

The Pattaconk Plunge



Take the plunge

CONNECTICUT UNITED STATES MASTERS SWIMMING

Connecticut Swimming, Inc. Open Water Challenge

MEET ANNOUNCEMENT

*Held under the sanction of Connecticut Swimming Inc./USA Swimming #s06-01
And sanction of the CTLSMC of the United States Masters Swimming #TBA*

Name: **Pattaconk Plunge**

2 Events:

A: **1 Mile**: Open Water Lake Swim in Pattaconk Reservoir, Cockaponset State Forest
(Ages 12 +)

B: **Pattaconk Dip**: Open Water Swim (approx 400yds) (Ages 9-12)

Entry Fee(s):

\$20 Pre-entry for all USA Swimming members

\$25 after Sept. 1st and race day entry

\$25 Pre-entry for USMS members, one day USMS members \$30

\$30 race day entry USMS members, one day USMS members \$35

Age Limits:

A: 1 Mile Open Water Lake Swim (Ages 12 +)

B: Pattaconk Dip Open Water Swim (approx 400yds) (Ages 9-12)

Awards:

USA Swimmers: Top 3 for both Male and Female (12-14,15-18, 19+) for 1 Mile Swim.

Top 3 for both Male and Female (9-10, 11-12) for Mini Mile

USMS Swimmers: Top 3 in each age group for both Male and Female

Wetsuit Division: Top overall Male and Female, not eligible for age group.

Team Category: A special team category will allow you and your teammates the ability to score as a group.

Teams are made up of at least 4 swimmers from one organization (USA, USMS, College or swim club)

Scoring will be determined by averaging the top 3 scores from each team. Age grouped male and female categories will also exist for awards

Rules: Current USMS and USA Swimming open water swimming rules will govern this event. A one-hour cutoff time will be strictly enforced. Wetsuits are permitted but swimmers are ineligible for age group awards, only eligible for wetsuit division awards.

Date: Saturday Sept. 16, 2006

Pattaconk Dip 10:00 am

One Mile Swim 10:15 am

Time: Registration Check in: 8:30 am

Warm –up: 9:15 – 9:45 am

Briefing: 9:45 am

Pattaconk Dip: 10:00 am (all Swimmers)

One Mile Swim Race Start:

Wave 1 – 10:15 USA Male Swimmers

Wave 2 - 10:20 USA Female Swimmers

Wave 3 – 10:25 USMS Male/Female & Wetsuit Swimmers

(Waves subject to change based upon entries)

Timing: Electronic CHAMPIONCHIP TIMING will be used. Each swimmer will wear an electronic timing chip secured by an ankle bracelet to automatically record their time as they run across the finish line. The timing chip must be returned or a \$30 charged will be assessed to the swimmer for failing to return the chip.

Location: Reservoir, Cockaponset State Forest, Chester Connecticut

Facility Description: State Forest Lake. Portapoties on site no showers.

Volunteers: Each CSI Team sending 5 or more swimmers will be required to provide One adult volunteer for the event.

Race Directors: Tom DiMauro
860-657-6098
tdimauro@comcast.net

Safety Chairman: Tom DiMauro
860-657-6098
tdimauro@comcast.net

Event Referee: Scott Burr

Entry Chairman: Tom DiMauro
Cougar Aquatic Team
167 Wig Hill Road
Haddam, Ct. 06438

Entry Deadline: CSI Team entries due by Sept. 1, 2006
Entries received after Sept 1, 2006 not guaranteed a t-shirt
Race day entries permitted

Entry Format: Open to all USA registered swimmers and USMS masters swimmers.
Unattached swimmers over age 19 must pay 1-day membership fee for
USMS to obtain insurance coverage. Unattached swimmers under age
19 are not permitted.

How to enter: USA Swimming athletes can enter in three different ways:

TEAM ENTRY: USA Swimming clubs can enter as a group by
submitting a print-out of all entrants (with name, age and USA #) using
LSA or Hytek software.

**Mail the print-out and club check to: Cougar Aquatic Team, 167 Wig Hill Road,
Haddam, Ct. 06438, by Sept 1st.**

If you enter in this manner you do not need to fill out separate application forms for each
swimmer. Please no discs or emails.

INDIVIDUAL ONLINE ENTRY: Each swimmer could also register
themselves online through www.active.com.

INDIVIDUAL MAIL ENTRY: Each swimmer can also register
individually by completing the event application and sending it via

regular mail. Photo copies of the application form are permitted.

Volunteers: Each CSI Team sending 5 or more swimmers will be required to provide one adult volunteer for the event.

Race Director: Tom Dimauro
167 Wig Hill Road
Haddam, Ct. 06439
860-657-6098

Safety Chairman: Bob Schnitman
56 Parkside Drive
Colchester, CT 06415
860-267-6761

Entry Chairman: Tom Dimauro
167 Wig Hill Road
Haddam, Ct. 06439
860-657-6098

Entry Deadline: CSI Team entries due by September 1st, 2006

Entries received after September 1st, 2006 are not guaranteed a t-shirt
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Entry Format: Open to all USA registered swimmers and USMS masters swimmers.

Checks Payable: Cougar Aquatic Team

Beneficiary: Cougar Aquatic Team

Refreshments: Refreshments to be provided after the event.

Directions:

From Route 95 take Route 9 North (from Saybrook) to Exit 6, at end of exit ramp take a left onto Route 148.

From Route 9 South (from Middletown) take Exit 6 at end of exit ramp take a right onto Route 148.

*Follow Route 148 until you see YMCA Camp Hazen on the right (Cedar Lake). Take the first right just after passing Cedar Lake, called **Cedar Lake Road**. Follow Cedar Lake Road @ 1.3 miles, you will see a sign for Pataconk State Park on your left. Turn left into Pataconk State Park and follow road.*

CONNECTICUT SWIMMING, INC. - MEET ENTRY FORM

Team Name _____ Team
Symbol _____ Coach _____
Team _____
Address _____ City _____ ST/Zip _____

Contact _____ Home/Work _____

Phone _____

Meet: Event _____
Location: Number _____
Date: COT _____
USS # Name Age _____

RELAYS

Event _____	Event _____	Event _____	Event _____
A. _____	A. _____	A. _____	A. _____
B. _____	B. _____	B. _____	B. _____
C. _____	C. _____	C. _____	C. _____

INDIVIDUAL EVENTS _____ X \$ _____ = \$ _____ RELAY EVENTS _____ X \$ _____ = \$ _____
TOTAL \$ _____ NO. OF SWIMMERS _____

Indicate any swimmers who are swimming UNattached by marking UN clearly in RED beside the swimmer's name.