

Norwalk ZEUS Swim Team

Presents

The 4th Annual Pat Spinola Invitational

Held under sanction by USA Swimming and Connecticut Swimming,

Sanction # SO5 - 32

at Norwalk High School

January 7 and 8, 2006

Meet Coordinator/Entry Chair

Eric Baritz

Norwalk Aquatic Club – Zeus

501 Westport Ave, #272

Norwalk, CT 06851

Byte1inc@optonline.net

Meet Referee: Karen Jubaynik e-mail: karen_jubanyik@yahoo.com

Safety Coordinator: Joe Dudek

Pool Facility:

6 lane 25 yard pool

Manual Timing

Pool is Handicap Accessible. If you need help, contact any member of the meet committee.

Limited seating and parking is available.

Concession area is also available.

Eligibility:

All swimmers must be 2006 registered members of USA Swimming.

Age is determined by the swimmer's age as of January 7, 2006.

All coaches must present a valid USA Swimming coach card to the meet director prior to the commencement of any sanctioned swim meet, and have this card with them on deck.

Events:

All events will be timed finals.

USA Swimming rules will govern the meet.

Meet management reserves the right to limit heats, adjust warm-up and/or start times or make other changes to ensure a quality meet. All changes are subject to approval by CSI Program Operations.

Entries are to be submitted in best yard times.

Swimmers can enter and compete in five events per session.

Entry MUST include USA number

All the 500 yd. Freestyle events will be swum fastest to slowest, except for the 10 and under age group.

All 400 yd. I.M.'s will be swum fastest to slowest, regardless of age groups.

The 1650 yd. Freestyle will be swum fastest to slowest alternating Women and Men. Each swimmer needs to provide their own timer and counter for the 1650 yd Freestyle.

Entry Fee:

All Individual events \$4.00 each.

All Relays are \$8.00

All 1650 Freestyle events are \$5.00

Make all checks payable to **NAC**

Mail the check with entry form to the entry chair 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.

There will be a \$1.00 surcharge for each swimmer; for five or more hand entered entries.

Entry Deadline:

Entries from Connecticut are due Friday, December 23, 2005. Entries from all out of state teams are due Friday, December 30, 2005

Formal entry is determined by the date of receipt of the hard copy of the entry and the entry fee.

Cut Procedure:

Meet management would like to keep the 10 and under session on Sunday to less than 4 hours.

If the meet is oversubscribed the order will be as follows:

- scratch relays
- swimmers will need to reduce their number of events, from 5 to 4, and then 4 to 3.
- follow the order of the entries being received
- reduce the heats of the 500 yard freestyle and 400 I.M. events.
- The host team has the right to allow its own swimmers to swim in all the events they deem necessary.

Some events may be combined at the meet committees discretion.

Teams will be notified immediately after the December 30, 2005 deadline.

Times of the meet:

Meet management reserves the right to limit heats and adjust warm up and/or start times, upon the approval of CT Swimming Program Operations.

Entry Form:

Open to all 2006 USA Swimming registered swimmers.

Entry **MUST** include USA registration number and age of all swimmers.

Please identify all unattached swimmers with red ink.

Entries must be on IBM disc using Hy-Tek, LSA, or other SDIF format, but must be accompanied by a computer printout. Include on the entry form, the team name, address, and telephone of the head coach and/or club official responsible for the team's entry.

Entries may be sent via email to byte1inc@optonline.net .

Awards:

Ribbons will be given to first through eighth places.

PAT SPINOLA INVITATIONAL

Hosted by the Norwalk ZEUS Swim Team

JANUARY 7 AND 8, 2006

Session 1 SATURDAY MORNING

7:30 a.m. Warm-up

8:30 a.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
1	Senior	400 yd. IM	2
3	11/12	100 yd. I.M.	4
5	Senior	50 yd. Freestyle	6
7	11/12	50 yd. Freestyle	8
9	Senior	200 yd. Butterfly	10
11	11/12	50 yd. Butterfly	12
13	Senior	200 yd. Backstroke	14
15	11/12	50 yd. Backstroke	16
17	Senior	200 yd. Breaststroke	18
19	11/12	50 yd Breaststroke	20
21	Senior	500 yd. Freestyle	22
23	11/12	200 yd. Freestyle Relay	24
25	Senior	200 yd. Freestyle Relay	26

Session 2 SATURDAY AFTERNOON

1:00 p.m. Warm Up

2:00 p.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
27	10 & Under	500 yd. Freestyle	28
29	8 & Under	25 yd. Butterfly	30
31	8 & Under	25 yd. Backstroke	32
33	10 & Under	50 yd. Butterfly	34
35	10 & Under	50 yd. Backstroke	36
37	8 & Under	25 yd. Breaststroke	38
39	8 & Under	25 yd. Freestyle	40
41	10 & Under	50 yd. Breaststroke	42
43	10 & Under	50 yd. Freestyle	44
45	8 & Under	100 yd. I.M.	46
47	10 & Under	200 yd. I.M.	48
49	8 & Under	200 yd. Freestyle Relay	50
51	10 & Under	200 yd. Freestyle Relay	52

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Session 3 SUNDAY MORNING

7:30 a.m. Warm-up

8:30 a.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
53	Senior	200 yd. I.M.	54
55	Senior	100 yd. Freestyle	56
57	Senior	100 yd. Butterfly	58
59	Senior	100 yd. Backstroke	60
61	Senior	100 yd. Breaststroke	62
63	Senior	200 yd. Freestyle	64
65	Senior	200 yd. Medley Relay	66

Session 4 SUNDAY AFTERNOON

12:00 noon Warm-up

12:45 p.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
67	10 & Under	100 yd. I.M.	68
69	10 & Under	100 yd. Freestyle	70
71	10 & Under	100 yd. Butterfly	72
73	10 & Under	100 yd. Backstroke	74
75	10 & Under	100 yd. Breaststroke	76
77	10 & Under	200 yd. Freestyle	78
79	10 & Under	200 yd. Freestyle Relay	80

Session 5 SUNDAY EARLY EVENING

4:00 p.m. Warm up

5:00 p.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
81	Senior	1650 yd. Freestyle	82

Directions:

Take I – 95 to Exit 16, East Avenue. Go West on East Avenue for 2 lights. Make a right on Sunset Hill Avenue. Go all the way to end (Sunset Hill becomes Tierney Street). At stop sign (Strawberry Hill Avenue) make a left. Take Strawberry to County Street. Make right on County Street. Driveway to High School is on your right. Go all the way to top of driveway and look for a spot. Entrance to pool is first door on the right, **PAT SPINOLA NATATORIUM.**

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January 7 and 8, 2006

CLUB _____ CLUB CODE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COACHES _____ OFFICIALS _____

CLUB CONTACT _____

PHONE _____ FAX _____

E-MAIL _____

EVENT SUMMARY

Total of Individual Events (GIRLS) _____ X \$4.00 = _____

Total of Individual Events (BOYS) _____ X \$4.00 = _____

Total of Relays _____ X \$8.00 = _____

TOTAL SWIMMERS (NON DISK SURCHARGE) _____ X \$ 1.00 = _____

TOTAL _____

PLEASE MAKE CHECKS PAYABLE TO **NAC**

MAIL TO with master entry sheets:

Norwalk Aquatic Club

c/o OMAR CRUZ

501 WESTPORT AVENUE, #272

NORWALK, CT. 06851

******ENTRIES MUST BE RECEIVED BY 12/23/05 with
all checks.******

