

**USA SWIMMING MEET
8 & UNDER “QUADRATHON”
Sunday, January 15, 2006
Held at the Hopkins School, New Haven, CT.
Held under sanction of USA
Swimming and Connecticut Swimming**

Sponsored By: Hopkins Mariner Swim Team

Sanction #: S05-38

Location: Hopkins School 986 Forest Road New Haven, CT 06515

Facility: 6 lane – 25 yard pool; starting blocks at the deep end of the pool. Manual Timing.

Date: Sunday, January 15, 2006

Warm-up Times: This meet will be run in one session provided that it does not time out to go beyond three hours.

9:00 am – 9:20 am	Girls warm-up
9:20 am – 9:40 am	Boys warm-up
9:40 – 9:50 am	Sprints
10:00 am	Starting time of first event

Emergency Phone: (203) 397-1001 ext. 524

Officials' Contact: Karen Barber (203) 795-0107

Safety Chairman: Lisa Earley (203) 389-1474

Meet Manager: Chuck Elrick (203) 397-1001 ext. 524 (daytime)

Entry Chair: Chuck Elrick

Hopkins School
986 Forest Road
New Haven, CT 06515
(203)397-1001 ext. 524

Entry Deadline: Entries must be received no later than Wednesday, January 4, 2006.

Entry Format: Open to all 2006 Connecticut USA Swimming registered swimmers. Please include the 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. You are encouraged to send all entries on a computer disk using Hy-Tek, LSA or other SDIF programs but a computer printout must accompany the entry. Include on the entry the name, address, and telephone number of the head coach and a club official responsible for the team's entry. All entries must be accompanied with payment.

Entry Limitations and Cut Protocol: Swimmers wishing to be considered in the “Quadrathon” scoring must enter all individual events. The meet will be run in one session unless entries total more than three hours in which case the meet will be divided by gender. Teams will be notified of any changes by Monday, January 9, 2006.

Please Note: USA Swimming rules will govern this 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 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.

Cell Phones in Locker Rooms: The use of camera cell phones in the locker rooms will not be permitted. If you are found using this type of phone in the locker room it will be taken away for the duration of the meet.

Handicapped/Elderly Accessibility: The spectator area is accessible for both the handicapped and the elderly. Park in the lot adjacent to the pool and enter through the hallway outside the pool office. An elevator key will be necessary and can be picked up in the pool office.

Entry Fee: \$4.00 per individual event; \$6.00 per relay

Please make checks payable to Hopkins.

Awards: Trophies will be awarded to the top 6 male and female swimmers in each age group (6, 7 & 8 year olds) based on their cumulative score of all four events. In order to be considered for an award, the swimmer MUST be entered in all four events. Heat winner awards will also be given out to the winner of each heat.

Directions:*From Rte. 15 (Wilbur Cross Parkway, Exit 59, South, from Hartford):* At the end of the exit ramp, turn right. Rte. 63 (Amity Road) and Rte. 69 (Litchfield Turnpike) merge to form Whalley Ave. Approximately $\frac{3}{4}$ of a mile from that intersection, turn right onto Rte. 122 (Dayton Street). After traveling one block, follow Rte. 122 through the traffic signal onto Forest Road. The Hopkins School driveway is on the right immediately after the next traffic signal.

From Rte. 34 or 15 (Wilbur Cross Parkway, Exit 57 North, from NYC): From Rte. 15, take Rte. 34 (Derby Turnpike) east for 2-1/2 miles, turn left onto Rte. 122 (Forest Road). Hopkins is on the left after approximately $\frac{1}{2}$ mile.

From I-91 or I-95 North (New London – Hartford): Exit onto the Oak Street Connector-Downtown Rte. 34 (which is Exit #1 on I-91 and Exit #47 on I-95). Proceed to the end of the connector and then exit straight ahead onto the parallel Frontage Road (Rte. 34). Continue on this road about a mile until you reach the Boulevard. Take a right and get into the far left lane. At the light take a left – all the while remaining on Rte. 34. Continue until you come to Rte. 122 (Forest Road). Take a right and Hopkins will be on the left after traveling about $\frac{1}{2}$ mile.

From Rte. 95 (North from NYC): Use Exit #43 (Rte. 122, Campbell Ave. West Haven). Turn left at the end of the ramp. Follow Rte. 122 for 2 miles across both Rte. 1 (Boston Post Road) and Rte. 34 (Derby Turnpike), at which point it becomes Forest Road. Hopkins is on the left about $\frac{1}{2}$ mile ahead.

ORDER OF EVENTS

<i>Girls</i>		<i>Boys</i>
1	100 yard Freestyle Relay	2
3	8 year old 25 yard Butterfly	4
5	7 year old 25 yard Butterfly	6
7	6 & under 25 yard Butterfly	8
9	8 year old 25 yard Backstroke	10
11	7 year old 25 yard Backstroke	12
13	6 & under 25 yard Backstroke	14
15	8 year old 25 yard Freestyle	16
17	7 year old 25 yard Freestyle	18
19	6 & under 25 yard Freestyle	20
21	8 year old 25 yard Breaststroke	22

23	<i>7 year old 25 yard Breaststroke</i>	24
25	<i>6 & under 25 yard Breaststroke</i>	26
27	<i>8 & under 100 yard Medley Relay</i>	28