

Distance Mania Meet

January 11, 2004

Hosted by the Wilton Y Wahoos

404 Danbury Rd.

Wilton, CT 06897

Held under the Sanction of USA Swimming, Inc.

Sanctioned by Connecticut Swimming, Inc. #S03-31

Meet Coordinator	Entry Chairman
Cheryl Lozach 4B Ramapoo Rd Ridgefield, CT 06877 203-438-6168	Wilton Y Wahoos/Barb Prue 404 Danbury Rd Wilton, CT 06897 203-459-9057 E-mail WyWahoos@msn.com

EMERGENCY: Emergency only (203) 762-8384

SAFTEY COORDINATOR: Pat Rappa

The meet will be run in accordance with USA Swimming rules unless otherwise noted. **USA Swimming Starting Protocol (102.14.2 C and 102.14.4H) will be followed.** 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. The meet referee reserves the right to make any adjustments to the provisions of the meet announcement necessary to ensure the fair and efficient running of the meet.

POOLS: The Melissa Nickel Pool at the Wilton Family Y pool is a 6-lane by 50 meter facility with non-turbulent lane lines and electronic timing. Adequate seating and parking are available. We will be running events in both 25-yard courses. If a session necessitates that only one course be used the other course will be then available for warm-up and warm down during the meet. Handicap/Elderly accessibility to Pool deck and spectator area are accessible through men's and women's locker rooms.

ELIGIBILITY: All swimmers must be 2004 registered members of the USA Swimming. Age is determined by the swimmer's age as of January 11, 2004 Coaches will be required to display USA Swimming registration card in order to be on deck.

EVENTS: Maximum number of events per day is 3. Entries to be submitted in best yard times. Please No NTs. The 1650Y freestyle will be swum fastest to slowest alternating girls and boys, this is subject to change depending on the division of the pools.

ENTRY FEES: \$3.50 per event

ENTRY DEADLINE: Entries accepted on a first come first serve basis. All entries must be received by Thursday, January 1 2004. Send entries to address listed above to entry Chairman. Make checks payable to Wahoo Swim Club.

Entry Forms: Teams are encouraged to submit their entries on an IBM PC diskette using the LSA Swim Team program. Copies of this, the most widely used team/meet management package for Windows, are available to all Connecticut teams through CT Swimming. If you need information contact Lab Software Associates, 48 Old Driftway, Wilton, CT 06897. Out of state teams may purchase the program from Lab Software Associates for \$79.00. Meet entries may be submitted on the official entry form or a computer-generated facsimile. Entries on disks in the USS Standard Data Interchange Format (SDIF) will also be accepted. An original paper copy of the entry must accompany all entries on disk. You may also submit your entry by Email in LSA or SDI format. Please ZIP your entry and attach it to an Email note to Wywahoos@msn.com. However, your entry will not be considered final until we receive your entry fee by mail. *If you submit your entry electronically, we must receive your check or check request by entry deadline.*

Mail your entry to Barb Prue at the above address. *Please send your original entry, not a photocopy. The phone number (and where possible, a fax number and/or Email address) of a club official must be included on the form as well as a club mailing address. Teams submitting their entries on diskettes will receive a copy of the results on diskette for their records. Do not submit entry cards with your team entry.*

If any of your swimmers are swimming the meet UNattached, please mark this clearly in RED alongside the swimmer's name on the entry sheet. In case of dispute, the official entry form will be considered the master form and only official document of entry.

MANUAL ENTRY FEE: If you submit hand entered entries, a \$1.00 charge will be added to each swimmer, over 5 and a limit of 50.

AWARDS: 12/U Events: Awards will be given to 1-6 places for individual events.
13/14 and Senior Events: There will be no individual awards. Heat awards will be given.

MEET REFEREE: Chris Prue

DIRECTIONS:

From New York: Take the Merritt Parkway to Exit 39B Follow the Route 7 North freeway to its end and turn right at the light. Turn left onto Rt. 7 North. Go 4.4 miles and turn right into the Y parking lot. The Wilton Family Y is on the right, and the Wilton High School is on the left.

From New Haven: Take the Merritt Parkway to exit 41(Rt 33). At the end of the ramp, turn left (north) onto Rt 33. Go North along Rt.33 for 2.5 miles. Rt 33 merges with Rt. 7. Stay on Rt. 7 for 2.6 miles to the Y. The Wilton Y is on the right and the Wilton High School is on the left.

From I 95: Take exit 15 to Rt. 7 North. Follow Rt 7 freeway to the end and turn right at the light. At the end of the road turn left onto old Rt. 7 North Proceed to the Wilton Y as above.

Session	Warm-up	Start
Session 1 12/U	8:00AM	8:45AM
Session 2 12/U & 13/O	11:15AM	12:15PM
Session 3 Senior Time limited to 2 hours (based on first come first serve)	3:15PM	4:00PM

**Warm-up and start times for all sessions and finals are subject to change depending on the size of the meet.*

ORDER OF EVENTS

Girls	Event	Boys
SESSION I		
1	10/U 500 Free	2
3	11-12 400 IM	4
SESSION II		
5	13/O 400 IM	6
7	12/U 200Fly	8
9	13/O 200Fly	10
11	12/U 200 Back	12
13	13/O 200 Back	14
15	12/U 200 Breast	16
17	13/O 200 Breast	18
SESSION III		
19	*Senior 1650 Free	20

**Swimmers must provide their own timers and counters for the 1650 free*