

Norwalk ZEUS Swim Team
Presents the Fifth annual Betty Philcox Invitational
Held under sanction by USA Swimming and Connecticut Swimming
SO7 – 19
at Norwalk High School November 17 and 18, 2007

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 Accessable. 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 2007 or 2008 registered members of USA Swimming.
- Age is determined by the swimmer's age as of November 17, 2007.
- 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.
- Make all checks payable to **NAC**

Events and Entry Fees (con't):

- 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.
- There is a 1650 freestyle. It will begin 30 minutes after the last event. It will be run fastest to slowest. Each swimmer needs to provide their own timer and counter. The entry fee will remain \$4. The 1650 will be limited to only 3 heats (TOP 18 swimmers)

Entry Deadline:

- Entries from Connecticut are due Friday, November 2, 2007. Entries from all out of state teams are due Friday, November 2, 2007.
- All entries must be received by November 2, 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 November 2, 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 2007 or 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.

BETTY PHILCOX INVITATIONAL

Hosted by the Norwalk ZEUS Swim Team

NOVEMBER 17 and 18, 2007

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
1:30 p.m. Warm-up 2:30 p.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
17	11/12	200 yd. Freestyle	18
19	Senior	200 yd. Freestyle	20
21	11/12	100 yd. Backstroke	22
23	Senior	100 yd. Backstroke	24
25	11/12	100 yd. Freestyle	26
27	Senior	100 yd. Freestyle	28
29	11/12	100 yd. Butterfly	30
31	Senior	100 yd. Butterfly	32
33	11/12	100 yd. Breaststroke	34
35	Senior	100 yd. Breaststroke	36
37	11/12	200 yd. I.M.	38
39	Senior	200 yd. I.M.	40
41	11/12	200 yd. Medley Relay	42
43	Senior	200 yd. Medley Relay	44

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Session 3 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>
45	10 & Under	200 yd. Freestyle	46
47	10 & Under	100 yd. Freestyle	48
49	10 & under	100 yd. I.M.	50
51	10 & Under	100 yd. Backstroke	52
53	10 & Under	100 yd. Breaststroke	54
55	10 & Under	100 yd. Butterfly	56
57	10 & Under	200 yd. Freestyle Relay	58

Session 3 SUNDAY AFTERNOON

1:30 p.m. Warm Up

2:30 p.m. Start

<u>Girls event #</u>	<u>Age</u>	<u>Stroke & Distance</u>	<u>Boys event #</u>
59	Senior	400 yd. I.M.	60
61	11 and 12	100 yd. I.M.	62
63	Senior	50 yd. Freestyle	64
65	11 and 12	50 yd. Freestyle	66
67	Senior	200 yd. Butterfly	68
69	11 and 12	50 yd. Butterfly	70
71	Senior	200 yd. Backstroke	72
73	11/12	50 yd. Backstroke	74
75	Senior	200 yd. Breaststroke	76
77	11/ 12	50 yd. Breaststroke	78
79	Senior	200 yd. Freestyle Relay	80
81	11/12	200 yd. Freestyle Relay	82
83	Senior	500 yd. Freestyle	84
		30 minute break	
85	Senior	1650 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.**