

# 1000 Yard Freestyle Meet

Connecticut Swimming sanction # S03-1

Sponsored by the AQUA JETS SWIM CLUB

Date: Saturday, October 25, 2003

Location: McCann Natatorium, Milford, CT

Facility: 6 Lane - 25-yard pool Starting blocks at deep end. IST timing system

Safety Chairman: Don Vernal Official's Contact: John McCann (203) 878-1914

Emergency Phone Number: (203) 878-8432

Rules: USA Swimming Starting Protocol (102.14.2 C and 102.14.4H) will be followed.

Time: WARM-UP - 8:00 AM START - 8:30 AM

Eligibility: All swimmers and teams must be 2003 registered USA Swimming members. All coaches must hold a current USA Swimming coach card.

Entries: Teams may submit a computer disk entry using the LSA Swim Meet/Swim Team program. An original computer-generated paper copy of the entry with all pertinent team information and entry totals must be included. The name and phone number of a club official and the club's mailing address must be included on the form. Any computer-generated entry must be submitted on a disk or by email attachment. Do not submit cards. Swimmers will be seeded fastest to slowest, alternating girls and boys heats.

Mail to: John McCann Phone: (203) 878-1914  
18 Point Lookout  
Milford, CT 06460-7348 Email: john.p.mccann@snet.net

Deadline: Entries must be received by Saturday, October 18, 2003.

Fees: Splash fee: \$5.00 per event.  
Make checks payable to: AJSC.

Handicapped/Elderly Accessibility: Handicapped accessibility is not available to the second floor spectator area; however, space will be available on the pool deck. Individuals needing assistance should contact the Meet Manager before the start of the meet. Handicapped bathroom facilities are available in the women's and men's locker rooms.

## EVENTS

Girls Event

1

1000 Yard Freestyle

Boys Event

2

## **ALL SWIMMERS MUST PROVIDE THEIR OWN TIMERS AND LAP COUNTERS**

We reserve the right to combine events, if necessary.

DIRECTIONS: Take Interstate 95 to Exit 39A (Route 1) in Milford. Turn right off exit. As soon as possible, get into left lane and continue straight ahead. (Route 1 bears right.) This is Cherry Street. Stay on Cherry St. to fourth traffic light (at top of small hill), turn left onto Gulf Street. Go under railroad overpass, through traffic light to the next street (Evergreen St.) and turn left. Go to the end of Evergreen St. and turn right. Natatorium is straight ahead.