

Weston Swimming Inc.

Distance Meet

February 9, 2007

Held under sanction of USA Swimming and Connecticut Swimming, Sanction #S06-60

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| Name of Meet: Distance Meet | Meet Classification (Open or Closed): Open |
| Date of Meet: February 9, 2007 | |
| Location(s): Weston Middle School Pool | |
| Sponsor(s): Weston Swimming Inc. | |
| Important Notes: Information Updates, Meet Announcement and Meet Results will be available on the Connecticut Swimming website and will be emailed to Meet attendees. | |

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| Meet Director: | Dan Zeek (203) 623 – 4141 DDANZEEK@AOL.COM |
| Meet Referee: | Sonya Baier |
| Entry Chair: | Dan Zeek DDANZEEK@AOL.COM |
| Safety Chair: | Hilary Berger |
| Facility/Pool Description: | 6 lane, 25 yard pool. Colorado Electronic Timing, 6 Line Display |
| Pool Emergency Phone: | 203-291-1560 |
| Disabled/Elderly Access: | The Weston Middle School Pool is Handicapped Accessible |
| Splash Fees: | \$5.00 per individual event |
| Manual Entry Fee: | There will be a \$1.00 charge for hand entered entries exceeding 5 swimmers. |
| Checks Payable To: | Weston Swimming Inc. |

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| Entry Deadline: | The final deadline for the meet is Sunday January 26, 2007 . 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 Monday January 29, 2007 . 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. Teams will be notified of any changes by January 31, 2007. |
| Entry Format: | EMAIL ENTRIES ONLY. Please use Hy Tek or LSA formatted entries. Please Include a Microsoft Word Document of your Entry. Email entries to Entry Chair as listed above. Please Include in your email: The telephone number (and if available, a fax number and/or email 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 alongside 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. |
| Swimmer Eligibility: | Only 2007 USA registered swimmers are eligible and must be registered prior to the entry deadline. The swimmer's age as of February 9, 2007 will determine his/her age for the meet. There are no cut-off times. Swimmers may compete in all events. |
| Coach Eligibility: | 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 Limitations: | Swimmers may compete in all events. |
| Cut Protocol: | Meet attendees will be notified of changes to the meet due to over subscription. The meet Director reserves the right to make changes due to oversubscription with the approval of CSI program operations. Teams will be notified of any changes by January 31, 2007. |
| Reserve the right to make changes: | 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. Teams will be notified of any changes by January 31, 2007.. |
| Scratch Procedure, if applicable: | 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 15 minutes after the beginning of warm-ups. |
| Warm-up Time(s): | Warm-up time is 5:00pm <i>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..</i> |
| Starting Time(s): | Start time is 5:30pm. <i>Warm-up and start times for the Sessions are subject to change depending on the size of the meet.</i> |

| Awards: | None | | | | | | | | | |
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| Refreshments/Concessions: | Light Concessions will be available | | | | | | | | | |
| Directions: | <p>From The Merritt parkway:</p> <p>Exit 42/Merritt Parkway to Route 57 North. Right at fifth light (just past town center) onto School Road. Left at (immediate) fork and follow road past the elementary school, high school and then middle school (all on your right). The entrance to the Weston Middle School Pool Locker Rooms is immediately to the right of the steps leading up to the school. Go through the double doors, turn right and the girls locker rooms are on the left/boys on the right. Walk to the front of the locker room, near the showers to the pool entrance. The entrance to the viewing balcony is outside, to the right of the locker room entrance. Go through the doors, up the steps and straight to the pool.</p> | | | | | | | | | |
| Comments: | <p>Please direct all questions regarding entries to the Entry Chairperson and all other questions to the Meet Director.</p> <p>Since we are the guests of the Weston Middle School and Parks and recreation, 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.</p> | | | | | | | | | |
| Order of Events | <p>ORDER OF EVENTS</p> <table border="0"> <thead> <tr> <th>GIRLS</th> <th>EVENT</th> <th>BOYS</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Senior 400Y IM</td> <td>2</td> </tr> <tr> <td>3</td> <td>Senior 1000Y Freestyle</td> <td>4</td> </tr> </tbody> </table> | GIRLS | EVENT | BOYS | 1 | Senior 400Y IM | 2 | 3 | Senior 1000Y Freestyle | 4 |
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| 1 | Senior 400Y IM | 2 | | | | | | | | |
| 3 | Senior 1000Y Freestyle | 4 | | | | | | | | |
| | <p>All events will be swum as timed finals and will be deck seeded according to the swimmers' best short course yard times.</p> <p>The 1000 Yard Freestyle event will be swum from fastest to slowest, alternating heats between girls and boys. USA Swimming Rules will govern this meet.</p> <p>ALL SWIMMERS MUST PROVIDE THEIR OWN TIMER FOR EACH EVENT AND PROVIDE LAP COUNTERS FOR THE 1000 FREESTYLE.</p> | | | | | | | | | |