

Norwalk ZEUS Distance Meet
Held under sanction by USA Swimming &
Connecticut Swimming # SO6 – 03
at Norwalk High School October 21 and 22, 2006

Meet Director/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.
- Emergency Phone: 203-515-8055

Eligibility:

- All swimmers must be 2006 or 2007 registered members of USA Swimming.
- Age is determined by the swimmer's age as of October 21, 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 must have this card with them while 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 four events.
- The Senior 1650 yd. Freestyle, 12 and under 500 yd freestyle, Senior 400 I.M., and Senior 500 yd. Freestyle will be swum Fastest to Slowest.
- The Senior 1650 will be alternating Women and Men.
- The Senior 1650 yd. Freestyle will be limited to the TOP 24 swimmers, men and women combined.
- All Swimmers in the Senior 1650 yd. Freestyle and Senior 500 yd. Freestyle will need to provide their own timers.

Entry Fee:

- The Senior 1650 yd. Freestyle is \$7. All other events are \$5.00 each.
- 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, October 6, 2006. Entries from all out of state teams are due Friday, October 6, 2006.
- All entries must be received by October 6, 2006.
- Formal entry is determined by the date of receipt of the hard copy of the entry & the entry fee.

Cut Procedure:

- If the meet is oversubscribed, then entries will be taken by date of receipt.
- Some events may be combined at the meet referee's discretion.
- Teams will be notified immediately after the October 6, 2006 deadline.

Awards: None

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 or 2007 USA Swimming registered swimmers.
- Entry should 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.

ZEUS Distance Meet

October 21 and 22, 2006

Session 1 SATURDAY MORNING, 10/21

7:00 a.m. Warm-up

8:00 a.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
1	Senior	1650 yd. Freestyle	2

Session 2 SUNDAY MORNING, 10/22

7:00 a.m. Warm Up

8:00 a.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
3	12 & Under	500 yd. Freestyle	4
5	Senior	400 yd. I.M.	6
7	12 & Under	200 yd. Butterfly	8
9	12 & Under	200 yd. Backstroke	10
11	12 & Under	200 yd. Breaststroke	12
13	Senior	500 yd. Freestyle	14

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.**