

WWRX “Polar” Invitational

Open Meet

January 28-30, 2005

Hosted by Windsor Water Rat Express

Sanctioned by Connecticut Swimming Inc.

Sanction #S04-41

- LOCATION -** Windsor High School, Windsor, CT
Newly Renovated 6 Lane, 25 Yard Pool.
Daktronics Electronic Timing System
Emergency Pool Number: (860) 687-2020 x327
- SCHEDULE -**
- | | |
|----------------------|---|
| Friday evening: | 11 & Over, Girls & Boys
5:30PM Warm-Up, 6:15PM Start |
| Sat & Sun Morning: | 12 & Under Girls, 13/O Boys
7:45AM Warm-Up, 9:00AM Start |
| Sat & Sun Afternoon: | 12 & Under Boys, 13/O Girls
1:00PM Warm-up, 2:15PM Start |
- ELIGIBILITY -** The meet is open to all 2005 registered CSI/USA swimmers. There are no cut-off times for this meet. Eligible swimmers may enter 4 individual events each day. Age is determined by the day of the start of the meet. Coaches must present a current USA Swimming coaching card.
- RULES -** Current USA Swimming rules will govern. All events will be timed finals. Meet management reserves the right to combine age groups based on number of entries in each event.
- ENTRIES -** Entries should be submitted via email to ndulz@yahoo.com using the 'LSA Swimteam' or HYTEK program, however, printed Meet Entry Forms are still required. Paper copy and check must be received by entry date. No time (NT) entries are discouraged, coaches are urged to estimate times. **CIRCLE SWIMMER'S 4th CHOICE** in case of meet oversubscription. All unattached swimmers must be clearly indicated in red on the entry form. Paper copy of results available by request only.
- Fees are: \$3.00 for each individual non-distance event
\$5.00 for Friday night distance event
\$6.00 for each relay event

Mail one check per team (made out to **WWRX**) and forms to:

Nancy Dulz
56 Filley St
Windsor, CT 06095

DEADLINE - All entries must be postmarked no later than Monday, January 17th or received no later than Wednesday, January 19th at 6:00PM. All entries received after this time, or entries sent without entry forms and payment, will not be accepted.

CUT PROCESS - If oversubscribed CSI cut procedures will be followed. Relays will be cut first, then 4th events. Teams will be cut based on time of entry receipt. The meet manager reserves the right to make schedule adjustments based on the number of entries. Participating teams will be notified by Monday, January 24th, 2005 in event of changes.

DISTANCE - Swimmers must supply their own timers and lap counters (incl. 500Y Free)

TIMERS - Teams will be required to supply timers based on the size of the entry. Please list any officials and their phone numbers if they might be willing to help and send along with meet entry.

SALES - Refreshments, food, and programs will be available for purchase.

DIRECTIONS - I-91 to Exit 36 (Rt. 178, Park Ave). Right at the end of the exit coming from the south, left if from the north. Turn left, approximately 1/2 mile, onto Sage Park Road. High School is on the right. Park by the tennis courts and enter through glass doors to the far right.

REFEREE - Lori Hartmann (860) 688-9061
Email: Hartmann@townofwindsorct.com

SAFETY - Cliona Beaulieu

QUESTIONS - Direct any questions regarding this meet to:

Nancy Dulz
Home: (860) 298-9739
ndulz@yahoo.com

REMINDER - Entries to include:

1. Meet entry forms, 4th event circled.
2. Check, 1 per team; add \$1 per swimmer for manual entries.



Spectator and Restroom facilities are handicap accessible. Please contact meet director for further information.

WWRX POLAR INVITATIONAL
ORDER OF EVENTS

JANUARY 28, 2005 - EVENING SESSION

5:30PM Warm-Up, 6:15PM Start

Girls		Boys
71	11/Over 1000Y Freestyle	72
73	11/Over 1650Y Freestyle	74

JANUARY 29, 2005 - AM SESSION

7:45AM Warm-Up, 9:00AM Start

Girls		Boys
1	10/U 100Y IM	
2	11/12 100Y IM	
	Senior 200Y IM	3
4	10/U 100Y Freestyle	
5	11/12 100Y Freestyle	
	Senior 100Y Freestyle	6
7	10/U 100Y Backstroke	
8	11/12 100Y Backstroke	
	Senior 200Y Backstroke	9
10	10/U 50Y Breaststroke	
11	11/12 50Y Breaststroke	
	Senior 100Y Breaststroke	12
13	10/U 50Y Butterfly	
14	11/12 50Y Butterfly	
	Senior 200Y Butterfly	15
16	12/U 500Y Freestyle	
	Senior 500Y Freestyle	17

JANUARY 29, 2005 – PM SESSION

1:00PM Warm-Up, 2:15PM Start

Girls		Boys
	10/U 100Y IM	18
	11/12 100Y IM	19
20	Senior 200Y IM	
	10/U 100Y Freestyle	21
	11/12 100Y Freestyle	22
23	Senior 100Y Freestyle	
	10/U 100Y Backstroke	24
	11/12 100Y Backstroke	25
26	Senior 200Y Backstroke	
	10/U 50Y Breaststroke	27
	11/12 50Y Breaststroke	28
29	Senior 100Y Breaststroke	
	10/U 50Y Butterfly	30
	11/12 50Y Butterfly	31
32	Senior 200Y Butterfly	
	12/U 500Y Freestyle	33
34	Senior 500Y Freestyle	

WWRX POLAR INVITATIONAL
ORDER OF EVENTS

JANUARY 30, 2005 - AM SESSION				JANUARY 30, 2005 - PM SESSION			
7:45AM Warm-Up, 9:00AM Start				1:00PM Warm-Up, 2:15PM Start			
Girls		Boys		Girls		Boys	
35	10/U 100Y Breaststroke				10/U 100Y Breaststroke	53	
36	11/12 100Y Breaststroke				11/12 100Y Breaststroke	54	
	Senior 200Y Breaststroke	37		55	Senior 200Y Breaststroke		
38	10/U 50Y Freestyle				10/U 50Y Freestyle	56	
39	11/12 50Y Freestyle				11/12 50Y Freestyle	57	
	Senior 50Y Freestyle	40		58	Senior 50Y Freestyle		
41	10/U 100Y Butterfly				10/U 100Y Butterfly	59	
42	11/12 100Y Butterfly				11/12 100Y Butterfly	60	
	Senior 100Y Butterfly	43		61	Senior 100Y Butterfly		
44	10/U 200Y Freestyle				10/U 200Y Freestyle	62	
45	11/12 200Y Freestyle				11/12 200Y Freestyle	63	
	Senior 200Y Freestyle	46		64	Senior 200Y Freestyle		
47	10/U 50Y Backstroke				10/U 50Y Backstroke	65	
48	11/12 50Y Backstroke				11/12 50Y Backstroke	66	
	Senior 100Y Backstroke	49		67	Senior 100Y Backstroke		
50	10/U 200Y IM				10/U 200Y IM	68	
51	11/12 200Y IM				11/12 200Y IM	69	
	Senior 400Y IM	52		70	Senior 400Y IM		