

Darien 13/Over Distance Meet

Friday November 30, 2007

Hosted by the Darien YMCA Piranha Swim Team

Held under sanction by USA Swimming and Connecticut Swimming
Sanction # S07-21

Entry Chairman: Henk Jansen
Piranha Swimming
2420 Post Rd.
Darien, CT 06820
(203) 655-8228 x397
Piranha@darien-ymca.org

Meet Manager: Jeremy Howard
jhoward@darien-ymca.org

Safety Chairperson: Dave Oughlihan

Referee: Jeff Gray
jgray@fordham.edu

Pool: The Darien YMCA Pool is a 6-lane 25 yard facility with Colorado Timing, limited deck space and spectator seating of 150. The Darien YMCA is handicapped accessible with a handicapped locker room. Parking can be found in front of the YMCA with designated handicapped parking spaces.

Emergency number: (203) 655-8228 (main desk at YMCA).

Event: Both events will be run fastest to slowest alternating girls and boys. Heats may be combined and the session **CAN** not run longer than 3^{1/4} hours. There will be a short warm-up/warm-done after the 400 IM. Time permitting; it will be 20 minutes. The meet host reserves the right to make changes to the meet per approval of Program Operations.

Entry: Any swimmer who wishes to swim UNATTACHED must mark this clearly in red with 'UN' alongside the swimmers' name on the entry sheet. **Teams are encouraged to submit their entries via email.** A diskette compatible for a PC using LSA Swim Team, Hy-Tek or other SDIF is also acceptable. An original paper copy of the entry must accompany all entries and team entry date is determined by the date the hard copy and entry fees are received. Results will be emailed.

Entry Deadline: CT entry deadline **November 9, 2007**, final deadline **November 26, 2007**. Entry deadline may be extended if meet entry is under subscribed. CT teams whose entries are received by the CT deadline will be entered first, after which all other teams will be entered on a first-come, first-serve basis. Teams "bumped" due to oversubscription will be notified no later than November 27th.

Entry fee: Entry fee of \$6 per event. There will be a \$8.00 charge per swimmer for 2 or more swimmers on hand entered entries. **Checks payable to Darien YMCA, Piranha Swim Club.**

Warm-up session – General warm-up.

Warm-up 4:45 – 5:25 pm
Meet Start 5:30 pm

Eligibility: Only 2007 or 2008 USA Swimming members are eligible and must be registered prior to entry deadline. The swimmer's age as of November 30, 2007 will determine his/her age for the meet. USA Swimming rule will govern the meet. There are no cut-off standards for this meet.

Scratches: Coaches will receive a scratch sheet for the session of the meet in their information packets listing all of their swimmers and events for that session. Coaches must indicate all scratches on these sheets and turn them in to the office within one half hour after the beginning of warm-up.

Timers and officials: Each swimmer must provide his/her own timer for both events and lap counters for the 1000. The Piranhas welcomes anyone who wishes to assist in officiating during this meet. Please contact Henk Jansen.

USA Swimming membership cards: 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.

Awards: Heat winner prizes will be distributed.

Directions:

I-95 Southbound: Exit 11, US 1 (Post Rd.) Darien. Take left at bottom of ramp onto US 1 South (West). Go under I-95. Go through 5 stop lights. The YMCA will be on your left (small sign). If you enter Stamford, you've traveled too far.

I-95 Northbound: Exit 9. Take left at end of ramp. Take right at light onto US 1 North (East). Follow US 1 into Darien. YMCA will be on your right (small sign). If you hit a stop light, in Darien, you've traveled too far.

Merritt Parkway (Route 15): Exit 37, New Canaan & Darien. At the end of ramp, take a right onto CT 124. Follow CT 124 into Darien to intersection with US 1 (Post Rd.). Turn right onto US 1. Go through downtown Darien under RR truss and I-95. Go through 5 stop lights. The YMCA will be on your left (small sign). If you end up in Stamford, you've traveled too far.

**Piranha Swimming
Friday November 30th
4:30 pm warm-up – 5:30 pm Start**

Order of Events				
1	13/over Girls	400 IM	13/over Boys	2
3	13/over Girls	1000 Freestyle	13/over Boys	4