

# **CHESHIRE Y/SEA DOG SWIM CLUB**

## **4<sup>th</sup> Annual IMX Cup**

**October 24-25, 2009**

Cheshire Community Pool, Cheshire, CT

Held under sanctioned of USA Swimming and Connecticut Swimming #S09-06

### **EVENTS**

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<b>Meet Director:</b>	Cheryl Guetens	<a href="mailto:guetens@cox.net">guetens@cox.net</a>	203-988-5959
<b>Meet Referee:</b>	Chris Patrell	<a href="mailto:spatrell@cox.net">spatrell@cox.net</a>	203-530-4242
<b>Entry Chair:</b>	Paul Molnar	<a href="mailto:paul.e.molnar@accenture.com">paul.e.molnar@accenture.com</a>	860-922-6747
<b>Safety Chair:</b>	Liz Aylward		
<b>Officials Contact:</b>	(optional)		

**WEBSITE:** <http://www.c-dog.net>

**POOL EMERGENCY NUMBER:** 203-271-3208

**MEET CLASSIFICATION:** This meet is open to all USA Swimming athletes and clubs.

**MEET FORMAT:** The meet will be swum as timed-finals. This is an IMX meet. *For more information on IMX please go to*  
[www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=801&Alias=Rainbow&Lang=en](http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=801&Alias=Rainbow&Lang=en)

**SCRATCH PROCEDURES:** All teams will be provided with a scratch sheet which must be turned in 15 minutes after the start of the 1<sup>st</sup> Warm-Up Session. After 15 minutes the Meet Director will make an announcement addressing which teams have not turned in their scratch sheets as a final warning. Any team who does not turn in their scratch sheet by the allotted time will be scratched from the meet.

**FACILITY:** The Cheshire Community Pool is a 10 -lane, 25-yard pool. CDOG reserves the right to adjust to 8 lanes if deemed warranted by the projected timeline. The timing system will be a Daktronics System with touch pads; manual timing will be used for all 25 yard events. 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.

**DISABLED ACCESS:** The facility is accessible to the disabled. Please contact the Meet Director with questions.

**COURSE:** SCY

**EVENTS:** See attached list.

**SESSION TIMES:** Saturday/Sunday AM (12/U) 7:00am Warm-Up; 8:00am Start

Saturday/Sunday PM (13/O)

1:00pm Warm-Up; 2:00pm Start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect.

**ELIGIBILITY:** All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Any swimmer who is entered and is unregistered, will be scratched from the meet until registration is completed. 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.

**ADAPTED SWIMMING:** Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition.

**ENTRY LIMITATIONS:** 5 Events per Day

**ENTRY TIMES:** Submit entry times in SCY. No Times are STRONGLY discouraged.

**DEADLINES:** Entry deadline is Tuesday, October 13, 2009. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come-first served basis. Date of receipt is based on Electronic Copy of entry.

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at [paul.e.molnar@accenture.com](mailto:paul.e.molnar@accenture.com). Please check that your team name, address, and contact information are listed correctly in this file.

**ENTRY FEES:** Electronic entries: \$6.00 for individual events. Manual entries: \$7.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry

**PAYMENT INSTRUCTIONS:** Please make checks payable to "STPA" and put "IMX Cup" on the memo line. Checks should be mailed to: Jane Barlok, 360 North Brooksvale Road, Cheshire, CT 06410. Payment must be received by Friday, October 16, 2009.

**CUT PROTOCOL for INVITATIONALS:** Entries will be received until meet is full. Any teams that get cut from the meet will be notified by: Monday, October 19, 2009.

**RESERVE THE RIGHT TO MAKE CHANGES:** The meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed Necessary to ensure the fair and efficient running of the meet, with prior approval from Program Operations. Clubs will be notified of cuts no later than Monday before the meet.

**SAFETY:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. No electronic devices with cameras are permitted in the locker rooms.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$6.00 for individual events. Time trial events count toward the total number of event limitations per session.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** All teams will be notified of their work assignments a few days prior to the meet. All swimmers in the 500 Free must provide their own counter.

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

**SCORING:** The meet will be scored using USA Swimming's IMX scoring system (except 8/Unders who will be scored based on place).

**AWARDS:** Swimmers must legally complete every IMX event to be qualified for IMX Cup award. All swimmers will receive a meet t-shirt. Trophies for the Top 6 overall IMX scores for each age. Additionally, there will be trophies for the Top 6 Overall 8/Under Swimmers as well.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Overflow parking available across the street at Cheshire High School..

**DIRECTIONS:**

**From 91 North:** to Exit 10 (Rt. 40 ext). Follow to the end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the pool.

**From 91 South:** to 691 West. Take exit 3 off 691, Cheshire. At the light at the end of the 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.

Licensed To: Sea Dog Swim Club

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**CDOG 4th Annual IMX Cup - 10/24/2009 to 10/25/2009****Session Report**

Session: 1 Saturday AM

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 11-12 100 Backstroke	0	0	08:00 AM	_____
Finals	2 Boys 11-12 100 Backstroke	0	0	08:00 AM	_____
Finals	3 Girls 9-10 100 Backstroke	0	0	08:00 AM	_____
Finals	4 Boys 9-10 100 Backstroke	0	0	08:00 AM	_____
Finals	5 Girls 9-10 50 Backstroke	0	0	08:00 AM	_____
Finals	6 Boys 9-10 50 Backstroke	0	0	08:00 AM	_____
Finals	7 Girls 8 & Under 25 Backstroke	0	0	08:00 AM	_____
Finals	8 Boys 8 & Under 25 Backstroke	0	0	08:00 AM	_____
Finals	9 Girls 11-12 200 Freestyle	0	0	08:00 AM	_____
Finals	10 Boys 11-12 200 Freestyle	0	0	08:00 AM	_____
Finals	11 Girls 9-10 50 Freestyle	0	0	08:00 AM	_____
Finals	12 Boys 9-10 50 Freestyle	0	0	08:00 AM	_____
Finals	13 Girls 8 & Under 25 Freestyle	0	0	08:00 AM	_____
Finals	14 Boys 8 & Under 25 Freestyle	0	0	08:00 AM	_____
Finals	15 Girls 11-12 100 Breaststroke	0	0	08:00 AM	_____
Finals	16 Boys 11-12 100 Breaststroke	0	0	08:00 AM	_____
Finals	17 Girls 9-10 100 Breaststroke	0	0	08:00 AM	_____
Finals	18 Boys 9-10 100 Breaststroke	0	0	08:00 AM	_____
Finals	19 Girls 9-10 50 Breaststroke	0	0	08:00 AM	_____
Finals	20 Boys 9-10 50 Breaststroke	0	0	08:00 AM	_____
Finals	21 Girls 8 & Under 100 IM	0	0	08:00 AM	_____
Finals	22 Boys 8 & Under 100 IM	0	0	08:00 AM	_____

Finals	23	Girls 11-12 200 IM	0	0	08:00 AM	_____
Finals	24	Boys 11-12 200 IM	0	0	08:00 AM	_____
Finals	25	Girls 9-10 200 IM	0	0	08:00 AM	_____
Finals	26	Boys 9-10 200 IM	0	0	08:00 AM	_____
		Finish Time			08:00 AM	_____

## Session: 2 Saturday PM

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at		
Finals	27	Girls 13 & Over 200 Backstroke	0	0	02:00 PM	_____
Finals	28	Boys 13 & Over 200 Backstroke	0	0	02:00 PM	_____
Finals	29	Girls 13 & Over 200 Freestyle	0	0	02:00 PM	_____
Finals	30	Boys 13 & Over 200 Freestyle	0	0	02:00 PM	_____
Finals	31	Girls 13 & Over 200 Breaststroke	0	0	02:00 PM	_____
Finals	32	Boys 13 & Over 200 Breaststroke	0	0	02:00 PM	_____
Finals	33	Girls 13 & Over 400 IM	0	0	02:00 PM	_____
Finals	34	Boys 13 & Over 400 IM	0	0	02:00 PM	_____
		Finish Time			02:00 PM	_____

## Session: 3 Sunday AM

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at		
Finals	35	Girls 8 & Under 25 Breaststroke	0	0	08:00 AM	_____
Finals	36	Boys 8 & Under 25 Breaststroke	0	0	08:00 AM	_____
Finals	37	Girls 9-10 200 Freestyle	0	0	08:00 AM	_____
Finals	38	Boys 9-10 200 Freestyle	0	0	08:00 AM	_____
Finals	39	Girls 11-12 100 Freestyle	0	0	08:00 AM	_____
Finals	40	Boys 11-12 100 Freestyle	0	0	08:00 AM	_____

Finals	41	Girls 9-10 100 Freestyle	0	0	08:00	_____
					AM	
Finals	42	Boys 9-10 100 Freestyle	0	0	08:00	_____
					AM	
Finals	43	Girls 8 & Under 25 Butterfly	0	0	08:00	_____
					AM	
Finals	44	Boys 8 & Under 25 Butterfly	0	0	08:00	_____
					AM	
Finals	45	Girls 11-12 100 Butterfly	0	0	08:00	_____
					AM	
Finals	46	Boys 11-12 100 Butterfly	0	0	08:00	_____
					AM	
Finals	47	Girls 9-10 100 Butterfly	0	0	08:00	_____
					AM	
Finals	48	Boys 9-10 100 Butterfly	0	0	08:00	_____
					AM	
Finals	49	Girls 9-10 50 Butterfly	0	0	08:00	_____
					AM	
Finals	50	Boys 9-10 50 Butterfly	0	0	08:00	_____
					AM	
Finals	51	Girls 8 & Under 50 Freestyle	0	0	08:00	_____
					AM	
Finals	52	Boys 8 & Under 50 Freestyle	0	0	08:00	_____
					AM	
Finals	53	Girls 11-12 500 Freestyle	0	0	08:00	_____
					AM	
Finals	54	Boys 11-12 500 Freestyle	0	0	08:00	_____
					AM	
		Finish Time			08:00	_____
					AM	

Session: 4 Sunday PM

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>		
Finals	55	Girls 13 & Over 200 IM	0	0	02:00	_____
					PM	
Finals	56	Boys 13 & Over 200 IM	0	0	02:00	_____
					PM	
Finals	57	Girls 13 & Over 100 Freestyle	0	0	02:00	_____
					PM	
Finals	58	Boys 13 & Over 100 Freestyle	0	0	02:00	_____
					PM	
Finals	59	Girls 13 & Over 200 Butterfly	0	0	02:00	_____
					PM	
Finals	60	Boys 13 & Over 200 Butterfly	0	0	02:00	_____
					PM	
Finals	61	Girls 13 & Over 500 Freestyle	0	0	02:00	_____
					PM	
Finals	62	Boys 13 & Over 500 Freestyle	0	0	02:00	_____

Finish Time

PM  
02:00  
PM

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