

# **CAC FALL DISTANCE MEET OCTOBER 29, 2006**

**Sponsor: CONNECTICUT AQUATIC CLUB (CAC)**  
**Held under the sanction of USA Swimming and Connecticut Swimming, Inc.**  
**Sanction # S06-08**

**MEET CLASSIFICATION:** Distance meet

**LOCATION:** Cornerstone Aquatic Center, West Hartford, CT. The pool is 8-lane, 25 yard pool with starting blocks at the deep end, with ample seating for spectators. The facility is fully handicapped accessible (please contact the meet manager for more information in this regard). Colorado timing system will be used.

**EMERGENCY NUMBER: 860-521-3242**

**TIME:** 7:30am warm-up 8:30 am start

## **GENERAL INFORMATION:**

- 2006 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.
- 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 consideration of safety so require.
- The Meet Manager also reserves the right to combine sessions, cancel relays, limit the amount of heats in the 400 & 500 distance events, cut the 5<sup>th</sup> individual event, and/or adjust start times, subject to the approval of CSI Program Operations.
- Video and photo phones may not be used during this event.
- 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.

**MEET MANAGER:** Christopher Hug 860-651-0619  
E-Mail: christopher\_j\_hug@sbcglobal.net

**MEET REFEREE:** Mary Mackinnon, 860-673-5817, memackinnon@comcast.net

**SAFTEY CHAIR:** Cindy Martin

**HANDICAPPED/ELDERLY ACCESSIBILITY:** Handicapped accessible, no step to pool deck, Spectator seating is also handicapped accessible. Any questions should be directed to the meet manager.

**ENTRIES:**

- The meet is open to all CSI teams as well as to any out-of-state teams.
- Entries must be received by October 19, 2006.
- Connecticut Swimming teams whose entries are received by October 12, 2006 will be entered in the meet first. After that date, CT Swimming and out-of-state teams will be accepted based on date/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 the entries are sent via overnight mail, **please waive the “signature required.”**
- Swimmers must be registered members of USA Swimming, please make sure to include their up-to-date registration numbers with the entry. USA Swimming rules will be followed.
- Age group will be determined by age as of October 29, 2006.
- Swimmers are limited to five (5) individual events.
- *Entries are to be submitted in short course yard times.*
- **Cut Protocol:** 1<sup>st</sup> – The Meet Manager reserves the right to limit the number of heats to be able to finish the meet by 12:30 pm. Teams will be notified of changes by October 23, 2006.
- All teams are encouraged to send their entry on disk using the LSA Swim Meet /Swim Team program or Hytek (or other program) in USA Standard Data Interchange Format (USS.SD3 file). **A disk must accompany all computer-generated entries.** If you choose to send your entry by email you must still mail a paper copy with your check for your entry to be considered valid, or an email equivalent Adobe Acrobat pdf file for exact printout.
- **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 the entry and supersedes any information contained on electronic disk or file with respect to resolution of errors/discrepancies
- *Teams with 10 or more swimmers will be assessed \$1 per swimmer if the entry is submitted on paper, without a disk.*

- Entry Chair persons are encouraged to put an E-Mail address with the entry as well as a phone number.

**ENTRY FEES:** Splash Fee: \$6.50 per individual event. Make checks payable to: CAC. Mail check with entry forms to:

Chris Hug  
 5 Caryn Lane  
 Weatogue, CT 06089  
 860-651-0619 Christopher\_j\_hug@sbcglobal.net

**TIMERS AND COUNTERS:** Swimmers will be required to provide their own timer and counters.

**OFFICIALS:** 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.

**SCRATCHES:** Coaches will receive scratch sheets in the information packets. **Scratch sheets must be returned within 20 minutes after the start of warm-ups** or as indicated in the coaches packet.

**AWARDS:** None.

**CONCESSIONS/HOSPITALITY:** Drinks and light snacks will be offered for sale to athletes and spectators. Coaches will be provided drinks and snacks gratis.

**DIRECTIONS:** From Route 84: Take exit 43, the Park Road exit. At the end of the exit ramp, take a left on Park Road. When Park Road crosses Main Street (about 1/4 mile), its name changes to Sedgewick. Follow Sedgewick about 1.1 miles until it curves sharply to the right. Take a left on Buena Vista. Cornerstone is 0.1 miles on the left. Phone Number 860-521-3242

**EVENT LIST**

<b><u>Women</u></b>	<b><u>Event</u></b>	<b><u>Men</u></b>
1	11-12 200 Back	2
3	11-12-200 Breast	4
5	11-12 200 Fly	6
7	13&O 500 Free	8
9	12&U 500 Free	10
11	13&O 400IM	12