



The Tenth Annual Swim For Hunger Short Course Meet

**Distance Meet
Friday, December 16, 2005**

Held under sanction by USA Swimming and Connecticut Swimming, Inc. # **S05-23**

Hosted by: Cougar Aquatic Team

Freeman Athletic Center, Wesleyan University

Middletown, Connecticut

Our goal for this meet is to involve U.S.A. swimmers in the collection of food and hygiene items to help those in need. Donations will be collected as part of the entry fee, and will be donated to the various food banks in Hartford and Middlesex Counties. Last year we were able to raise 2000 pounds of needed items. After the holidays, shelter supplies are low, so please join us to swim, share, have fun, and show how U.S.A. swimmers care!

MEET MANAGER: Robert Schnitman 56 Parkside Drive Colchester, CT 06415
(860) 267-6761 email: lungguy@mac.com

MEET REFEREE: Peter Boucher 190 Porter Street Manchester, CT 06040
(860) 649-7368 e-mail: boucher4jazz@covoda.com

ENTRY CHAIR George Bradner 27 Thornridge Drive Colchester, CT 06415
(860) 537-6104 e-mail: georgebradner@adelphia.net

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

Pool: One 9-lane, 25-yard course with electronic timing. Should the size of the meet warrant it, two courses will be used. 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. Swimmers will alternate male and female. Heats will be run from fastest to slowest alternating female and male.

Eligibility: Only 2005 or 2006 USA Swimming registered swimmers are eligible and must be registered prior to the entry deadline. 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: The host team reserves the right to limit number of heats in all events. Cut-off time for Seniors 1650yd free: 21:00 minutes. Teams will be cut first based on date and time received. Entries will be accepted on a first come first served basis.

Entry Format: Open to all 2005 or 2006 USA Swimming 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 georgebradner@adelphia.net 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: November 30th, 2005. If using Express mail, remember to sign the waiver so package will be left. Entries will be accepted on a first come first served basis.

Entry Fees: Individual events are \$7.00 dollars. **One food or hygiene item is requested per event entered (suggested items attached)**. Please make checks payable to C.A.T. and include with entry form.

Work Assignments: Swimmers must provide their own timers and counters for Senior 1650yd Free event.

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. 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.**

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.

Suggested Food and Hygiene Items

Canned food such as tuna, soups, vegetables, fruit, and meats are preferred. Cereal, rice, pasta, peanut butter, and basic staples are useful as well. There are special needs for hygiene items such as soap, shampoo, diapers, razors, toothpaste, and infant formula. Please, no glass containers. **Any and all nonperishable food and hygiene items are welcome and needed.**

Join us in showing that USA swimmers care !

**Swim For Hunger
Short Course
Friday, December 16th 2005**

**DISTANCE MEET
Session One
Seniors**

Warm-ups: 5:00pm

Start Time: 5:45pm

| Women | Event | Men |
|--------------|---------------------|--------------|
| 1 21:00 | Senior 1650yd Free | 21:00 2 |
| Girls | Event | Boys |
| 3 | 12/U 500 Free Style | 4 |