

***Invitational***  
***November 11 & 12, 2006***

Sponsored by Hamden North Haven Swimming  
Held under sanction of USA Swimming and Connecticut Swimming, Inc.  
Sanction Number S06-18

**Location:** North Haven Town Pool, Elm Street, North Haven, CT. 06473

**Facility:** 8 lane 25 yard pool with starting blocks at the deep end of the pool.  
Colorado Timing System  
Fully Handicapped accessible; Ample Parking  
Food Concession

**Warm-up times:** This meet will be run in three sessions provided that it does not time out to beyond four (4) hours.

	<b>Saturday</b>	
Session 1	Seniors	
	7:30 Warm up	
	8:30 Start	
Session 2	10& Under and 11/12	
	12:30 Warm up	
	1:15 Start	
	<b>Sunday</b>	
Session 3	10&Under, 11/12 and Seniors	
	12 & Under warm up	12:00p.m. to 12:30 p.m.
	Senior warm up	12:30p.m. to 1:10p.m.
	Sprints/Pace	1:10p.m. to 1:25p.m.
	Meet Start	1:30p.m.

**Emergency Phone:** Pool 203.239.5321  
Rob Dietter Cell 203.214.9904

**Referee and Official's contact:** Paul Gontarski (203.281.1187) email: cpckt@aol.com

**Safety Chairman:** Elaine Pucci (203.248.8270)

**Meet Manager:** Ann Maher 203.287.8089  
Tricia Jefferies 203.287.1572

**Entry Chair:** Rob Dietter  
151 Mill Road  
North Haven, CT 06473  
Cell 203-214-9904

**Email entries to:** [PONDSCT@aol.com](mailto:PONDSCT@aol.com)

**Entry Deadline:** For Connecticut Teams Only: **Friday, October 27, 2006**

**Entry Format:** Open to all 2006 or 2007 USA Swimming registered swimmers. Please include the USA registration number and age of each swimmer. Clearly identify any unattached swimmers. No time (NT) entries are discouraged. Relay only swimmers must be included on the entry form. All entries must be on official CSI entry form. Entries may also be on a disk using Hytek, LSA Swim Team program or other program in SDIF format but must be accompanied by a computer printout. Please send the original entry sheets. No photocopies please. 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.

**Entry Limitations and Cut Protocol:** An individual may enter four (4) individual events per day, excluding relays. The 4<sup>th</sup> event must be circled in red or otherwise identified in the event the meet is oversubscribed. If oversubscribed relays will be cut first before swimmers are limited to three (3) individual events. Teams will be notified of any changes by **Friday, November 3, 2006**.

**Please Note:** 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 with prior approval from Program Operations. 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 Fee:** \$3.50 per individual event; \$7.00 per relay

**Please make checks payable to Hamden North Haven Swimming**

**Awards:** Ribbons will be awarded to all 12 and Under age groups for 1<sup>st</sup> through 6<sup>th</sup> place in each individual event. Relays will be awarded ribbons for 1<sup>st</sup> through 3<sup>rd</sup> place.

### **Directions:**

*From I-91 (North):* Take exit 12. At the end of the ramp turn left at the light on to Washington Avenue (Route 5). Follow Washington Avenue through several stoplights to the intersection of Broadway. (you'll see the North Haven Town Green ahead on the left, shopping center on your right). Take a right on Broadway and at your first light take a left on Elm Street. The Recreation Center is after the library on the left. The entrance to the parking lot is after the pool.

*From I-91 (South):* Take exit 11 at the top of the ramp take a right. Stay in the right hand lane and take a right at the light on to Washington Avenue (Route 5). Follow this to the next light which is the intersection of Broadway (you'll see the North Haven Town Green ahead on the left, shopping center on your right). Take a right on Broadway and at your first light take a left on Elm Street. The Recreation Center is after the library on the left. The entrance to the parking lot is after the pool.

*From Rte. 15 Southbound (Wilbur Cross Parkway):* Take exit 63. At the end of the ramp, go left on to Hartford Turnpike. At the first light go left on Route 22. At the second light, go right on State Street. Proceed to the stop sign and take a left on to Broadway. At the first light take a right on Elm Street. The Recreation Center is after the library on the left. The entrance to the parking lot is after the pool.

*From Rte. 15 Northbound (Wilbur Cross Parkway):* Take exit 63. At the end of the ramp go right on to Route 22. At the first light, go right on to State Street. Proceed to the stop sign and take a left on to Broadway. At the first light take a right on to Elm Street. The Recreation Center is after the library on the left. The entrance to the parking lot is after the pool.

## Order of Events – Saturday Morning Session 1

<b>Women</b>		<b>Men</b>
1	Senior 200 Back	2
3	Senior 200 Breast	4
5	Senior 200 Free	6
7	Senior 200 Fly	8
	<b>15 Minute Warm up</b>	
9	Senior 400 I.M.	10

## Saturday Afternoon Session 2

<b>Girls</b>		<b>Boys</b>
11	10&U 100 Backstroke	12
13	11/12 100 Backstroke	14
15	10&U 100 Breaststroke	16
17	11/12 100 Breaststroke	18
19	10&U 100 Freestyle	20
21	11/12 100 Freestyle	22
23	10&U 100 Butterfly	24
25	11/12 100 Butterfly	26
27	10&U 100 I.M.	28
29	11/12 200 I.M.	30
31	10&U 200 Medley Relay	32
33	11&12 200 Medley Relay	34

## Sunday Morning Session

<b>Girls/Women</b>		<b>Boys/Men</b>
35	10&U 50 Butterfly	36
37	11/12 50 Butterfly	38
39	Senior 100 Butterfly	40
41	10&U 50 Freestyle	42
43	11/12 50 Freestyle	44
45	Senior 100 Freestyle	46
47	10&U 50 Breaststroke	48
49	11/12 50 Breaststroke	50
51	Senior 100 Breaststroke	52
53	9/10 50 Backstroke	54
55	11/12 50 Backstroke	56
57	Senior 100 Backstroke	58
59	10 & Under 200 Free Relay	60
61	11&12 200 Free Relay	62

## 15 Minute Warm Up

63	11 and Over 500 Freestyle*	64
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\* swum fastest to slowest alternating women/Men