

# ZEUS Heat Up the Summer Distance Meet

June 18, 2010

Wesleyan University

Freeman Athletic Center, 161 Cross Street, Middletown, CT 06459

Held under sanction of USA Swimming and Connecticut Swimming #L10-25

## EVENTS

[\\*.hvy](#)

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Eric Baritz	<a href="mailto:Byte1inc@optonline.net">Byte1inc@optonline.net</a>	203-838-5836
<b>Meet Referee:</b>	Nancy Wargo	<a href="mailto:nwargo@optonline.net">nwargo@optonline.net</a>	203-838-5836
<b>Entry Chair:</b>	Eric Baritz	<a href="mailto:Byte1inc@optonline.net">Byte1inc@optonline.net</a>	203-838-5836
<b>Safety Chair:</b>	Dennis Flores	<a href="mailto:denswimusa@yahoo.com">denswimusa@yahoo.com</a>	203-838-5836
<b>Officials Contact:</b>	Nancy Wargo	<a href="mailto:nwargo@optonline.net">nwargo@optonline.net</a>	203-838-5836

**WEBSITE:** <http://www.zeusswimteam.org>.

**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-Final

**SCRATCH PROCEDURES:** There will be a positive check in for the 1500 Freestyle. Failure to do so will result in the swimmers being scratched from the session.

**FACILITY:** 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:** Friday night: 4:30 p.m. warm up and 5:30 p.m. start. The meet must end at 8:30 p.m.

**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.

**EVENT INFORMATION:** Event will be swum Fastest to Slowest and swimmers must provide their own timers and counters.

**ENTRY LIMITATIONS:** Swimmers may enter up to 1 event in this session.

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

**DEADLINES:** Entry deadline is June 4, 2010.

Mail hardcopy and payment to the entry chairperson:

ZEUS Swimming

C/O Eric Baritz

501 Westport Avenue, #272

Norwalk, CT 06851

All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration.

Entries will be determined by the email date of entry.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is June 4, 2010, according to the date of the emailed entry. 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 [byte1inc@optonline.net](mailto:byte1inc@optonline.net). Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected by Friday, June 4, 2010. Remember entrance into the meet will be based upon the date of the emailed entry.

**ENTRY FEES:** Electronic entries: \$10.00 for individual events. Manual entries: \$8.00 for individual events, \$10.00 for distance events, \$12.00 for relays. 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: NAC

and mail to:

ZEUS Swimming

C/O Eric Baritz

501 Westport Avenue, #272

Norwalk, CT 06851

by Saturday, June 5, 2010

**CUT PROTOCOL:** Entries will be handled on a first come first served basis as per the date of the emailed entry.

To insure adequate number of volunteers the host team does not follow the above cut protocols

If cuts or changes are made, the contact person listed on the entry will be notified.  
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.
6. Athletes may not use faculty locker rooms.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Volunteers will be based on the number of swimmers in each entry. Swimmers in the 400 Freestyle will need to provide their own timers and 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:** None.

**CONCESSIONS:** No

**HOSPITALITY FOR COACHES AND OFFICIALS:** No

**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

**2010 ZEUS Distance Meet - 6/18/2010****Session Report**

Session: 1 Friday night distance session

Day of Meet: 1 Starts at ~~06:05~~ PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 1500 Freestyle	0	0	06:05 PM	_____
Finals	2 Boys 1500 Freestyle	0	0	06:05 PM	_____
	Finish Time			06:05 PM	_____