

**USA SWIMMING MEET  
DISTANCE MEET  
Sunday January 22, 2006  
Hopkins School, New Haven, CT.  
Held under Sanction of USA Swimming and CT.  
Swimming Inc. # S05-64ns**

**Sponsored By:** Hopkins Mariner Swim Team

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

**Facility:** 6 lane – 25 yard pool; Electronic Timing

**Date:** Sunday, January 22, 2006

**Emergency Phone #** (203)397-1001 ext. 524

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

Karen\_jubanyik@yahoo.com

**Safety Chairman:** Lisa Earley (203)389-1474

**Meet Manager:** Chuck Elrick

**Entry Chair:** Chuck Elrick

Hopkins School  
986 Forest Road  
New Haven, CT. 06515  
(203)397-1001 ext. 524  
[celrick@hopkins.edu](mailto:celrick@hopkins.edu)

**Warm-up:** 9:00 a.m.    **Start:** 10:00 a.m. Teams will be assigned specific lanes upon arrival.

**Entry Deadline:** Entries must be received no later than Wednesday, January 18, 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. You are encouraged to send all entries on a disk using Hytek or LSA Swim Team programs, or other SDIF program, but a computer printout must accompany the entry. NT entries are discouraged. 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.

**Eligibility:** Only 2006 USA Swimming registered swimmers are eligible and must be registered prior to the date of the meet. This meet is closed to any swimmers not registered with CT Swimmer Inc.

**Timers:** Electronic timing will be used but all swimmers must supply their own timer as a back-up as well as a lap counter.

**Events:** All events will be deck seeded timed finals. The 500 free will be swum fastest to slowest with the girls event finishing prior to the boys event starting, while the 1000 free will be swum fastest to slowest alternating a girls heat and then a boys heat. **We reserve the right to limit entries in order to keep the meet manageable.**

### **Entry Limitations and cut protocol:**

**Please Note:** USA Swimming rules will govern this meet. The meet referee reserves the right to make any adjustments, with approval of Program Operations, to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. 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.

**Cut Protocol:** Coaches will receive a scratch sheet upon arrival which must be returned to the pool office no later than 9:25am. Deck entries will be allowed until the meet is deemed full.

**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 500 yd free event. \$5.00 per 1000 yd free event. Please make checks out to **Hopkins**.

**Awards:** None

**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 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 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 1/2 mile ahead.

## **ORDER OF EVENTS**

*Girls*

1

3

Senior 500 FREE

Senior 1000 FREE

*Boys*

2

4