

Swim For Hunger

Distance Event

Friday, January 2, 2004

Hosted by Cougar Aquatic Team

Sanctioned by Connecticut Swimming, Inc. # **S03-25**

Freeman Athletic Center, Wesleyan University

Middletown, Connecticut

Our goal for this meet is to involve U.S.A. swimmers in the collection of food and hygiene items to help those in need. Donations will be collected as part of the entry fee, and will be donated to the various food banks in Hartford and Middlesex Counties. Last year we were able to raise 4000 pounds of needed items. After the holidays, shelter supplies are low, so please join us to swim, share, have fun, and show how U.S.A. swimmers care!

MEET MANAGER: Linda Prus, 96 South Borough Rd., Southington, CT 06489
(860) 621-8256 Email: fitlin07@hotmail.com

MEET REFEREE: Eric McWhirter, (860) 388-4198, ericmcw@snet.net

ENTRY CHAIR: Fermin Aupi, 131 Foxbridge Rd., Branford, CT 06405
(203) 483-1645 Email: Fermin1@comcast.net

SAFETY CHAIR: LeeAnn German, 249 Wiese-Albert Rd., Higganum, CT 06441
(860) 345-1061 Email: lgerman25@comcast.net

Pool: Two six lane, 25 yard courses with electronic timing. Additional lanes will be available for warm-up and cool down.

Handicap/Elderly Access: Handicapped parking is available behind the athletic center. Use main entrance. Spectator area is accessible from main entrance. Elevator in lobby will take swimmers to the pool deck.

Events: The events will be deck seeded timed finals. The events will be swum from fastest to slowest, alternating men and women. CAT reserves the right to limit the number of heats of all events.

Eligibility: Only 2004 USA Swimming registered swimmers are eligible and must be registered prior to the entry deadline. USA Swimming rules will govern the meet. USA Swimming Starting Protocol (102.14.2 C and 102.14.4 H) will be followed. 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. Coaches will be required to display USA Swimming registration card in order to be on deck.

Entry Limitations. Unattached swimmers should be marked clearly in **red ink**. The host team reserves the right to limit number of heats.

Entry Format: Open to all US Swimming registered swimmers. Please include USA registration numbers and age of all swimmers. Identify unattached swimmers with **red ink**. No time (NT) entries are discouraged.

Teams are encouraged to submit entries either via e-mail (Fermin1@comcast.net) if attached in a zip file OR a computer disk using LSA swim team program or any other program in the USA SWIMMING .SD3. An original computer generated copy of the entry with all pertinent team information and entry totals must be included. The name, phone number, email address and mailing address of a club contact must be included with the entry. Any computer-generated entry may be **submitted by either e-mail or on a disk**. Official CSI entry form must be submitted in lieu of a disk. Non CSI registered teams must supply the name and phone number of their LSC registration chairperson.

Entry Deadline: December 18, 2003. If using Express mail, remember to sign the waiver so package will be left.

Entry Fees: This event fee is \$ 6.00. **One food or hygiene item is requested per event entered (suggested items attached).** Please make checks payable to C.A.T. and include with entry form.

Work Assignments: Teams (swimmers) must provide their own timers and counters.

If your team has an official who would be able to assist with the meet, please submit their name with the entry.

Scratches: Coaches will receive a scratch sheet for each session of the meet in their information packet. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table 1/2 hour prior to the end of warm-up.

Awards: Individual event awards will be given.

Directions: *From South:* From I-91 or the Merritt Parkway, follow signs to 66 east (initially I 691) and proceed to Middletown. At light (by graveyard) turn right on to Vine. At next light, turn right and pool is on left. *From North:* Take I-91 south to exit 22S (Rt. 9 South) to exit 15 (Washington St.) At the 5th light make a left on to Vine St. At light, turn right, pool is on left.

Information: Remember we are guests of Wesleyan University and therefore all swimmers, coaches and guests are expected to treat the facility with respect. It is the responsibility of each team to supervise their swimmers when they are not swimming. Any violations of the CT. Code of Conduct will result in expulsion of swimmer and or team.

Suggested Food and Hygiene Items

Canned food such as tuna soups, vegetables, fruit, and meats are preferred. Cereal, rice, pasta, peanut butter, and basic staples are useful as well. There are special needs for hygiene items such as soap, shampoo, diapers, razors, toothpaste, and infant formula. Please, no glass containers. **Any and all nonperishable food and hygiene items are welcome and needed.**

Join us in showing that USA swimmers care !!

Swim For Hunger Short Course Distant Event

Schedule of Events

Friday, January 2, 2004

Session One

Warm-up 5:00-6:00 PM, Start 6:10 PM

WOMEN	EVENT	MEN
1 22:00.00	SENIOR 1650 yd Free	22:00.00 2
3	12/U 500 yd Free	4
5	12/U 400 yd IM	6