

Norwalk ZEUS Swim Team
Presents the Sixth Annual Pat Spinola Invitational
Held under sanction by USA Swimming and Connecticut Swimming
SO7 – 37m at Norwalk High School January 5 and 6, 2008

Meet Director/Entry Chair

Eric Baritz
Norwalk Aquatic Club – Zeus
501 Westport Ave, #272
Norwalk, CT 06851
Byte1inc@optonline.net

Meet Referee: Joe Dudek, 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 5, 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.

Events and Entry Fees:

- 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 events.**
- All Individual events are \$4.00 each. All Relays are \$8.00 each. The 1650 freestyle will be \$7.00.
- The 1650 freestyle will be run fastest to slowest and combined in order to run it in 90 minutes.
- 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. Entries from all out of state teams are due Friday, December 21, 2007.
- All entries must be received by December 21, 2007.
- Formal entry is determined by the date of receipt of the hard copy of the entry & the entry fee.

Cut Procedure:

- If the meet is oversubscribed, 7/under swimmers will be cut first, then relays, then swimmers will be limited to 4 events, then 3 events, and then finally entries will be taken by date of receipt.
- Some events may be combined at the meet committee's discretion.
- Teams will be notified immediately after the December 21, 2007 deadline.

Times of the meet:

Meet management reserves the right to limit heats and adjust warm up and/or start times, upon the approval of CT Swimming Program Operations.

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.

Awards:

Ribbons will be given 1-6 for individual events and 1-3 for relays for only 10 and under events.

BETTY PHILCOX INVITATIONAL

Hosted by the Norwalk ZEUS Swim Team

JANAURY 5 and 6 2008

Session 1 SATURDAY MORNING

7:30 a.m. Warm-up 8:30 a.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
1	10 & Under	500 yd. Freestyle	2
3	10 & Under	50 yd. Freestyle	4
5	10 & Under	50 yd. Backstroke	6
7	10 & Under	50 yd. Breaststroke	8
9	10 & Under	50 yd. Butterfly	10
11	8 and Under	100 yd. I.M.	12
13	10 & Under	200 yd. I.M.	14
15	10 & Under	200 yd. Medley Relay	16

Session 2 SATURDAY AFTERNOON

12:45 p.m. Warm up 1:45 p.m. start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
17	Senior	1650 yd. Freestyle	18

Session 3 SATURDAY EVENING

3:15 p.m. Warm-up 4:15 p.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
19	11/12	200 yd. Freestyle	20
21	Senior	200 yd. Freestyle	22
23	11/12	100 yd. Backstroke	24
25	Senior	100 yd. Backstroke	26
27	11/12	100 yd. Freestyle	28
29	Senior	100 yd. Freestyle	30
31	11/12	100 yd. Butterfly	32
33	Senior	100 yd. Butterfly	34
35	11/12	100 yd. Breaststroke	36
37	Senior	100 yd. Breaststroke	38
39	11/12	200 yd. I.M.	40
41	Senior	200 yd. I.M.	42
43	11/12	200 yd. Medley Relay	44
45	Senior	200 yd. Medley Relay	46

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Session 4 SUNDAY MORNING
7:30 a.m. Warm-up 8:30 a.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
47	10 & Under	200 yd. Freestyle	48
49	10 & Under	100 yd. Freestyle	50
51	10 & under	100 yd. I.M.	52
53	10 & Under	100 yd. Backstroke	54
55	10 & Under	100 yd. Breaststroke	56
57	10 & Under	100 yd. Butterfly	58
59	10 & Under	200 yd. Freestyle Relay	60

Session 5 SUNDAY AFTERNOON
12:45 p.m. Warm Up 2:00 p.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
61	Senior	400 yd. I.M.	62
63	11 and 12	100 yd. I.M.	64
65	Senior	50 yd. Freestyle	66
67	11 and 12	50 yd. Freestyle	68
69	Senior	200 yd. Butterfly	70
71	11 and 12	50 yd. Butterfly	72
73	Senior	200 yd. Backstroke	74
75	11/12	50 yd. Backstroke	76
77	Senior	200 yd. Breaststroke	78
79	11/ 12	50 yd. Breaststroke	80
81	Senior	200 yd. Freestyle Relay	82
83	11/12	200 yd. Freestyle Relay	84
85	Senior	500 yd. Freestyle	86

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.**