

SMST DISTANCE INVITATIONAL

December 9, 2005

Hosted by the Shelton Monroe Swim Team
Sanctioned by Connecticut Swimming Inc. # S05-19

Meet Manager

Donna Stewart
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Entry Chairman

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Official's Contact

Glenn Wells
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Safety Chairman: Barb Callahan

Pool Emergency Number: 203.925.8422

Pool: The Pool at the Shelton Community Center is an 8-lane by 25-yard facility with non-turbulent lane lines and electronic timing. Adequate seating and parking is available. Spectator seating capacity is 210. Parking space is limited, please carpool if possible. Please do not park in the designated Fire Lanes. Note: No Street shoes will be allowed on deck.

Handicapped/Elderly Accessibility: Handicap accessibility is available for participants and spectators. Handicap accessibility is through the women or men's locker rooms. Once out on the swim deck area, a participant will be able to join his/her team. Handicap spectators will be able to view the meet from in front of the spectator stands area.

Events: All events will be swam as timed finals and will be deck seeded according to the swimmers' best short course **yard** times. The 1000 Yard Freestyle event will be swam from fastest to slowest, alternating heats between girls and boys. USA Swimming Rules will govern the meet.

Eligibility: Only 2005 or 2006 USA registered swimmers are eligible and must be registered prior to the entry deadline. The swimmer's age as of December 9, 2005 will determine his/her age for the meet. There are no cut-off times. Swimmers may compete in all events.

Entry Limitations: 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 Forms: Teams are encouraged to submit their entries on a Windows PC diskette using LSA Swim Team program or any program that produces the USS standard Data Interchange Format SDIF. Meet entries may be submitted on the official entry form or a computer-generated facsimile. Entries on disks in the USS Standard Data Interchange Format (SDIF) will also be accepted. All entries on disk must be accompanied by the original paper copy of the entry. You may also submit your entry by Email in SDI format. Please ZIP your entry and include the telephone number and attach it to an Email note to james.szabo@snet.net. Mail your entry to the Entry Chairman at the above address. Please send your original entry, not a photocopy. The **telephone number** (and if available, a **fax number** and/or **E-mail address**) of a club representative that can be reached in the evening must be included on the form as well as a club mailing address. If any of your swimmers are swimming the meet Unattached, please mark **UNAT** clearly in **RED** along side of swimmer's name on the entry sheet. In case of dispute, the official entry form will be considered the master form and only official document of entry.

Entry Fees: Individual events are \$5.00 each. Make checks payable to the Shelton Recreation Swim Team and mail the check with entry forms to the entry chairman above. If you send your entry by express mail, please sign the waiver so that the package will be delivered even if no one is there to sign for it. **E-mailed entries are not considered official until we receive your check. There will be a \$1.00 charge for each swimmer; for five or more hand entered entries.**

Entry Deadline: The final deadline for the meet is **Friday, November 25, 2005**. Formal team entry is determined by the date of receipt of the entry hard copy and entry fee by the host team. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than **Friday, December 2, 2005**. The meet management reserves the right to limit heats, adjust warm-up and/or start times subject to the approval of CT Swimming program operations.

Timers and Officials: Swimmers must provide their own timers. Swimmer must supply their own lap counters for the 1000Y Freestyle event. Officials will also be needed. If you have any officials who will be able to assist, please submit their names with the entry.

Scratches: Coaches will receive a scratch sheet for the meet in their information packet, listing all of their swimmers and events for that session. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table within **fifteen minutes (15) after** the beginning of warm-ups.

Awards: None

Food: Food and beverages will be available during the meet; however, food and beverages are not allowed in any area of the building other than the food concession area.

Information: Please direct all questions regarding entries to the Meet Chairman and all other questions to the Meet Manager. Since we are the guests of the Shelton Community Center, all swimmers, coaches and guests are expected to treat the facility with respect. It is the responsibility of each team to provide supervision for the swimmers when they are not swimming.

Meet Schedule

December 9, 2005
Shelton Community Center, Shelton, CT

All Swimmers Warm-up: 5:00 PM Start: 5:30 PM
(Please note that there will be a thirty (30) minute warm-up prior to the start of the 1000Y Free)

- ***Warm-up and start times for the Sessions are subject to change depending on the size of the meet. Teams will be notified of any changes by Friday, December 2, 2005, or as soon as possible thereafter.***

Information Updates, Meet Announcement and Meet Results: Available on the Shelton Monroe Swim Team home page at: <http://www.smstrapids.org>.

Directions: Shelton Community Center

Merritt Parkway from New Haven: Take Exit 52. Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a left. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in rear

Merritt Parkway from New York: Take Exit 51 at the end of ramp turn left (Nichols Avenue - RT108N). Go 4.3 miles to Huntington Center. Take right onto Church Street. Entrance for the Shelton Community Center is an immediate right. Parking for pool is in rear.

Route 8 (Northbound): Take Exit 11 (Huntington Road). At the end of the exit (stop light) take a left. Continue straight through the next light. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in rear.

Route 8 (Southbound): Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a right. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in rear.

<u>Order of Events</u>			
<u>GIRLS</u>	<u>EVENT</u>		<u>BOYS</u>
1	Senior	400Y IM	2
3	Senior	1000Y Freestyle	4