

The Winterfest Highpoint Invitational

Short Course Meet

January 6-8

Held under sanction by USA Swimming and Connecticut Swimming, Inc. # SO5-29

Hosted by: **Cougar Aquatic Team**
Freeman Athletic Center, Wesleyan University
Middletown, Connecticut

Meet Manager: Robert Schnitman, 56 Parkside Drive Colchester, CT 06415
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Meet Referee: Gary Harrigan 581 James P. Casey Rd., Bristol, CT 06010
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Entry Chair: Marianne Chamberlain 74 Old Cart Road Haddam, CT 06438
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Safety Chair: LeeAnne German, 249 Wiese-Albert Rd. Higganum, CT 06441
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Meet Schedule: Friday, January 6th, warm-ups for the 10/U & 11/12 girls and boys will begin at 4:00pm with a start time of 4:45pm. Due to events taking place at the Freeman Athletic Center, Saturday's Session with the 13/O women and men, will begin with a 4:00pm warm-up time, and a start time at 5:00pm. Sunday's Session with 13/O women and men will begin with a warm-up time of 7:30am, and a start time of 8:45am.

Pool: One 9-lane, 25-yard course with a Colorado electronic timing system. There is limited spectator seating. Additional lanes will be available for warm-up and cool down. **Handicap/Elderly Access:** Handicapped parking is available behind the athletic center. Use main entrance. Spectator area is accessible from main entrance. Elevator in lobby will take swimmers to the pool deck.

Events: All events will be deck seeded timed finals. We reserve the right to limit the number of heats in events. The Senior 500 Free and the Senior 400 IM will be swum fastest to slowest, alternating female and male. Swimmers must provide their own timers and counters for the 500 Free and 400 IM events.

Eligibility: Only 2006 USA Swimming registered swimmers are eligible. USA Swimming rules will govern the meet. 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 with approval from CSI Program Operations. 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.

Entry Limitations: Swimmers may enter events for which they are qualified but are limited to 4 individual events per session. In the event of over-subscription, clubs will be cut based on date and time received. Both In-State and Out-of-state clubs will be cut, based on date and time received. Entries will be accepted on a first come first served basis. The host team reserves the right to limit number of heats in all events; however, should over-subscription occur, clubs would be cut first per the guidelines noted above. This would prevent competing swimmers from being cut from an event. **Teams will be notified of cuts no later than Monday, December 16, 2005.**

Entry Format: This is an individual high point meet. Please include USA registration numbers and age of all swimmers. Identify unattached swimmers with **red ink**. **No time (NT) entries are discouraged.** Teams are encouraged to submit entries either via e-mail to ma60@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. 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. Non-CSI registered teams must supply the name and phone number of the LSC registration chairperson.

Entry Deadline: Friday December 9, 2005. If using Express mail, remember to sign the waiver so package will be left. **In-State and Out-of State deadline:** 3:00pm Friday December 9, 2005. Entries will be accepted on a first come first served basis. In the event of over-subscription, clubs will be cut based on date and time received.

Entry Fees: Individual events are \$5.00. Please make checks payable to C.A.T. and include with entry form.

Work Assignments: Teams will be required to provide timers and workers based on size of entry. Teams must provide their own timers and counters for 500 FREE and 400 IM events.

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.

Attention Coaches: *Please be sure that your credentials are up to date. Only coaches that are USA certified with current credentials will be allowed to pick up their coach's packet and be on deck. CAT will ask to see your USA registration card before giving you your coach's packet and scratch sheets. All coaches are expected to bring their current USA registration cards when checking in. Your swimmers must be a USA Swimming registered athletes in order to participate in this meet.*

Awards & Scoring: Each event will be scored to 18 places. At the end of all sessions, individual points will be totaled for each age group, and high point trophies will be awarded for places 1-3, rosette ribbons for places 4-9 for each individual age group. (10/U, 11/12, 13/14, 15/18)

Scoring Table:

Individual Events: 22-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

All teams must make arrangement to collect their awards prior to leaving the building. CAT will not be responsible for shipment or storage of awards.

Concessions: Wesleyan University will operate the concessions.

Directions: *From South:* From I-91 or the Merritt Parkway, follow signs to 66 east (initially I 691) and proceed to Middletown. At light (by graveyard) turn right on to Vine. At next light, turn right and pool is on left. *From North:* Take I-91 south to exit 22S (Rt. 9 South) to exit 15 (Washington St.) At the 5th light make a left on to Vine St. At light, turn right, pool is on left.

Information: Remember we are guests of Wesleyan University 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.

Parking: Parking is limited. Please park in the tennis court lots on Vine Street or the lot directly across from the firehouse and athletic center. Any illegally parked vehicles will be towed at the owner's expense.

The 2005 Winterfest Highpoint Invitational
Friday, January 6th 2006
Short Course

Warm-up: 4:00pm

Start 4:45pm

SESSION I
10/U & 11/12

Girls	Event	Boys
1	10/U 200yd Free	2
3	11/12 200yd Free	4
5	10/U 50yd Back	6
7	11/12 100yd Back	8
9	10/U 50yd Free	10
11	11/12 50yd Free	12
13	10/U 100yd Breast	14
15	11/12 50yd Breast	16
17	10/U 50yd Fly	18
19	11/12 100yd Fly	20
21	10/U 100yd IM	22
23	11/12 100yd IM	24

Saturday January 7th 2006
SESSION II
13/O

Warm-up: 4:00pm

Start: 5:00pm

Women	Event	Men
25	13/O 200yd Breast	26
27	13/O 100yd Free	28
29	13/O 200yd IM	30
31	13/O 200yd Back	32
33	13/O 200yd Fly	34
35	13/O 500yd Free	36

Sunday January 8, 2006

Session III

13/O

Warm-up: 7:30am

Start 8:45am

Women	Event	Men
37	13/O 200yd Free	38
39	13/O 100yd Back	40
41	13/O 50yd Free	42
43	13/O 100yd Breast	44
45	13/O 100yd Fly	46
47	13/O 400yd I.M.	48

Sunday January 8, 2006

Session IV

10/U & 11/12

Warm-up: 1:15pm

Start: 2:15

Girls	Event	Boys
49	10/U 200yd IM	50
51	11/12 200yd IM	52
53	10/U 100yd Back	54
55	11/12 50yd Back	56
57	10/U 100yd Free	58
59	11/12 100yd Free	60
61	10/U 50yd Breast	62
63	11/12 100yd Breast	64
65	10/U 100yd Fly	66
67	11/12 50yd Fly	68