

**ARAC AGE GROUP QUALIFIER**

OCTOBER 29 – 30, 2005

Hosted by the Amity Regional Aquatic Club

Held under sanction of USA Swimming and Connecticut Swimming Inc.

Sanction # S05-01A

**MEET DIRECTOR:** Sean Laydon  
374 Orange Center Rd.  
Orange, Ct. 06477  
(203) 795 - 6247  
educate777@aol.com

**REFEREE:** Bob Wardle

**OFFICIALS:** As a member of Connecticut Swimming, meets require workers to make it run efficiently, ARAC welcomes any one who would like to assist with officiating during the meet.

**PLEASE CONTACT** Mike DiVerniero  
(203) 466-3689  
mdiverniero@aces.k12.ct.us

**LOCATION:** High Plains Community Center  
Orange Center Rd.  
Orange, Ct. (203) 891 – 2188

**Emergency Pool Number: 891-2188**

**FACILITY:** 8 lane, 25 yard pool. Daktronics Timing System

**HANDICAP ACCESS:** Pool deck and pool office and locker rooms.

**ELIGIBILITY:** Swimmers must be 2005 or 2006 registered members of USA Swimming. All coaches must present a valid USA Swimming coach Card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck.

**FEES:** Splash fees: \$3.00 for individual events; \$6.00 per relay event.  
Please make all checks payable to **A.R.A.C.**

**ENTRIES:** Swimmers may enter and compete in four individual events per session or 5 per day. Fourth event must be circled. Teams are encouraged to submit their entries on Disk( Hy-tek or LSA Swim team **SD3 Format**)

Any team entering more than 5 swimmers that fails to submit a disk must pay a surcharge of \$5.00 per swimmer. Please be sure to include a paper printout along with your disk. Mark unattached swimmers in **RED** on the entry form. Be sure to include the phone number of a club official and a mailing address for results.

**ENTRY DEADLINE:** Connecticut teams whose entries are received by Monday, October 17<sup>th</sup> will receive priority before out of state entries are accepted. All entries must be received by Wednesday, October 19, 2005. If you use overnight mail or Federal Express, please be certain to indicate that no signature is required for delivery. Mail entries to:

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**OVERSUBSCRIPTION:** Cut Protocol: In the event of over subscription, cut protocol is as follows: (1) all 7/under swimmers; (2) all relay events; (3) all 4<sup>th</sup> individual events. Entries will be accepted on a first come basis, teams will be notified as soon as the meet is full, no later than Tuesday, Oct. 25<sup>th</sup>. Meet Management reserves the right to limit heats, adjust warm-up and/or start times or make other changes to ensure a quality meet. All changes are subject to approval by CSI Program Operations

12/UNDER		13/OLDER	
WARM-UP	START	WARM-UP	START
7:45 am	8:45 am	12:30 pm	1:45 pm

**Note:** Warm-up times are subject to change based on the size of the meet, clubs will be notified of changes by Oct. 24th.

**SCRATCHES:** Coaches will receive a list of their swimmers and events in which they are entered. All scratches are due 40 minutes before the start of the meet.

**AWARDS:** Ribbons will be presented through sixth place in each event and 1-3 for Relays.

**Safety Chair Person:** Sue VonRabenstein

**DIRECTIONS TO POOL:** \*From I-95 North from New Haven, take exit 41, turn right onto Marsh Hill Road- stay on Marsh Hill until light at Route 1 (TGIFriday Restaurant is on your left) -- turn left onto Route 1 - go to first traffic light across from Home Depot and turn right (Orange Center Road) - follow through one traffic light. High Plains Community Center is on the right, pool in rear.

\*From I-95 South from Fairfield County, take exit 41, turn left at end of ramp and follow directions as above.

\*From Wilbur Cross Parkway coming from both directions -- take Exit 57 (Rt 34 East) - turn right at first traffic light onto Orange Center Road - bear left at stop sign - High Plains Community Center is on the left after you pass by Orange Town Green - pool in rear.

**PARKING:** DO NOT PARK ON THE GRASS. PARK IN MARKED SPACES ONLY. ADDITIONAL PARKING CAN BE FOUND ON THE OTHER SIDE OF THE BUILDING.

**REFRESHMENTS:** Food and beverages will be available throughout the meet.

**SATURDAY'S  
ORDER OF EVENTS**

**GIRLS**

1	10/U 50 FREE
3	11/12 50 FREE
5	10/U 100 BACK
7	11/12 100 BACK
9	10/U 200 FREE
11	11/12 200 FREE
13	10/U 50 BREAST
15	11/12 50 BREAST
17	10/U 100 FLY
19	11/12 100 FLY
21	10/U 100 IM
23	11/12 200 IM
25	10/U 200 FREE RELAY
27	11/12 200 FREE RELAY
29	11/12 200 BREAST

**BOYS**

2
4
6
8
10
12
14
16
18
20
22
24
26
28
30

**GIRLS**

31	13/14 50 FREE
33	15/ O 50 FREE
35	13/14 200 BACK
37	SENIOR 200 BACK
39	13/14 200 FREE
41	15/ O 200 FREE
43	13/14 100 BREAST
45	15/ O 100 BREAST
47	13/14 100 FLY
49	15/ O 100 FLY
51	13/14 400 IM
53	SENIOR 400 IM
55	13/14 200 FREE RELAY
57	15/ O 200 FREE RELAY

**BOYS**

32
34
36
38
40
42
44
46
48
50
52
54
56
58

**SUNDAY'S  
ORDER OF EVENTS**

**GIRLS**

59	11/12 200 BACK	60
61	10/U 100 FREE	62
63	11/12 100 FREE	64
65	10/U 100 BREAST	66
67	11/12 100 BREAST	68
69	10/U 50 BACK	70
71	11/12 50 BACK	72
73	10/U 50 FLY	74
75	11/12 50 FLY	76
77	10/U 200 IM	78
79	11/12 100 IM	80
81	10/U 200 MEDLEY RELAY	82
83	11/12 200 MEDLEY RELAY	84
85	11/12 200 FLY	86
87	10/U 500 FREE	88
89	11/12 500 FREE	90

**BOYS**

**GIRLS**

91	13/14 100 FREE	92
93	15/ O 100 FREE	94
95	13/14 500 FREE	96
97	15/ O 500 FREE	98
99	13/14 100 BACK	100
101	15/ O 100 BACK	102
103	13/14 200 BREAST	104
105	SENIOR 200 BREAST	106
107	13/14 200 FLY	108
109	SENIOR 200 FLY	110
111	13/14 200 IM	112
113	15/ O 200 IM	114
115	13/14 200 MEDLEY RELAY	116
117	15/ O 200 MEDLEY RELAY	118

**BOYS**