 & Over	0	4u	2:41.29 2:35.89	06:00 PM _____
Finals	10 Boys 13 & Over 200 Butterfly 13-14 15 & Over	0	4u	2:32.19 2:24.29	06:15 PM _____
Finals	11 Girls 13 & Over 50 Freestyle 13-14 15 & Over	0	4u	31.09 30.49	06:29 PM _____
Finals	12 Boys 13 & Over 50 Freestyle 13-14 15 & Over	0	4u	29.09 27.59	06:33 PM _____
Finals	13 Girls 13 & Over 200 Breaststroke 13-14 15 & Over	0	4u	3:03.99 2:57.99	06:37 PM _____
Finals	14 Boys 13 & Over 200 Breaststroke 13-14 15 & Over	0	4u	2:54.39 2:46.99	06:53 PM _____
Finals	15 Girls 13 & Over 100 Backstroke 13-14 15 & Over	0	4u	1:14.59 1:13.09	07:08 PM _____
Finals	16 Boys 13 & Over 100 Backstroke 13-14 15 & Over	0	4u	1:11.39 1:07.69	07:16 PM _____
Finals	17 Girls 13 & Over 400 Freestyle 13-14 15 & Over	0	4u	5:03.49 4:55.99	07:25 PM _____
Finals	18 Boys 13 & Over 400 Freestyle 13-14 15 & Over	0	4u	4:50.19 4:38.09	07:54 PM _____
Finals	19 Girls 13-14 400 Freestyle Relay	0	0		08:22 PM _____
Finals	20 Boys 13-14 400 Freestyle Relay	0	0		08:22 PM _____
Finals	21 Girls 15 & Over 400 Freestyle Relay	0	0		08:22 PM _____
Finals	22 Boys 15 & Over 400 Freestyle Relay	0	0		08:22 PM _____
	Entry / Heat Totals:	0	40		
	Finish Time				08:22 PM _____

2010 Long Course AA Invitational - 6/18/2010 to 6/20/2010**Sanction #: L09-18****Session Report**

Session: 5 Sunday Morning

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Prelims	27 Girls 13 & Over 200 Backstroke	0	0		08:00 AM	_____
	13-14			2:40.39		
	15 & Over			2:37.49		
Prelims	28 Boys 13 & Over 200 Backstroke	0	0		08:00 AM	_____
	13-14			2:33.99		
	15 & Over			2:24.99		
Prelims	29 Girls 13 & Over 100 Freestyle	0	0		08:00 AM	_____
	13-14			1:07.39		
	15 & Over			1:05.79		
Prelims	30 Boys 13 & Over 100 Freestyle	0	0		08:00 AM	_____
	13-14			1:03.29		
	15 & Over			1:00.49		
Prelims	31 Girls 13 & Over 200 IM	0	0		08:00 AM	_____
	13-14			2:44.29		
	15 & Over			2:40.29		
Prelims	32 Boys 13 & Over 200 IM	0	0		08:00 AM	_____
	13-14			2:35.69		
	15 & Over			2:29.39		
Finals	23 Girls 13-14 800 Freestyle	0	0	10:20.99	08:00 AM	_____
Finals	24 Boys 13-14 800 Freestyle	0	0	10:03.19	08:00 AM	_____
Finals	25 Girls 15 & Over 800 Freestyle	0	0	10:10.59	08:00 AM	_____
Finals	26 Boys 15 & Over 800 Freestyle	0	0	9:36.89	08:00 AM	_____
	Finish Time				08:00 AM	_____

2010 Long Course AA Invitational - 6/18/2010 to 6/20/2010

Sanction #: L09-18

Session Report

Session: 6 Sunday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	27 Girls 13 & Over 200 Backstroke	0	4u		06:00 PM _____
	13-14			2:40.39	
	15 & Over			2:37.49	
Finals	28 Boys 13 & Over 200 Backstroke	0	4u		06:16 PM _____
	13-14			2:33.99	
	15 & Over			2:24.99	
Finals	29 Girls 13 & Over 100 Freestyle	0	4u		06:31 PM _____
	13-14			1:07.39	
	15 & Over			1:05.79	
Finals	30 Boys 13 & Over 100 Freestyle	0	4u		06:38 PM _____
	13-14			1:03.29	
	15 & Over			1:00.49	
Finals	31 Girls 13 & Over 200 IM	0	4u		06:45 PM _____
	13-14			2:44.29	
	15 & Over			2:40.29	
Finals	32 Boys 13 & Over 200 IM	0	4u		06:59 PM _____
	13-14			2:35.69	
	15 & Over			2:29.39	
Finals	33 Girls 13-14 400 Medley Relay	0	0		07:13 PM _____
Finals	34 Boys 13-14 400 Medley Relay	0	0		07:13 PM _____
Finals	35 Girls 15 & Over 400 Medley Relay	0	0		07:13 PM _____
Finals	36 Boys 15 & Over 400 Medley Relay	0	0		07:13 PM _____
	Entry / Heat Totals:	0	24		
	Finish Time				07:13 PM _____