

The Seventh Annual Swim For Hunger Short Course Meet

January 3-4, 2004

Hosted by Cougar Aquatic Team

Sanctioned by Connecticut Swimming, Inc. # **S03-27**

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 R, CT 06489
860 621-8256 Email: fitlin07@hotmail.com

MEET REFEREE: Eric McWhirter, (860) 388-4198.

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: One 9 lane, 25-yard course with electronic timing. Should the size of the meet warrant it, two courses will be used. 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: All events will be deck seeded timed finals. Relay swimmers only must be listed on entry. We reserve the right to limit the number of heats in 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. Fly over starts may be used in the case of over subscription as determined by the meet referee and meet manager, with proper protocol training of officials from Officials Chairman.

Entry Limitations: Swimmers may enter events for which they are qualified but are limited to **4** individual events per session/ or **5** events maximum per day. Swimmers' **4th** and **5th** event must be circled in case of over-subscription. Entries will be accepted on a first come first served basis. Unattached swimmers should be marked clearly in **red ink**. The host team reserves the right to limit number of heats and/or cancel relays due to time constraints.

Entry Format: Open to all 2004 USA 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. Relay only swimmers must be included on the entry form.

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 the LSC registration chairperson.

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

Entry Fees: Individual events are \$3.00 and relay events are \$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 will be required to provide timers and workers based on size of entry. Teams must provide their own timers and counters for 500 FREE and 400 IM events.

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 **45 minutes** prior to the end of warm-up.

Awards: Individual event awards will be given.

Concessions: Food and beverage will be available for purchase.

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

Saturday, January 3, 2004

Session One 12 and Under

Warm-up 7:30 – 8:30 AM, Start 8:45 AM

WOMEN	EVENT	MEN
1	10/U 50 yd Back	2
3	12/U 200 yd Back	4
5	10/U 200 yd IM	6
7	11/12 200 yd IM	8
9	10/U 50 yd Breast	10
11	11/12 50 yd Back	12
13	10/U 200 yd Free	14
15	11/12 50 yd Breast	16
17	10/U 50 yd Fly	18
19	11/12 100 yd Fly	20
21	10/U 50 yd Free	22
23	11/12 100 yd Free	24
25	12/U 200 yd Breast	26

Saturday, January 3, 2004

Session Two Seniors

Warm-up 1:30 – 2:15 PM Start 2:30 PM

WOMEN	EVENT	MEN
27	Senior 200 yd IM	28
29	Senior 100 yd Back	30
31	Senior 100 yd Free	32
33	Senior 200 yd Breast	34
35	Senior 100 yd Fly	36
37	6:00.00 Senior 500 yd Free	5:50.00 38

Sunday, January 4, 2004

Session Three 12 and Under

Warm-up 7:30 – 8:30 AM, Start 8:45 AM

WOMEN	EVENT	MEN
39	11/12 50 yd Free	40
41	10/U 100 yd Fly	42
43	11/12 50 yd Fly	44
45	10/U 100 yd Breast	46
47	11/12 100 yd Breast	48
49	12/U 200 yd Fly	50
51	10/U 100 yd Back	52
53	11/12 100 yd Back	54
55	10/U 100 yd IM	56
57	11/12 200 yd Free	58
59	10/U 100 yd Free	60

Sunday, January 4, 2004

Session Four Seniors

Warm-up 1:30 – 2:15 PM Start 2:30 PM

WOMEN		EVENT		MEN
61	5:15.00	Senior 400 yd IM	5:10.00	62
63		Senior 50 yd Free		64
65		Senior 200 yd Back		66
67		Senior 100 yd Breast		68
69		Senior 200 yd Fly		70
71		Senior 200 yd Free		72