

# OAK Pentathlon 2010

January 23, 2010

Woodrow Wilson Middle School, 370 Hunting Hill Ave  
Middletown, CT 06457

Held under sanctioned of USA Swimming and Connecticut Swimming # S09-50

## EVENTS

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|---------------------------|------------------|--|---------------|
| <b>Meet Director:</b>     | Jennifer Haverty | <a href="mailto:tjhaverty@comcast.net">tjhaverty@comcast.net</a>   | 860-521-0482  |
| <b>Meet Referee:</b>      | Rich Dufour      | <a href="mailto:richdufour@comcast.net">richdufour@comcast.net</a> | 860-267-1936  |
| <b>Entry Chair:</b>       | Beth Dufour      | <a href="mailto:bethdufour@comcast.net">bethdufour@comcast.net</a> | 860- 267-1936 |
| <b>Safety Chair:</b>      | Roland Beneke    |  |               |
| <b>Officials Contact:</b> | Rich Dufour      | <a href="mailto:richdufour@comcast.net">richdufour@comcast.net</a> |               |

**WEBSITE:** <http://www.ctoak.org/>

**POOL EMERGENCY NUMBER:** 860-841-0069

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

**MEET FORMAT:** The meet will be swum as timed-finals.

**SCRATCH PROCEDURES:** Coaches will receive scratch sheets at the beginning of the sessions. Scratch sheets must be returned within 20 minutes after the start of warm-ups. If a scratch sheet is not received by that deadline all swimmers will be considered NOT to be scratched and will be seeded in their entered events, except that any over-entered swimmers will be scratched from their last event(s) until they are in compliance with entry rules.

**FACILITY:** The Woodrow Wilson Middle School pool is a 6 lane, 25 yard pool with starting blocks at deep end and 6-lane electronic timing with adequate spectator bleacher seating.

**DISABLED ACCESS:** Handicapped parking is available in the main School parking lot. An area has been set aside on the pool deck for limited handicapped seating. Access to all areas can be obtained through the main pool entrance. In order that we may better prepare to assist individuals with special needs, we ask that you contact the Meet Manager

**COURSE:** 25 SCY.

**EVENTS:** See attached list

## SESSION TIMES:

AM Session (10/U & 13-14) warm-ups at 7:30 am and starts at 8:30am.

PM Session (11-12 & 15/O) warm-ups at 1:00 pm and starts at 2pm.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Warm-ups are limited to only those swimmers entered into this meet.

**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.

**EVENT INFORMATION:** At the discretion of the meet referee and or meet manager, deck entries will be allowed.

**ENTRY LIMITATIONS:** Entries are limited to 5 individual events.

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

**DEADLINES:** Entry deadline is 1/11/2010. Mail hardcopy and payment to the entry chairperson: **Rich Dufour** 19 East Hayes Rd, East Hampton, CT 06424. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries are accepted on a first come, first served basis. Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team. If entries are sent via overnight mail, please waive the "signature required".

**CONNECTICUT-ONLY DEADLINE:** CT deadline is 1/04/2010. Mail hardcopy and payment to the entry chairperson: **Rich Dufour** 19 East Hayes Rd, East Hampton, CT 06424. Entries are accepted on a first come, first served basis. Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team. If entries are sent via overnight mail, please waive the "signature required".

**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 [bethdufour@comcast.net](mailto:bethdufour@comcast.net). Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected prior to meet date, unless otherwise approved by the meet manager/meet referee. Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team.

**ENTRY FEES:** Electronic entries: \$5.00 for individual events. Manual entries: \$6.00 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 **OAK** and mail to: **Rich Dufour 19 East Hayes Rd, East Hampton, CT 06424**. Payment must be received by 1/15/2010.

**CUT PROTOCOL:** If a session is over-subscribed first cut is 7/U. If the time line estimate still exceeds four hours, teams will be cut based on date of receipt. Clubs will be notified of cuts no later than Monday before the meet.

**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.

**RELAYS:** There are no relay limitations. All relay swimmers must be officially entered in 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 **NOT** be offered.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Teams will be required to supply timers in proportion to the size of their entry. Please note that timers are required for the whole session. Qualified officials interested in working at the meet are to contact: Richard Dufour [([richdufour@comcast.net](mailto:richdufour@comcast.net)) 860- 267-7014].

**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 cumulative pentathlon scoring.

**AWARDS:** Trophies will be awarded to the top12 cumulative scorers in age groups 10/U, 11-12 for a total 48 trophies to be awarded. Medals will be awarded to the top 12 cumulative scorers in age groups 13-14 & 15/o for a total 48 medals to be awarded.

**CONCESSIONS: YES**

**HOSPITALITY FOR COACHES AND OFFICIALS: YES.**

**PARKING:** Park in designated areas and lots only. Cars may be towed at owner's expense if not properly parked.

**DIRECTIONS:** Directions to Woodrow Wilson Middle School, 370 Hunting Hill Ave  
Middletown, CT 06457

*From the South:*

From Route 91, take Exit 18. Take /Route 691 to Route 66 towards Middletown. Follow Route 66 through Middletown to Main Street (big set of traffic lights). Turn right on Main Street and go to the end (with a green on your right and facing a church). Take a right following the signs to Route 17 South onto South Main Street. Follow South Main Street until you pass Iliano's Restaurant on your left. Take a left at the caution light. Follow the road (bearing a left at the fork) until the stop sign. Take a right onto Hunting Hill Ave. The middle school will be on your left.

*From the North:*

Route 91 to Route 9 to Exit 11 (Randolph Road). See below for remainder of directions.

*From I-84:*

I-84 to Route 9 to Exit 11 (Randolph Road). See below for remainder of directions.

*From I-95:*

Take Route 9 Exit. Go on Route 9 North and take Exit 11 for Randolph Road. Take a left off the exit ramp and do down hill, up a hill and down another hill. As you go down the second hill, turn right at the second crossroads sign onto Hunting Hill Ave. The middle school is on your right after a few blocks.

**Oak Pentathlon 2010 - 1/23/2010**  
**OAK Pentathlon 2010, Sanction #: S09-50**  
**370 Hunting Hill Avenue, Middletown, CT 06457**  
**Session Report**

Session: 1 Morning Session 10/U and 13/14  
 Day of Meet: 1 Starts at 08:30 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 10 & Under 50 Butterfly    | 0              | 0            | 08:30 AM _____   |
| Finals       | 2 Boys 10 & Under 50 Butterfly     | 0              | 0            | 08:30 AM _____   |
| Finals       | 3 Girls 13-14 100 Butterfly        | 0              | 0            | 08:30 AM _____   |
| Finals       | 4 Boys 13-14 100 Butterfly         | 0              | 0            | 08:30 AM _____   |
| Finals       | 5 Girls 10 & Under 50 Backstroke   | 0              | 0            | 08:30 AM _____   |
| Finals       | 6 Boys 10 & Under 50 Backstroke    | 0              | 0            | 08:30 AM _____   |
| Finals       | 7 Girls 13-14 100 Backstroke       | 0              | 0            | 08:30 AM _____   |
| Finals       | 8 Boys 13-14 100 Backstroke        | 0              | 0            | 08:30 AM _____   |
| Finals       | 9 Girls 10 & Under 50 Breaststroke | 0              | 0            | 08:30 AM _____   |
| Finals       | 10 Boys 10 & Under 50 Breaststroke | 0              | 0            | 08:30 AM _____   |
| Finals       | 11 Girls 13-14 100 Breaststroke    | 0              | 0            | 08:30 AM _____   |
| Finals       | 12 Boys 13-14 100 Breaststroke     | 0              | 0            | 08:30 AM _____   |
| Finals       | 13 Girls 10 & Under 50 Freestyle   | 0              | 0            | 08:30 AM _____   |
| Finals       | 14 Boys 10 & Under 50 Freestyle    | 0              | 0            | 08:30 AM _____   |
| Finals       | 15 Girls 13-14 100 Freestyle       | 0              | 0            | 08:30 AM _____   |
| Finals       | 16 Boys 13-14 100 Freestyle        | 0              | 0            | 08:30 AM _____   |
| Finals       | 17 Girls 10 & Under 100 IM         | 0              | 0            | 08:30 AM _____   |
| Finals       | 18 Boys 10 & Under 100 IM          | 0              | 0            | 08:30 AM _____   |
| Finals       | 19 Girls 13-14 200 IM              | 0              | 0            | 08:30 AM _____   |
| Finals       | 20 Boys 13-14 200 IM               | 0              | 0            | 08:30 AM _____   |
|              | Finish Time                        |                |              | 08:30 AM _____   |

**Oak Pentathlon 2010 - 1/23/2010**  
**OAK Pentathlon 2010, Sanction #: S09-50**  
**370 Hunting Hill Avenue, Middletown, CT 06457**  
**Session Report**

Session: 2 Afternoon Session 11/12 and 15/O  
 Day of Meet: 1 Starts at 02:00 PM Heat Interval: 5 Seconds / Back +10 Seconds

| <b>Round</b> | <b>Event</b>                        | <b>Entries</b> | <b>Heats</b> | <b>Starts at</b> |
|--------------|-------------------------------------|----------------|--------------|------------------|
| Finals       | 21 Girls 11-12 50 Butterfly         | 0              | 0            | 02:00 PM _____   |
| Finals       | 22 Boys 11-12 50 Butterfly          | 0              | 0            | 02:00 PM _____   |
| Finals       | 23 Girls 15 & Over 100 Butterfly    | 0              | 0            | 02:00 PM _____   |
| Finals       | 24 Boys 15 & Over 100 Butterfly     | 0              | 0            | 02:00 PM _____   |
| Finals       | 25 Girls 11-12 50 Backstroke        | 0              | 0            | 02:00 PM _____   |
| Finals       | 26 Boys 11-12 50 Backstroke         | 0              | 0            | 02:00 PM _____   |
| Finals       | 27 Girls 15 & Over 100 Backstroke   | 0              | 0            | 02:00 PM _____   |
| Finals       | 28 Boys 15 & Over 100 Backstroke    | 0              | 0            | 02:00 PM _____   |
| Finals       | 29 Girls 11-12 50 Breaststroke      | 0              | 0            | 02:00 PM _____   |
| Finals       | 30 Boys 11-12 50 Breaststroke       | 0              | 0            | 02:00 PM _____   |
| Finals       | 31 Girls 15 & Over 100 Breaststroke | 0              | 0            | 02:00 PM _____   |
| Finals       | 32 Boys 15 & Over 100 Breaststroke  | 0              | 0            | 02:00 PM _____   |
| Finals       | 33 Girls 11-12 50 Freestyle         | 0              | 0            | 02:00 PM _____   |
| Finals       | 34 Boys 11-12 50 Freestyle          | 0              | 0            | 02:00 PM _____   |
| Finals       | 35 Girls 15 & Over 100 Freestyle    | 0              | 0            | 02:00 PM _____   |
| Finals       | 36 Boys 15 & Over 100 Freestyle     | 0              | 0            | 02:00 PM _____   |
| Finals       | 37 Girls 11-12 100 IM               | 0              | 0            | 02:00 PM _____   |
| Finals       | 38 Boys 11-12 100 IM                | 0              | 0            | 02:00 PM _____   |
| Finals       | 39 Girls 15 & Over 200 IM           | 0              | 0            | 02:00 PM _____   |
| Finals       | 40 Boys 15 & Over 200 IM            | 0              | 0            | 02:00 PM _____   |
|              | Finish Time                         |                |              | 02:00 PM _____   |