

ZEUS Heat Wave Summer Invitational

June 19 and 20, 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](#)

	Name	Email	Phone
Meet Director:	Eric Baritz	Byte1inc@optonline.net	203-838-5836
Meet Referee:	Nancy Wargo	nwargo@optonline.net	203-838-5836
Entry Chair:	Eric Baritz	Byte1inc@optonline.net	203-838-5836
Safety Chair:	Dennis Flores	denswimusa@yahoo.com	203-838-5836
Officials Contact:	Nancy Wargo	nwargo@optonline.net	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. We will run all 400 Freestyles and 400 I.M.'s as mixed events. We will also run the 9/10 200 Freestyle as a mixed event. All 400 Freestyle and 400 IM events will be run fastest to slowest.

SCRATCH PROCEDURES: Scratch Sheets are due 30 minutes after the warm up begins. Failure to do so will scratch the swimmers 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:

Sessions 1 and 3: 7:30 a.m. warm up and 8:45 a.m. start

Sessions 2 and 4: 1:15 p.m. warm up and 2:30 p.m. 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 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 up to 3 events per session but no more than 5 events per day.

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. 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: \$6.00 for individual events, \$8 for all 400 Freestyle and 400 I.M. events. Manual entries: \$8.00 for individual events, \$10.00 for distance 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: 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.

- Teams whose entries cannot be accepted will be notified as soon as the meet is full.
- We will eliminate the 7 and unders
- We will eliminate the 8 and unders

- We will move the start time of each session to accommodate as many entries as to allow all teams an opportunity
- We will have to limit the 400 Freestyle and 400 IM events.

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: Yes if time allows and will be offered at the discretion of the meet referee if time allows. Time trials are \$6.00 for individual events and \$10.00 for relays. Time trial events count toward the total number of event limitations per session.

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: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

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
Cromwell, CT
(860) 635-2000

Courtyard by Marriott
4 Sebethe Drive
Cromwell, CT
(860) 635-1001

Comfort Inn
Route 372
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

ZEUS Heat Wave Invitational - 6/19/2010 to 6/20/2010**Session Report**

Session: 1 Saturday morning

Day of Meet: 1 Starts at 08:20 AM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 200 IM	0	0	08:20 AM	_____
Finals	2 Boys 200 IM	0	0	08:20 AM	_____
Finals	3 Girls 200 Backstroke	0	0	08:20 AM	_____
Finals	4 Boys 200 Backstroke	0	0	08:20 AM	_____
Finals	5 Girls 11-12 100 Backstroke	0	0	08:20 AM	_____
Finals	6 Boys 11-12 100 Backstroke	0	0	08:20 AM	_____
Finals	7 Girls 100 Breaststroke	0	0	08:20 AM	_____
Finals	8 Boys 100 Breaststroke	0	0	08:20 AM	_____
Finals	9 Girls 11-12 100 Breaststroke	0	0	08:20 AM	_____
Finals	10 Boys 11-12 100 Breaststroke	0	0	08:20 AM	_____
Finals	11 Girls 200 Butterfly	0	0	08:20 AM	_____
Finals	12 Boys 200 Butterfly	0	0	08:20 AM	_____
Finals	13 Girls 100 Freestyle	0	0	08:20 AM	_____
Finals	14 Boys 100 Freestyle	0	0	08:20 AM	_____
Finals	15 Girls 11-12 50 Butterfly	0	0	08:20 AM	_____
Finals	16 Boys 11-12 50 Butterfly	0	0	08:20 AM	_____
Finals	17 Girls 11-12 50 Freestyle	0	0	08:20 AM	_____
Finals	18 Boys 11-12 50 Freestyle	0	0	08:20 AM	_____
Finals	19 Mixed 11-12 400 Freestyle	0	0	08:20 AM	_____
Finals	20 Mixed 15 & Over 400 Freestyle	0	0	08:20 AM	_____
	Finish Time			08:20 AM	_____

ZEUS Heat Wave Invitational - 6/19/2010 to 6/20/2010**Session Report**

Session: 2 Saturday afternoon

Day of Meet: 1 Starts at 02:35 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	21 Girls 13-14 200 IM	0	0	02:35 PM	_____
Finals	22 Boys 13-14 200 IM	0	0	02:35 PM	_____
Finals	23 Girls 9-10 200 IM	0	0	02:35 PM	_____
Finals	24 Boys 9-10 200 IM	0	0	02:35 PM	_____
Finals	25 Girls 13-14 200 Backstroke	0	0	02:35 PM	_____
Finals	26 Boys 13-14 200 Backstroke	0	0	02:35 PM	_____
Finals	27 Girls 10 & Under 100 Backstroke	0	0	02:35 PM	_____
Finals	28 Boys 10 & Under 100 Backstroke	0	0	02:35 PM	_____
Finals	29 Girls 13-14 100 Breaststroke	0	0	02:35 PM	_____
Finals	30 Boys 13-14 100 Breaststroke	0	0	02:35 PM	_____
Finals	31 Girls 10 & Under 100 Breaststroke	0	0	02:35 PM	_____
Finals	32 Boys 10 & Under 100 Breaststroke	0	0	02:35 PM	_____
Finals	33 Girls 13-14 200 Butterfly	0	0	02:35 PM	_____
Finals	34 Boys 13-14 200 Butterfly	0	0	02:35 PM	_____
Finals	35 Girls 13-14 100 Freestyle	0	0	02:35 PM	_____
Finals	36 Boys 13-14 100 Freestyle	0	0	02:35 PM	_____
Finals	37 Girls 10 & Under 50 Butterfly	0	0	02:35 PM	_____
Finals	38 Boys 10 & Under 50 Butterfly	0	0	02:35 PM	_____
Finals	39 Girls 10 & Under 50 Freestyle	0	0	02:35 PM	_____
Finals	40 Boys 10 & Under 50 Freestyle	0	0	02:35 PM	_____
Finals	41 Mixed 9-10 400 Freestyle	0	0	02:35 PM	_____
Finals	42 Mixed 13-14 400 Freestyle	0	0	02:35 PM	_____
	Finish Time			02:35 PM	_____

ZEUS Heat Wave Invitational - 6/19/2010 to 6/20/2010**Session Report**

Session: 3 Sunday morning

Day of Meet: 2 Starts at 08:20 AM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	43 Girls 200 Freestyle	0	0	08:20 AM	_____
Finals	44 Boys 200 Freestyle	0	0	08:20 AM	_____
Finals	45 Girls 100 Backstroke	0	0	08:20 AM	_____
Finals	46 Boys 100 Backstroke	0	0	08:20 AM	_____
Finals	47 Girls 11-12 100 Butterfly	0	0	08:20 AM	_____
Finals	48 Boys 11-12 100 Butterfly	0	0	08:20 AM	_____
Finals	49 Girls 100 Butterfly	0	0	08:20 AM	_____
Finals	50 Boys 100 Butterfly	0	0	08:20 AM	_____
Finals	51 Girls 11-12 100 Freestyle	0	0	08:20 AM	_____
Finals	52 Boys 11-12 100 Freestyle	0	0	08:20 AM	_____
Finals	53 Girls 200 Breaststroke	0	0	08:20 AM	_____
Finals	54 Boys 200 Breaststroke	0	0	08:20 AM	_____
Finals	55 Girls 11-12 50 Backstroke	0	0	08:20 AM	_____
Finals	56 Boys 11-12 50 Backstroke	0	0	08:20 AM	_____
Finals	57 Girls 50 Freestyle	0	0	08:20 AM	_____
Finals	58 Boys 50 Freestyle	0	0	08:20 AM	_____
Finals	59 Girls 11-12 50 Breaststroke	0	0	08:20 AM	_____
Finals	60 Boys 11-12 50 Breaststroke	0	0	08:20 AM	_____
Finals	61 Mixed 15 & Over 400 IM	0	0	08:20 AM	_____
	Finish Time			08:20 AM	_____

ZEUS Heat Wave Invitational - 6/19/2010 to 6/20/2010**Session Report**

Session: 4 Sunday afternoon

Day of Meet: 2 Starts at 02:35 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at
Finals	62 Mixed 9-10 200 Freestyle	0	0	02:35 PM _____
Finals	63 Girls 13-14 200 Freestyle	0	0	02:35 PM _____
Finals	64 Boys 13-14 200 Freestyle	0	0	02:35 PM _____
Finals	65 Girls 13-14 100 Backstroke	0	0	02:35 PM _____
Finals	66 Boys 13-14 100 Backstroke	0	0	02:35 PM _____
Finals	67 Girls 10 & Under 100 Butterfly	0	0	02:35 PM _____
Finals	68 Boys 10 & Under 100 Butterfly	0	0	02:35 PM _____
Finals	69 Girls 13-14 100 Butterfly	0	0	02:35 PM _____
Finals	70 Boys 13-14 100 Butterfly	0	0	02:35 PM _____
Finals	71 Girls 10 & Under 100 Freestyle	0	0	02:35 PM _____
Finals	72 Boys 10 & Under 100 Freestyle	0	0	02:35 PM _____
Finals	73 Girls 13-14 200 Breaststroke	0	0	02:35 PM _____
Finals	74 Boys 13-14 200 Breaststroke	0	0	02:35 PM _____
Finals	75 Girls 10 & Under 50 Backstroke	0	0	02:35 PM _____
Finals	76 Boys 10 & Under 50 Backstroke	0	0	02:35 PM _____
Finals	77 Girls 13-14 50 Freestyle	0	0	02:35 PM _____
Finals	78 Boys 13-14 50 Freestyle	0	0	02:35 PM _____
Finals	79 Girls 10 & Under 50 Breaststroke	0	0	02:35 PM _____
Finals	80 Boys 10 & Under 50 Breaststroke	0	0	02:35 PM _____
Finals	81 Girls 13-14 400 IM	0	0	02:35 PM _____
	Finish Time			02:35 PM _____