

ARAC AGE GROUP QUALIFIER
OCTOBER 26, 2003

Hosted by the Amity Regional Aquatic Club
Sanctioned by Connecticut Swimming Inc.
Sanction # S03-3

MEET DIRECTOR: Sean Laydon
374 Orange Center Rd.
Orange, Ct. 06477
(203) 795 - 6247
educate777@aol.com

REFEREE: Bill Tyliszczak

LOCATION: High Plains Community Center
Orange Center Rd.
Orange, Ct. (203) 891 – 2188

FACILITY: 8 lane, 25 yard pool. Daktronics Timing System

HANDICAP ACCESS: Pool deck and pool office only.

ELIGIBILITY: Swimmers must be 2003 registered members of USA Swimming.
Coaches must hold a current USA Swimming coaches card.

FEES: Splash fees: \$3.00 for individual events; \$6.00 per relay event.
Please make all checks payable to **A.R.A.C.**

ENTRIES: Swimmers may enter and compete in four individual events per session.
Teams are encouraged to submit their entries on Disk(Hy-tek or LSA Swim team **SD3**
Format)

Any team entering more than 8 swimmers that fails to submit a disk must pay a surcharge of \$3.00 per swimmer. Please be sure to include a paper printout along with your disk.
Mark unattached swimmers in **RED** on the entry form. Be sure to include the phone number of a club official and a mailing address for results.

ENTRY DEADLINE: October 15, 2003. If you use overnight mail or Federal Express, please be certain to indicate that no signature is required for delivery. Mail entries to the meet director.

OVERSUBSCRIPTION: Cut Protocol: In the event of over subscription, cut protocol is as follows: (1) all 7/under swimmers; (2) all relay events; (3) all 4th individual

events. Entries will be accepted on a first come basis, teams will be notified as soon as the meet is full.

OFFICIALS: As a member of Connecticut Swimming, meets require workers to make it run efficiently, ARAC welcomes any one who would like to assist with officiating during the meet. Please contact Mike DiVerniero (203) 466 – 3689.

12/UNDER		13/OLDER	
WARM-UP	START	WARM-UP	START
7:45 am	8:45 am	12:30 pm	1:45 pm

Note: Warm-up times are subject to change based on the size of the meet, clubs will be notified of changes by Oct. 20.

SCRATCHES: Coaches will receive a list of their swimmers and events in which they are entered. All scratches are due 40 minutes before the start of the meet. Connecticut Swimming scratch rules will govern the meet.

AWARDS: Ribbons will be presented through sixth place in each event and 1-3 for Relays.

EMERGENCY POOL NUMBER: 891-2188

SAFETY CHAIR PERSON: Michael DiVerniero

DIRECTIONS TO POOL: *From I-95 North from New Haven, take exit 41, turn right onto Marsh Hill Road- stay on Marsh Hill until light at Route 1 (TGIFriday Restaurant is on your left) -- turn left onto Route 1 - go to first traffic light across from Home Depot and turn right (Orange Center Road) - follow through one traffic light. High Plains Community Center is on the right, pool in rear.

*From I-95 South from Fairfield County, take exit 41, turn left at end of ramp and follow directions as above.

*From Wilbur Cross Parkway coming from both directions -- take Exit 57 (Rt 34 East) - turn right at first traffic light onto Orange Center Road - bear left at stop sign - High Plains Community Center is on the left after you pass by Orange Town Green - pool in rear.

PARKING: DO NOT PARK ON THE GRASS. PARK IN MARKED SPACES ONLY. ADDITIONAL PARKING CAN BE FOUND ON THE OTHER SIDE OF THE BUILDING.

ORDER OF EVENTS

GIRLS

1	10/U 50 FREE
3	11/12 50 FREE
5	10/U 200 FREE
7	11/12 200 FREE
9	10/U 100 BACK
11	11/12 100 BACK
13	10/U 50 BREAST
15	11/12 50 BREAST
17	10/U 100 FLY
19	11/12 100 FLY
21	10/U 100 IM
23	11/12 200 IM
25	10/U 200 FREE RELAY
27	11/12 200 FREE RELAY
29	11/12 200 BREAST

BOYS

2
4
6
8
10
12
14
16
18
20
22
24
26
28
30

GIRLS

31	13/14 50 FREE
33	15/ O 50 FREE
35	13/14 200 FREE
37	15/ O 200 FREE
39	13/14 200 BACK
41	SENIOR 200 BACK
43	13/14 100 BREAST
45	15/ O 100 BREAST
47	13/14 100 FLY
49	15/ O 100 FLY
51	13/14 400 IM
53	SENIOR 400 IM
55	13/14 200 FREE RELAY
57	15/ O 200 FREE RELAY

BOYS

32
34
36
38
40
42
44
46
48
50
52
54
56
58