



# **The Tenth Annual Swim For Hunger Invitational Short Course Meet**

**Invitational Meet  
December 17-18, 2005**

Held under sanction by USA Swimming and Connecticut Swimming, Inc. # **S05-26**

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 e-mail: lungguy@mac.com

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

**ENTRY CHAIR :** Marianne Chamberlain 74 Old Cart Road Haddam, CT 06438  
(860) 345-3411 e-mail: ma60@comcast.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. Sunday's sessions will run with the Senior session in the morning with a slightly later start and session four (12/U) in the afternoon.

**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.

**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:** Swimmers may enter events for which they are qualified but are limited to 4 individual events per session/ or 5 events maximum per day. Swimmer's 5th event must be circled in case of over-subscription. In the event of over-subscription, swimmers 5th event will be cut, secondly, heats may be limited, and lastly clubs will be cut. Clubs will be cut based on date and time received.

**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 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:** November 30th, 2005. If using Express mail, remember to sign the waiver so package will be left. Clubs will cut first based on date and time received. Entries will be accepted on a first come first served basis.

**Entry Fees:** Individual events are \$5.00. **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:** 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. CAT will**

ask to see your USA registration card before giving you your coach's packet and scratch sheets. 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. Your swimmers must be a USA Swimming registered athletes in order to participate in this meet.

**Awards:** Individual event awards will be given for places 1 through 6.

**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 Saturday, December 17<sup>th</sup> 2005 INVITATIONAL Session I SENIORS

**Warm-up 7:00 AM- 7:50**

**Start 8:00AM**

<b>WOMEN</b>		<b>EVENT</b>		<b>MEN</b>
1		Senior 50 yd Free		2
3		Senior 200 yd IM		4
5		Senior 100 yd Back		6
7		Senior 100 yd Free		8
9		Senior 200 yd Breast		10
11		Senior 100 yd Fly		12
13	6:05	Senior 500 yd Free	6:00	14

## Session II

Warm-up 12:30-1:15 PM

Start 1:30 PM

GIRLS	EVENT	BOYS
15	10/U 50 Yd Back	16
17	12/U 200 yd Back	18
19	10/U 100 yd IM	20
21	11/12 100 yd IM	22
23	10/U 50 yd Breast	24
25	11/12 50 yd Back	26
27	10/U 200 yd Free	28
29	11/12 50 yd Breast	30
31	10/U 50 yd Fly	32
33	11/12 100 yd Fly	34
35	10/U 50 yd Free	36
37	11/12 100 yd Free	38
39	12/U 200 yd Breast	40

**Sunday, December 18, 2005**

## Session III Seniors

Warm-up 8:00- 9:00 AM

Start 9:15 AM

WOMEN	EVENT	MEN
41	Senior 200 yd Free	42
43	Senior 200 yd Back	44
45	Senior 100 yd Breast	46
47	Senior 200 yd Fly	48
49 5:05	Senior 400 yd IM	4:55 50

## Session IV

Warm-up 1:30 – 2:30 PM Start 2:45 PM

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
51	11/12 50 yd Free	52
53	10/U 100 yd Fly	54
55	11/12 50 yd Fly	56
57	10/U 100 yd Breast	58
59	11/12 100 yd Breast	60
61	12/U 200 yd Fly	62
63	10/U 100 yd Back	64
65	11/12 100 yd Back	66
67	10/U 200 yd IM	68
69	11/12 200 yd Free	70
71	10/U 100 yd Free	72
73	11/12 200 yd IM	74