

CAT Trophy Pentathlon

December 4 & 5, 2004

Hosted by Cougar Aquatic Team
Sanctioned by Connecticut Swimming Inc.

Sanction # S04-16

Haddam-Killingworth High School
Haddam, Connecticut

MEET MANAGER: Linda Prus, 96 South Borough Rd., Southington, CT 06489
(860) 621-8256 Email: fitlin07hotmail.com

MEET REFEREE: Gary Harrigan, 481 James P. Casey Rd., Bristol, CT 06010
(860) 585-1828 Email: gmh1@comcast.net

ENTRY CHAIR : Mark Almeida, 274 Plains Rd, Haddam, CT 06438
(860) 345-8399 Email: malmeida01@comcast.net

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

POOL: One 6 lane, 25 yard course with electronic timing

EMERGENCY NUMBER: (860) 345-8541

Handicap/Elderly Access: The spectator area is NOT handicapped accessible. Spectators needing accommodation can enter on the pool level, where an area will be set aside for spectators. The pool level is accessible and has handicapped accessible bathrooms.

Events: All events will be deck seeded timed finals.

Eligibility: Only 2005 USA/CSI registered swimmers are eligible and must be registered prior to the entry deadline. USA Swimming rules will govern the meet. USA Swimming rules will govern the meet. USA Swimming 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 show their up to date USA Swimming registration card before picking up their teams packet and scratch sheets. **Only coaches with current USA registration will be allowed on deck with no exceptions.**

Entry Limitations: In order to be included in Pentathlon scoring, a swimmer must compete in all the events offered in their age group. A swimmer may enter and swim less events for time, but will not be included in the scoring for awards.

Entry Format: Open to all 2005 Connecticut 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 to malmeida01@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 formats. 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. Fly-over starts may be used in the case of over-subscription as determined by meet referee and meet manager, with proper protocol training of officials from Officials Chairman. In case of over-subscription, cuts will be made by the date of team entries received once the meet is full.

Entry Deadline: The deadline for all entries is Nov.13, 2004. **Entries are accepted on a first come, first serve basis. Formal entry date is determined by the date of entry hard copy and entry fees check receipt by the Entry Chair.** If using Express mail, remember to sign the waiver so package will be left.

Entry Fees: Individual events are \$4.00. Please make checks payable to CAT and be included with the entry form.

Work Assignments: Teams will be required to provide timers and workers based on size of entry.

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: Trophies will be awarded to the top 12 overall fastest swimmers in each age group.

Concessions: Food and beverage will be available for purchase.

Directions: Route 9 North or South, take Exit 9, Route 81 South. 1st light, turn right onto Little City Road. HK HS is second left (Note: past Middle School).

Information: Remember we are guests of H/K High School 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.

Saturday AM
10/U Boys and 11/12 Girls
Warm-up 7:30-8:20 am Start 8:30 am

1. 10/U Boys yd 50 Fly
2. 11/12 Girls yd 100 Fly
3. 10/U Boys 50 yd BREAST
4. 11/12 Girls 100 yd BREAST
5. 10/U Boys 50 yd FREE
6. 11/12 Girls 100 yd FREE
7. 10/U Boys 50 yd BACK
8. 11/12 Girls 100 yd BACK
9. 10/U Boys 100 yd IM
10. 11/12 Girls 200 yd IM

SATURDAY PM
11/12 Boys
13/14 Girls and Boys

Warm-up 1:00-2:00; Start 2:10

Women

Men

11	13/14 100 yd FLY	12
-	11/12 50 yd FLY	13
14	13/14 100 yd BREAST	15
-	11/12 50 yd BREAST	16
17	13/14 100 yd FREE	18
-	11/12 50 yd FREE	19
20	13/14 100 yd BACK	21
-	11/12 50 yd BACK	22
23	13/14 200 yd IM	24
-	11/12 200 yd IM	25

Sunday AM
10/U Girls and 11/12 Boys
Warm-up 7:30-8:20 am Start 8:30 am

- 26. 10/U Girls 50 yd Fly
- 27. 11/12 Boys 100 yd Fly
- 28. 10/U Girls 50 yd BREAST
- 29. 11/12 Boys 100 yd BREAST
- 30. 10/U Girls 50 yd FREE
- 31. 11/12 Boys 100 yd FREE
- 32. 10/U Girls 50 yd BACK
- 33. 11/12 Boys 100 yd BACK
- 34. 10/U Girls 100 yd IM
- 35. 11/12 Boys 200 yd IM

SUNDAY PM
11/12 Girls
15/O Girls & Boys
Warm-up 1:00-2:00; Start 2:10

Women

36	11/12 50 yd FLY	-
37	15/O 100 yd FLY	38
39	11/12 50 YD BREAST	-
40	15/O 100 YD BREAST	41
42	11/12 50 YD FREE	-
43	15/O 100 YD FREE	44
45	11/12 50 YD BACK	-
46	15/O 100 YD BACK	47
48	11/12 100 YD IM	-
49	15/O 200 YD IM	50