

CHESHIRE Y/SEA DOG SWIM CLUB
November Distance Meet

Friday, November 2, 2007

HELD UNDER THE SANCTION OF USA SWIMMING AND CONNECTICUT SWIMMING.
S07-7

NAME: SEA DOG SWIM CLUB November Distance Meet

DATE: FRIDAY, NOVEMBER 2, 2007

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

SPONSORED BY: Sea Dog Swim Club Cheshire YMCA

MEET CLASSIFICATION: Open

MEET DIRECTOR: Liz Aylward 203-464-8811 eaylward@yahoo.com

REFEREE: Dan McCormick 203-272-5165 dan@riff-co.com

ENTRY CHAIR: Janine Koukos 203-250-0420 jkoukos@cox.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: \$7.00/event

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. Janine Koukos
579 Higgins Road
Cheshire, CT 06410

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 Tuesday, October 23, 2007 at 6:00 pm. If there is still room in the meet, Out of State teams will have until Friday, October 26 2007 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. Unattached 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 2007 or 2008 registered members of USA Swimming.
COACH ELIGIBILITY:	Coaches must be 2007 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:	Swimmers may compete in 2 events.
CUT PROTOCOL:	Entries will be received until the meet is full. Any teams that get cut from the meet will be notified by the Monday, October 29, 2007.
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:	5:00 pm Warm-Up 5:50 pm Start
AWARDS:	None
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 through Event 8. All 1000 swimmers must provide their own timers and counters. The 1000's will be run fastest to slowest alternating girl's and boy's heats.
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 NOVEMBER DISTANCE MEET

Friday, November 2, 2007

5:00 pm Warm-ups; 5:50 pm Start

GIRLS	EVENT	BOYS
1	11 & Over 400 IM	2
3	12 & Under 200 Backstroke	4
5	12 & Under 200 Butterfly	6
7	12 & Under 200 Breaststroke	8
9	11 & Over 1000 Freestyle	10