

# Norwalk ZEUS

**8 and Under Session at Norwalk High School**

**Held under sanction by USA Swimming and Connecticut Swimming**

**Sanction # S07- 35m**

**January 4, 2008**

## **Meet Meet/Entry Chair**

Eric Baritz

Norwalk Aquatic Club – Zeus

501 Westport Ave, #272

Norwalk, CT 06851

[Byte1inc@optonline.net](mailto:Byte1inc@optonline.net)

**Meet Referee:** Joe Dudek, [jdudek@optonline.net](mailto:jdudek@optonline.net)

**Safety Coordinator:** Nancy Wargo

## **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.

## **Eligibility:**

- All swimmers must be 2008 registered members of USA Swimming.
- Age is determined by the swimmer's age as of January 4, 2008.
- 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 coaches must hold a current USA Swimming coach card.

## **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 five individual events and 2 relays.
- The meet will be kept to a 2 hour time line, as we have in the past.

## **Entry Fee:**

- All individual events are \$4.00 each. All Relays are \$8 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, December 21, 2007.
- Formal entry is determined by the date of receipt of the hard copy of the entry & the entry fee.

**Cut Procedure:**

- Teams will be notified immediately after the December 21, 2007 deadline.
- In order to make the meet a 2 hour timeline, meet management will:
- Cut the relays first.
  - Swimmers will be cut down to 4 events, then 3 events.

**Times of the meet:**

Meet management reserves the right to limit heats and adjust warm up and/or start times. The meet must be run in 2 hours.

**Entry Form:**

- Open to all 2008 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](mailto:byte1inc@optonline.net).

**Awards:**

Ribbons will be given 1-6.

**ORDER OF EVENTS**  
**Session 1 FRIDAY, 1/04/08**

<u>Girls event #</u>	<u>Age</u>	<u>Stroke &amp; Distance</u>	<u>Boys event #</u>
		<b>6:00 p.m. Warm-up</b>	<b>6:40 p.m. Start</b>
1	8 & Under	100 yd. Freestyle Relay	2
3	8 & Under	25 yd. Freestyle	4
5	8 & Under	25 yd. Backstroke	6
7	8 & Under	25 yd. Breaststroke	8
9	8 & Under	25 yd. Butterfly	10
11	8 & Under	100 yd. Freestyle	12
13	8 & Under	100 yd. Medley Relay	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**.