

ZEUS 9 and Under and Distance Meet

October 17 and 18, 2009

Norwalk High School, 23 Calvin Murphy Drive, Norwalk, CT 06851

Held under sanctioned of USA Swimming and Connecticut Swimming #S09-02

EVENTS

[*.hvy file](#)

Meet Director: Eric Baritz, byte1inc@optonline.net, 203-838-5836
Meet Referee: Joe Dudek, jdudek@optonline.net, 203-838-5836
Entry Chair: Eric Baritz, byte1inc@optonline.net, 203-838-5836
Safety Chair: Dennis Flores, denswimusa@yahoo.com, 203-838-5836
Officials Contact: Joe Dudek, jdudek@optonline.net, 203-838-5836

WEBSITE: <http://www.zeuswimteam.org>

POOL EMERGENCY NUMBER: 203-515-8055

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

MEET FORMAT: The meet will be swum as timed-finals. The 1650 freestyle, 1000 freestyle, 400 IM, and 500 Freestyle, **events** will be swum fast-to-slow.

SCRATCH PROCEDURES: scratches are due 30 minutes before the start of the session.

FACILITY: The Norwalk High School Pool is a 6 -lane, 25-yard pool. The meet will be run using manual timing.

DISABLED ACCESS: Handicap accessibility throughout the facility.

COURSE: SCY

EVENTS: See attached list

SESSION TIMES:

Session 1 (Saturday afternoon): 9 and under: 2:30 p.m. warm up 3:15 p.m. start

Session 2: (Saturday evening) 1650 and 1000 Freestyle session: 5:00 p.m. warm up and 6:00 p.m. start

Session 3: (Sunday afternoon) 2:30 p.m. warm up and 3:30 p.m. 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.

EVENT INFORMATION:

- The 1650 Freestyle, 1000 Freestyle will be conducted Slowest to Fastest girls and then boys. Swimmers in these two events need to provide their own timers and counters.
- The 400 IM and 500 Freestyle and will be swum slowest to fastest girls and then boys. Swimmers in the 500 Freestyle need to provide their own timers and counters.
- The 9 and Under session (Session 1) MUST end by 5:00 p.m. (1 hour and 45 minutes). Meet management will follow the cut protocol for the meet to assure the time limit is set.
- Sessions 2 and 3 need to be kept to 3 hours and meet management will follow cut protocol to assure the time limit is met.
- To assure there are enough volunteers, ZEUS Swimmers will not be cut from the meet.

ENTRY LIMITATIONS: None

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

DEADLINES: Entry deadline is Friday, October 10, 2009.

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 byteline@optonline.net. Please check that your team name, address, and contact information are listed correctly in this file. When payment is received the entry is considered officially in the meet.

ENTRY FEES:

- Electronic entries:
 - o The 9 and Under events (Session 1) are \$4 per event, and \$8 for relays.
 - o The rest of the meet (Sessions 2 and 3) will be: \$5.00 for individual events, \$10.00 for the 1650 and 1000 freestyle distance events.
- Manual entries:
 - o \$5.00 for individual events, \$10.00 for distance events, \$10.00 for relays.

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: NAC

Mail to:

ZEUS Swimming
c/o Eric Baritz
501 Westport Avenue, #272
Norwalk, CT 06854

Payment must be received by 10/10/2009

CUT PROTOCOL: Should the meet be oversubscribed the cut protocol is as follows:

- Relays will be eliminated
- Begin Session 1, 15 minutes earlier
- Cut the events from 5 to 4 events. Then 4 events to 3 events.
- Heat limitations
- Some events may be run in a special Saturday morning session.
- Receipt of the entry

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: 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: Yes, Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$10.00 for individual events and \$10.00 for relays. Time trial events count toward the total number of event limitations per session.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Swimmers in the 500 Freestyle, the 1000 freestyle, and 1650 freestyle **MUST** provide their own timers and counters. All other events, volunteers will be based on the number of swimmers in the meet.

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. Scoring will be the standard First through sixteenth place.

AWARDS: Ribbons will be awarded to the top 8 finishers in all 9 and under events, and top 3 finishers in each relay event for 9 and unders. Teams are responsible for picking up their own awards.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Ample parking

DIRECTIONS: The Norwalk High School pool is on County Street in Norwalk, CT.

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.**

2009 ZEUS 9 and Under and Distance Meet - 10/17/2009 to 10/18/2009

Session Report

Session: 1 Saturday afternoon

Day of Meet: 1 Starts at 03:20 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 8 & Under 25 Freestyle	0	0	03:20 PM _____
Finals	2 Boys 8 & Under 25 Freestyle	0	0	03:20 PM _____
Finals	3 Girls 8 & Under 25 Backstroke	0	0	03:20 PM _____
Finals	4 Boys 8 & Under 25 Backstroke	0	0	03:20 PM _____
Finals	5 Girls 9 & Under 50 Freestyle	0	0	03:20 PM _____
Finals	6 Boys 9 & Under 50 Freestyle	0	0	03:20 PM _____
Finals	7 Girls 9 & Under 50 Backstroke	0	0	03:20 PM _____
Finals	8 Boys 9 & Under 50 Backstroke	0	0	03:20 PM _____
Finals	9 Girls 8 & Under 25 Breaststroke	0	0	03:20 PM _____
Finals	10 Boys 8 & Under 25 Breaststroke	0	0	03:20 PM _____
Finals	11 Girls 8 & Under 25 Butterfly	0	0	03:20 PM _____
Finals	12 Boys 8 & Under 25 Butterfly	0	0	03:20 PM _____
Finals	13 Girls 9 & Under 50 Breaststroke	0	0	03:20 PM _____
Finals	14 Boys 9 & Under 50 Breaststroke	0	0	03:20 PM _____
Finals	15 Girls 9 & Under 50 Butterfly	0	0	03:20 PM _____
Finals	16 Boys 9 & Under 50 Butterfly	0	0	03:20 PM _____
Finals	17 Girls 9 & Under 100 IM	0	0	03:20 PM _____
Finals	18 Boys 9 & Under 100 IM	0	0	03:20 PM _____
Finals	19 Girls 8 & Under 100 Freestyle Relay	0	0	03:20 PM _____
Finals	20 Boys 8 & Under 100 Freestyle Relay	0	0	03:20 PM _____
Finals	21 Girls 9 & Under 200 Freestyle Relay	0	0	03:20 PM _____
Finals	22 Boys 9 & Under 200 Freestyle Relay	0	0	03:20 PM _____
	Finish Time			03:20 PM _____

Session: 2 Saturday evening

Day of Meet: 1 Starts at 06:05 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	23 Girls 1650 Freestyle	0	0	06:05 PM _____
Finals	24 Boys 1650 Freestyle	0	0	06:05 PM _____
Finals	25 Girls 1000 Freestyle	0	0	06:05 PM _____
Finals	26 Boys 1000 Freestyle	0	0	06:05 PM _____
	Finish Time			06:05 PM _____

Session: 3 Sunday afternoon

Day of Meet: 2 Starts at 03:35 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	27 Girls 400 IM	0	0	03:35 PM _____
Finals	28 Boys 400 IM	0	0	03:35 PM _____
Finals	29 Girls 10 & Under 500 Freestyle	0	0	03:35 PM _____
Finals	30 Boys 10 & Under 500 Freestyle	0	0	03:35 PM _____
Finals	31 Girls 12 & Under 200 Butterfly	0	0	03:35 PM _____
Finals	32 Boys 12 & Under 200 Butterfly	0	0	03:35 PM _____
Finals	33 Girls 200 Butterfly	0	0	03:35 PM _____

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Finals	34	Boys 200 Butterfly	0	0	03:35 PM	_____
Finals	35	Girls 12 & Under 200 Backstroke	0	0	03:35 PM	_____
Finals	36	Boys 12 & Under 200 Backstroke	0	0	03:35 PM	_____
Finals	37	Girls 200 Backstroke	0	0	03:35 PM	_____
Finals	38	Boys 200 Backstroke	0	0	03:35 PM	_____
Finals	39	Girls 12 & Under 200 Breaststroke	0	0	03:35 PM	_____
Finals	40	Boys 12 & Under 200 Breaststroke	0	0	03:35 PM	_____
Finals	41	Girls 200 Breaststroke	0	0	03:35 PM	_____
Finals	42	Boys 200 Breaststroke	0	0	03:35 PM	_____
Finals	43	Girls 500 Freestyle	0	0	03:35 PM	_____
Finals	44	Boys 500 Freestyle	0	0	03:35 PM	_____
		Finish Time			03:35 PM	_____