

# SHARKS Distance MEET

January 9, 2010

Westhill High School Pool – 125 Roxbury Rd, Stamford, CT

Held under sanctioned of USA Swimming and Connecticut Swimming #S09-41

## EVENTS

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<b>Meet Director:</b>	Justo Karell	<a href="mailto:KarellJusto@gmail.com">KarellJusto@gmail.com</a>	203-325-4268
<b>Meet Referee:</b>	Rick Lewis	<a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	203-912-9385
<b>Entry Chair:</b>	Rick Lewis	<a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	203-912-9385
<b>Safety Chair:</b>	Theresa Rough		
<b>Officials Contact:</b>	Rick Lewis	<a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	203-912-9385

**WEBSITE:** [http:// www.sharksswimming.com](http://www.sharksswimming.com)

**POOL EMERGENCY NUMBER:** 203-912-9385

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

**MEET FORMAT:** The meet will be swum as timed finals. The 500 free and 400 IM will be run fastest to slowest.

**SCRATCH PROCEDURES:** Scratches are due 20 minutes after the warmup begins.

**FACILITY:** Westhill High School is a 6 lane, 25 yard pool with Colorado timing. There is ample spectator space. Due to the depth of the pool at the starting end swimmers will be required to begin in the water.

**DISABLED ACCESS:** Pool and locker rooms are fully accessible. Anyone needing help can ask any Shark coach upon arrival.

**COURSE:** SCY.

**EVENTS:** See attached list.

**SESSION TIMES:** Warm-ups begin at 7:30 am. The meet begins at 8:15 am

**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.

**EVENT INFORMATION:** The meet will be run fastest to slowest alternating women and men.

**ENTRY LIMITATIONS:** Swimmers can swim the 500 free or 400 IM plus a maximum of two time trial events (held only if time permits).

**ENTRY TIMES:** Submit entry times in: SCY.

**DEADLINES:** Entry deadline is December 24, 2009. Hard Copy and payment should be mailed to:  
Sharks Swim Team  
212 Palmer Hill Rd  
Old Greenwich, CT 06870

All entries must be typed or printed legibly and must use full names and registration numbers from USA Swimming Registration. The entry is received when it arrives via any media (email or other wise). All fees must be paid by January 5, 2010.

**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 [lewisshark@aol.com](mailto:lewisshark@aol.com). Please check that your team name, address, and contact information are listed correctly in this file. All fees must be paid by January 5, 2010.

**ENTRY FEES:** Electronic entries: \$6.00 for individual events, Manual entries: \$10.00 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 Sharks Swim Team and mail to: Sharks Swim Team; 212 Palmer Hill Rd; Old Greenwich, CT 06870. Payment must be received by 1/5/10.

**CUT PROTOCOL:** The meet will be limited to 3 hours. Entries are accepted on a first come first in basis. 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.

**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 \$8.00 for individual events. Time trial events count toward the total number of event limitations per session.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** All swimmers must supply their own counter and timer. Anyone wishing to officiate can contact the Sharks at [lewisshark@aol.com](mailto:lewisshark@aol.com).

**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 not be scored.

**AWARDS:** Awards will not be given.

**CONCESSIONS:** No

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Parking is allowed in any legal space.

**DIRECTIONS:** Westhill HS is located at 125 Roxbury Rd in Stamford, CT. It is reached from the Merritt. From the North, exit 34 Long Ridge. Turn Left. Go one mile. Take a hard right onto Roxbury Rd (just before florist). High School is up the street pool in rear.

**Sharks Distance Meet - 1/9/2010**

**Session Report**

Session: 1 Distance Meet

Day of Meet: 1 Starts at 08:15 AM Heat Interval: 45 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Girls 400 IM	0	0	08:15 AM _____
Finals	2 Boys 400 IM	0	0	08:15 AM _____
Finals	3 Girls 12 & Under 500 Freestyle	0	0	08:15 AM _____
Finals	4 Boys 12 & Under 500 Freestyle	0	0	08:15 AM _____
	Finish Time			08:15 AM _____