

CHESHIRE Y/SEA DOG SWIM CLUB
10 & Under Pentathlon/Quadrathon

Saturday January 19, 2008

HELD UNDER THE SANCTION OF USA SWIMMING AND CONNECTICUT SWIMMING.
S07-45

NAME: SEA DOG SWIM CLUB 10 & Under Pentathlon/Quadrathon

DATE: SATURDAY, JANUARY 19, 2008

LOCATION: CHESHIRE COMMUNITY POOL, 520 South Main Street (RT 10) Cheshire, CT 06410

SPONSORED BY: Cheshire Y/Sea Dog Swim Club

MEET CLASSIFICATION: Open

MEET DIRECTOR: Judy Senft 203-451-1444 senft5@sbcglobal.net

REFEREE: Chris Patrell 203-530-4242 spatrell@cox.net

ENTRY CHAIR: Pat DeVito 203-757-9527 patdevito@comcast.net

SAFETY CHAIR: Liz Aylward 203-464-8811 eaylward@yahoo.com

FACILITY/POOL DESCRIPTION: 10 Lanes, 25 yard pool. The sponsor reserves the right to adjust to 8 lanes if deemed warranted by the projected time line. The timing system will be Daktronics System with touch pads. There is ample deck space for swimmers and limited spectator seating. Swimmers may bring deck chairs and we encourage the public to bring deck chairs as well. Overflow parking available across the street at Cheshire High School. The facility is accessible to the disabled. Please contact the Meet Manager with questions.

EMERGENCY PHONE: 203-271-3208

DISABLED ACCESS: The facility is accessible to the disabled. Please contact the Meet Director with questions.

SPLASH FEE: \$4.00 per individual event; \$8.00 per relay

MANUAL ENTRY FEE: \$1.00 per swimmer for teams with more than 5 swimmers.

MAIL ONE CHECK PER TEAM, PAYABLE TO "CHESHIRE STPA" AND FORMS TO:

Ms. Pat De Vito
220 Forest Ridge Road
Waterbury, CT 06708

Teams using express mail, please waive signature requirement.

ENTRY DEADLINE: Entries will be accepted on a first-come first-served basis. Date of receipt is based on Hard Copy and Payment received by Entry Chair. Deadline for CT teams is Wednesday, January 9, 2008 at 6:00 pm. If there is still room in the meet, Out of State teams will have until Friday, January 11, 2008 at 6:00 pm or until the meet is full.

ENTRY FORMAT: Teams may email entry to entry chair or submit entries on disk using LSA, Hy-Tek or SDIF software. A paper copy must be sent either way with check. Entries must include name, phone number, email & mailing address of team contact. Also include meet entry fee

report for Hy-Tek entries. Unofficial swimmers must be clearly marked in **RED**. NT entries are **STRONGLY DISCOURAGED**. Entry times should be in Short Course Yards. If sent overnight mail, please sign "waiver of signature". Entries will be accepted on a first-come first-served basis.

**SWIMMER
ELIGIBILITY:**

Swimmers must be 2008 registered members of USA Swimming.

**COACH
ELIGIBILITY:**

Coaches must be 2008 registered members of USA Swimming. All coaches must present a valid USA Swimming Coach Card to the Meet Director prior to commencement of any sanctioned swim meet and must have this card with them while on deck.

**ENTRY
LIMITATIONS:**

An individual may enter five (5) individual events, excluding relays.

**CUT
PROTOCOL:**

If oversubscribed, the meet will run in two sessions and the relays will be cut first before teams are cut from the meet. Teams will be notified of any changes by Monday, January 14, 2008.

**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.

**SCRATCH
PROCEDURE:**

Scratch sheets will be provided in the Coaches' Packets. These sheets **MUST** be returned 40 minutes before the session begins with the scratched swimmers names clearly identified.

WARM UPS:

Connecticut Swimming, Inc. warm-up guidelines will be observed. The Meet Director reserves the right to assign general warm-ups by team rather than by age or sex, if the size of the entry and considerations to safety so require. Details and lane assignments will be made available with the Coaches' Packets.

SCHEDULE:

9:00 - 9:20 am Girls Warm-up
9:20 - 9:40 am Boys Warm-up
9:40 - 9:55 am One Way Sprints
10:00 am START

AWARDS:

Individual Ribbons: 1st through 8th. Relays Ribbons: 1st through 3rd. Heat award winners will be randomly awarded throughout meet. Trophies: Overall 1st through 6th place 8/Under Girls, 8/Under Boys, 9-10 Girls, 9-10 Boys.

**REFRESHMENTS/
CONCESSIONS:**

Available throughout warm-ups and competitive sessions.

TIMERS/COUNTERS:

Teams will be required to supply timers based on their entry for the duration of the meet.

RESULTS:

Electronic results will be emailed to attending teams if an email address is provided. Paper results will be sent to participating clubs upon request.

DIRECTIONS:

FROM 91 NORTH:

To exit 10 (Rt.40 ext). Follow to end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the High School.

FROM 91 SOUTH:

To 691 West. Take exit 3 off 691, Cheshire. At light at the end of ramp, go left, heading south on Rt. 10. Follow Rt. 10 south through Cheshire. Pool is on the left across from the High School.

FROM 84 WEST:

To 691 East, take the Cheshire exit. Take a right at the end of the ramp onto Rt. 10 South through

Cheshire. Pool is on the left across from the High School.

FROM 84 EAST:

To exit 26 (rt. 70). Follow Rt. 70 into Cheshire. At Rt. 10 intersection, take a right, heading South on Rt. 10 through Cheshire. Pool is on the left across from the High School.

*SEA DOG SWIM CLUB 10 & Under Pentathlon/Quadrathlon
Saturday January 19, 2008
9:00 am Warm-Up; 10:00 am Start*

GIRLS	EVENT	BOYS
1	9-10 50 yd Butterfly	2
3	8/U 25 yd Butterfly	4
5	9-10 50 yd Backstroke	6
7	8/U 25 yd Backstroke	8
9	9-10 50 yd Breaststroke	10
11	8/U 25 yd Breaststroke	12
13	9-10 50 yd Freestyle	14
15	8/U 25 yd Freestyle	16
17	9-10 100 yd IM	18
19	8/U 100 yd Free Relay	20
21	9-10 200 yd Free Relay	22