

The Twelfth Annual  
**Swim For Hunger Invitational**  
December 14-16 2007

Held under sanction by USA Swimming and Connecticut Swimming, Inc. # SO6-36

Hosted by: **Cougar Aquatic Team**  
*Freeman Athletic Center, Wesleyan University*  
Middletown, Connecticut

*Our goal for this meet is to involve U.S.A. swimmers in the collection of food and hygiene items to help those in need. These donations will be collected as part of the entry fee. They will then be distributed to the various food banks in Hartford and Middlesex Counties. In previous years we were able to raise approximately 2000 pounds of much needed items. After the holidays, shelters supplies are very low, so please join us to swim, share, have fun, and show how U.S.A. swimmers care!*

**MEET MANAGER:**

Robert Schnitman  
87 Stoneridge Road; Colchester, CT 06415  
(860) 918-4752 e-mail: lungguy@mac.com

**MEET REFEREE:** Mike Huffman

61 Robbins Street  
Wethersfield, CT 06109  
michael.huffman@thehartford.com

**ENTRY CHAIR :** Stephanie Jordan

187 Williams Street  
Meriden, CT 06450  
203-237-8497  
[sjordan@peco1938.com](mailto:sjordan@peco1938.com)  
(NOTE this contact info was changed 10/22/07)

**SAFETY CHAIR:** Jim Buys

58 Laurel Grove Drive  
Higganum, CT 06441  
860-345-3955

**Pool/Facility:** One 9-lane, 25-yard course with electronic timing. Additional lanes will be available for warm-up and cool down. **Handicap/Elderly Access:** Handicapped parking is available behind the athletic center. Use main entrance. Spectator area is accessible from main entrance. Elevator in lobby will take swimmers to the pool deck. **Eligibility:** Only 2007 or 2008 USA Swimming registered swimmers are eligible and must be registered prior to the entry deadline. USA Swimming rules will govern the 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 approval from CSI 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.

**Events:** All events will be Timed-Finals. The 500yd Free and the 400yd IM will be swum fastest to slowest. Entries are to be submitted in best yard times. Swimmers can enter and compete in 4 events per session, and no more than 5 events per day. Please note that there are qualifying times for the Senior 400yd I.M.

**Entry Format:** Open to all 2007 or 2008 USA Swimming registered swimmers. Please include USA registration numbers and age of all swimmers. Identify unattached swimmers with **red ink**. **No time (NT) entries are discouraged.** Teams are encouraged to submit entries either via e-mail to [sjordan@peco1938.com](mailto:sjordan@peco1938.com) if attached in a zip file OR a computer disk using LSA swim team program or any other program in the USA SWIMMING .SD3.

An original computer generated copy of the entry with all pertinent team information and entry totals must be included. The name, phone number, email address and mailing address of a club contact must be included with the entry. Any computer-generated entry may be **submitted by either e-mail or on a disk**.

Official CSI entry form must be submitted in lieu of a disk. Non-CSI registered teams must supply the name and phone number of the LSC registration chairperson.

**Entry Deadline:** December 3rd, 2007. Formal entry is determined by the date of receipt of hard copy of the entry and entry fee. If using Express mail, remember to sign the waiver so package will be left. Clubs will cut first based on date and time received.

Entries will be accepted on a first come first served basis.

**Entry Fees:** Individual events are \$5.00.

**One food or hygiene item is requested per event entered.** Please make checks payable to C.A.T. and include with entry form.

**Cut/Changes procedure :** All entries are first come first serve basis. The host team reserves the right to limit the number of heats in the 500yd Free, and the 400yd I.M., so as to adhere to the 4-hour rule. The host team reserves the right to adjust warm/start times with the approval of program operations. All teams will be notified no later than December 11th, 2007 of any cuts or changes. Meet Management reserves the right to limit heats or adjust warm-up/start times upon the approval of CT Swimming Operations.

**Scratches:** Coaches will receive a scratch sheet for session of the meet in the coaches package. Coaches must return all scratch sheets 20 minutes after the start of warm-ups.

**Work Assignments:** Teams will be required to provide timers and workers based on size of entry. Teams must provide their own timers and counters for 500yd FREE and 400yd I.M. events. If your team has an official who would be able to assist with the meet, please submit their name with the entry.

**Attention Coaches:** Please be sure that your credentials are up to date. Only coaches that are USA certified with current credentials will be allowed to pick up their coach's packet. The Meet Manager of the Cougar Aquatic Team will ask to see your USA registration card before giving you your coach's packet and scratch sheets. 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. Your swimmers must be a USA Swimming registered athletes in order to participate in this meet.

**Awards:** To be awarded to 12/U's 1<sup>st</sup> through 9<sup>th</sup> place.

**Concessions:** Wesleyan University will operate the concessions.

**Directions:** *From South:* From I-91 or the Merritt Parkway, follow signs to 66 East (initially I-691) and proceed to Middletown. At light (by graveyard) turn right on to Vine. At next light, turn right and pool is on left. *From North:* Take I-91 south to exit 22S (Rt.9 South) to Exit 15 (Washington St.) At the 5th light make a left on to Vine St. At light, turn right, pool is on left.

**Information:** Remember we are guests of Wesleyan University and therefore all swimmers, coaches and guests are expected to treat the facility with respect. It is the Responsibility of each team to supervise their swimmers when they are not swimming. Any violations of the CT. Code of Conduct will result in expulsion of swimmer and or team.

**Parking:** Parking is limited. Please park in the tennis court lots on Vine Street or the lot directly across from the firehouse and athletic center. Any illegally parked vehicles will be towed at the owner's expense.

**Suggested Food and Hygiene Items :**

Canned food such as tuna, soups, vegetables, fruit, and meats are preferred. Cereal, rice, pasta, peanut butter, and basic staples are useful as well. There are special needs for hygiene items such as soap, shampoo, diapers, razors, toothpaste, and infant formula. Please, no glass containers. **Any and all nonperishable food and hygiene items are welcome and needed.**

Join us in showing that USA swimmers care!

**SWIM FOR HUNGER INVITATIONAL  
SHORT COURSE  
DECEMBER: 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup> 2007**

**Friday December 14<sup>th</sup>**

**Session I**

**Timed Finals: 13/O, Seniors**

Warm-ups: 5:00pm

Start: 6:10pm

**Women**

**Events**

**Men**

1	13/O 100 yd back	2
3	Seniors 200yd Breast	4
5	13/O 200yd I.M.	6
7	Seniors 200yd Fly	8
9	13/O 500yd Free	10

The 500 yd Free will be swum, fastest to slowest, alternating women and men. Swimmers must supply their own timer and counter for the 500 yd Free. No times will not be allowed for this event.

## Saturday, December 15<sup>th</sup>

### Session II

Timed Finals: 10/U, 11/12's

Warm-ups: 7:30am Start: 8:30am

#### Girls

#### Events

#### Boys

11	10/U 100yd Free	12
13	11/12 100yd Free	14
15	10/U 50 Fly	16
17	11/12 50 Fly	18
19	10/U 100 Back	20
21	11/12 100 Back	22
23	10/U 50yd Free	24
25	11/12 50yd Free	26
27	10/U 200yd I.M.	28
29	11/12 200yd I.M.	30
31	10/U 50yd Breast	32
33	11/12 50yd Breast	34

## Saturday Session III

### Timed Finals

warm ups: 1:00pm Start: 2:10pm

13/0, Seniors

#### Women

#### Events

#### Men

35	13/O 100yd Free	36
37	Senior 200yd Back	38
39	13/O 50yd Free	40
41	13/O 100yd Breast	42
43	13/O 200yd Free	44
45	13/O 100yd Fly	46
47	6:00 cut times Senior 400yd I.M.	cut time 5:45 48

## Sunday, December 16<sup>th</sup>

### Session IV

Timed Finals: 10/U, 11/12

Warm-ups: 7:30 Start 8:30am

#### Girls

#### Events

#### Boys

49	10/U 100yd fly	50
51	11/12 100yd Fly	52
53	10/U 50yd Back	54
55	11/12 50yd Back	56
57	10/U 200yd Free	58
59	11/12 200yd Free	60
61	10/U 100yd Breast	62
63	11/12 100yd Breast	64
65	10/U 100yd I.M.	66
67	11/12 100yd I.M.	68
69	12/U 500yd Free	70