

CONNECTICUT SWIMMING, INC.

**CHARTER OAK AQUATIC CLUB
Pentathlon Invitational Meet
January 21 - 22, 2006**

Held under the sanction of Connecticut Swimming, Inc. and USA Swimming, Inc.
Sanction No. S05-41

LOCATION: Suffield Academy, Suffield, CT

Emergency phone (860) 668-7315 X-174

Facility: 6 lanes, 25 yard pool with starting blocks at deep and 6-lane electronic timing.

TIME:	Saturday	10 & under	AM Session	7:30 warm-up; 8:30 start
	Sunday	11/12	AM Session	7:30 warm-up; 8:30 start
	Sunday	13/14 & 15/Over	PM Session	1:00 warm-up; 2:00 start

MEET MANAGER: Taryn Perry (860) 293-2492

Jim Jones (860) 651-6267

E-Mail: meet@ctoak.org.

MEET REFEREE: Richard Dufour (860) 267-7014

SAFETY CHAIR: Sue Senerth (860) 675-5794

Eligibility: USA Swimming Rules will govern this meet. Coaches will be required to show their up to date USA Swimming registration card before picking up their team 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.

Entry Dates: Entries are accepted on a first come, first served basis. The meet manager reserves the right to adjust the meet program based on the number of entries received. Entries must be received by 6:00 pm, January 7, 2006. Connecticut Swimming teams whose entries are received by December 31, 2005 will be entered in the meet first. After that date, CT Swimming and out-of-state teams will be accepted based on dates/time the entries (including check) are received until the meet is full. Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team. If entries are sent via overnight mail, please waive the "signature required". Teams will be notified by Saturday, January 14, 2006 in the case of changes.

Entry Limitations: In order to be included in the Pentathlon scoring, a swimmer must compete in the 5 events for their age group. A swimmer may enter and swim fewer events for time, but will not be included in the scoring for awards. The freestyle event is defined as a stroke other than butterfly, breast or back.

There are no cut off times for this meet. 'No times' are discouraged. Please attempt to enter every swimmer with a time for their events. 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. All changes are subject to approval by CSI Program Operations.

Connecticut Swimming warm-up procedures will be used. The Meet manager reserves the right to assign general warm-up by team rather than age or sex, if the size of the entry and considerations of safety so require.

Entry Format: Open to all 2006 USA swimming registered swimmers. Please make sure to include their up-to-date registration numbers and age of all swimmers with the entry. Age group will be determined by age as of, January 21, 2006. Times must be submitted in **SHORT COURSE YARD TIMES**

Teams are encouraged to submit entries either via e-mail to meet@ctoak.org, if attached in a zip file or a computer disk using HYTEK swim team program or any other program in SDIF. 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.

Unattached swimmers must be clearly indicated in red alongside the swimmer's name. Information contained on the original computer generated paper copy will be considered the official document of entry and supersedes any information contained on electronic disk or file with respect to resolution of errors/discrepancies. Meet results will be provided on disk to any team submitting its entries on disk. Teams with 10 or more swimmers will be assessed \$1 per swimmer if the entry is submitted on paper, without a disk. Entry chairpersons are encouraged to provide an e-mail address along with their phone number.

ENTRY FEES: Meet entry fee: \$3.50 per swimmer
Make checks payable to: OAK
Mail check with entry forms to: Taryn Perry
35 Gilman St.
Hartford, CT 06114
(860) 293-2492

AWARDS: Trophies to the top 12 cumulative scorers in each age group – Total of 96 individual trophies. All heat winners will receive an award.

WORK ASSIGNMENTS: Teams will be required to supply timers in proportion to the size of their entry. Please note that timers are required for the whole session. Qualified officials interested in working at the meet are encouraged to contact the Meet Referee or indicate their interest by attachments to the meet entry form.

Handicapped/Elderly Accessibility: Handicapped parking is available in the main pool parking lot. An area has been set aside on the pool deck for limited handicapped seating. Access to this area can be obtained through the women's locker room. In order that we may better prepare to assist individuals with special needs, we ask that you contact the Meet Manager, Taryn Perry at (860) 293-2492 prior to the meet.

SCRATCHES: Coaches will receive scratch sheets at the beginning of the sessions. Scratch sheets must be returned within 20 minutes after the start of warm-ups.

DIRECTIONS:

From south of Suffield: Take I-91 to Exit 38. Turn right onto RT 75(North) and continue through Windsor Locks, into Suffield (approx. 8 miles). In the center of Suffield you will pass through two lights that are twenty yards apart. Suffield Academy is immediately on the left after the second light, at then end of the town green. The pool is at the bottom of the hill, on your left.

Concessions will be available.

Saturday Morning Session

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	10/U 50 yd Butterfly	2
3	10/U 50 yd Backstroke	4
5	10/U 50 yd Breaststroke	6
7	10/U 50 yd Freestyle	8
9	10/U 100 yd IM	10

Sunday Morning Session

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
11	11/12 50 yd Butterfly	12
13	11/12 50 yd Backstroke	14
15	11/12 50 yd Breaststroke	16
17	11/12 50 yd Freestyle	18
19	11/12 100 yd IM	20

Sunday Afternoon Session

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
21	13/14 100 yd Butterfly	22
23	15/Over 100yd Butterfly	24
25	13/14 100 yd Backstroke	26
27	15/Over 100 yd Backstroke	28
29	13/14 100 yd Breaststroke	30
31	15/Over 100 yd Breasstroke	32
33	13/14 100 yd Freestyle	34
35	15/Over 100 yd Freestyle	36
37	13/14 200 yd IM	38
39	15/Over 200 yd IM	40