

**WESTPORT/WESTON YMCA WATER RATS
PRESENT
2003 FREESTYLE FRENZY**

Held under of USA Swimming and Connecticut Swimming, Inc. Sanction #S03-10.

DATE: November 8-9, 2003

LOCATION: Westport/Weston YMCA

**EMERGENCY
PHONE NUMBER:** 203-226-8981

FACILITY: YMCA Stauffer Pool: 6 lane, 25 yard pool, Colorado Timing System w/Mercury16 Scoreboard, Starting end 13 ft. deep.

SCHEDULE:

<u>SESSION 1</u>	<u>SATURDAY, NOVEMBER 8, 2003</u>
9-10 Girls (no 8/u)	8 AM Warm-up
11-12 Boys	9 AM Start

<u>SESSION 2</u>	<u>SATURDAY, NOVEMBER 8, 2003</u>
11-12 Girls	1 PM Warm-up
9-10 Boys (no 8/u)	2 PM Start

<u>SESSION 3</u>	<u>SUNDAY, NOVEMBER 9, 2003</u>
13/14	8 AM Warm-up
Girls and Boys	9 AM Start

<u>SESSION 4</u>	<u>SUNDAY, NOVEMBER 9, 2003</u>
15/over	1 PM Warm-up
Girls and Boys	2 PM Start

**WARM-UP
SCHEDULE:** Warm-up schedules for each session will be posted and in the coaches packet. 500 Free events will have a separate 10 minute warm-up.

ELIGIBILITY: All swimmers must be 2003 registered members of USA Swimming. Age group is determined by age as of November 8, 2003. Swimmers are eligible for all events. There are no cut off times. Out of state swimmers must send verification from LSC Registration Chair indicating all swimmers are current USA Swimming members. Coaches must provide credentials.

FEES: SPLASH FEE - \$3.00 per individual event
Checks payable to: Westport/Weston YMCA Water Rats

ENTRIES: All entries must be submitted electronically on Hy-Tek (preferred), or other software using SD3 format. Please include a hard copy with name, address and phone number of team contact person. Be

sure contact's e-mail address is supplied for instant contact through the meet and for electronic results afterwards. No manual entries please.

DEADLINE: **Entries must be received by 3PM on October 28, 2003**
MAIL TO: Westport/Weston YMCA Water Rats
59 Post Rd East or P.O. Box 190
Westport, CT 06880 Westport, CT 06881

AWARDS: Distinctive medals will be awarded for first through sixth place in individual events. All events will be timed finals. Heat winner awards.

OVER/UNDER-SUBSCRIPTION: Entries are accepted on a first come, first served basis. The 500 Free event for the 11-12 age group will be heat limited to stay within the four hour rule. The host team reserves the right to adjust warm-up and session times as needed following the entry deadline to ensure the fair and efficient running of the meet. Teams will be notified by Saturday, November 1st in the case of changes. Fly-over starts may be used in the case of over-subscription as determined by the meet manager and referee.

TIMERS: Timers will be required from teams in proportion to the size of their entry. Swimmers in the 500 Free must provide their own timer and lap counter.

OFFICIALS: Please submit the names of officials willing to work and the sessions they are available.

REFRESHMENTS: Refreshments will be available at each session. A complimentary luncheon for coaches and officials will be available.

HANDICAP ACCESS Access available to pool deck via ramp through locker rooms. Spectator level accessible, including elevator from rear entrance level.

DIRECTIONS: **Merritt Parkway** (Rte. 15): Take exit 42. Go south at end of ramp (right from New Haven, left from New York). Bear right at first intersection to Main St. and follow for one mile to center of town where you must make left turn (street become one-way). Just after left turn on Elm St., the Y is on your right. Long term parking is in lot on left of Elm St. Please observe parking restrictions.
I-95: Take exit 17. Left off exit. Continue north on Rte 33 to Rte 1 (Post Road). Take right onto Rte. 1, go over bridge and take left at second stop light onto Main St. Take first right onto Elm St. Y is on right, parking on left. Observe parking restrictions.

MEET MANAGER: Lisa Loechner Bill Krumm 203-226-8981 x117

REFEREE: Ed Dunn
SAFETY OFFICER: Lisa Smoragiewicz

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ORDER OF EVENTS

Event # Event

SESSION 1

Girls 9-10, Boys 11-12

1	Boys 11/12 200Y Freestyle
2	Girls 9/10 200Y Freestyle
3	Boys 11/12 50Y Freestyle
4	Girls 9/10 50Y Freestyle
5	Boys 11/12 100Y Freestyle
6	Girls 9/10 100Y Freestyle
7	Boys 11/12 500Y Freestyle (heat limited)

SESSION 2

Girls 11-12, Boys 9-10

8	Girls 11/12 200Y Freestyle
9	Boys 9/10 200Y Freestyle
10	Girls 11/12 50Y Freestyle
11	Boys 9/10 50Y Freestyle
12	Girls 11/12 100Y Freestyle
13	Boys 9/10 100Y Freestyle
14	Girls 11/12 500Y Freestyle (heat limited)

SESSION 3

Girls and Boys 13/14

15	Girls 13/14 200Y Freestyle
16	Boys 13/14 200Y Freestyle
17	Girls 13/14 50Y Freestyle
18	Boys 13/14 50Y Freestyle
19	Girls 13/14 100Y Freestyle
20	Boys 13/14 100Y Freestyle
21	Girls 13/14 500Y Freestyle
22	Boys 13/14 500Y Freestyle

SESSION 4

Girls and Boys 15/over

23	Girls 15/O 200Y Freestyle
24	Boys 15/O 200Y Freestyle
25	Girls 15/O 50Y Freestyle
26	Boys 15/O 50Y Freestyle
27	Girls 15/O 100Y Freestyle
28	Boys 15/O 100Y Freestyle
29	Girls 15/O 500Y Freestyle
30	Boys 15/O 500Y Freestyle