

CAT Roar for Special Olympics Age Group Qualifier

February 6-7, 2010

Haddam Killingworth High School Pool, 95 Little City Road, Haddam, CT

Held under sanction of USA Swimming and Connecticut Swimming #S09-59

ALL visiting team entry fees will be donated to Special Olympics CT

EVENTS

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Meet Director:	Cindy Stritzel	cnstritzel@sbcglobal.net	860-663-0842
Meet Referee:	Mike Huffman	michael.huffman@thehartford.com	860-547-4510
Entry Chair:	Cindy Stritzel		
Safety Chair:	Jim Grimaldi	jim.grimaldi@juno.com	
Officials Contact:	Robin Gibbons	r4peace@comcast.net	860-338-4075

WEBSITE: <http://www.catswim.com>

POOL EMERGENCY NUMBER: 860-345-8541

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, which must be returned no later than **30** minutes before the beginning of the session.

FACILITY: The Haddam Killingworth High School Pool is a **6** lane, 25-yard pool with Colorado Electronic timing. There is ample spectator seating in the pool observation deck.

DISABLED ACCESS: Handicapped parking is available directly in front of the pool lobby entrance. The spectator area is NOT handicapped accessible; however, those spectators requiring accommodations may enter on the pool level, where an area will be designated for viewing. Handicapped accessible bathrooms are located on the ground level in the pool lobby. Anyone requiring assistance is encouraged to speak to **ANY** Cougar Aquatic Team volunteer.

COURSE: SCY

EVENTS

SESSION TIMES:

<u>Session #</u>	<u>Age Group</u>	<u>Warm-up Time</u>	<u>Start Time</u>
1-Saturday	10/U, 11/12	7:30 am	8:45 am
2-Saturday	13/14,15/O and Senior	1:00 pm	2:15 pm
3-Sunday	10/U, 11/12	7:30 am	8:45 am
4-Sunday	13/14, 15/O and Senior	1:00 pm	2:15pm

WARM-UPS: The pool will be open for one-hour and 15 minutes prior to start of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. 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 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: Swimmers may enter a maximum of 8 events for the meet, and no more than 4 events per day. Please circle 4th events in the event of over-subscription.

ENTRY TIMES: Please submit entry times in SCY. Identify unattached swimmers with red ink. Relay only swimmers must be included on the entry form. Please circle fourth events in the case of over-subscription. No Times are discouraged.

ENTRY DEADLINES: Entry deadline is January 18, 2010. Deadlines will be determined by date payment is received. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed.

CONNECTICUT-ONLY DEADLINE for QUALIFIER MEETS: Deadline for CT teams is Monday, January 18, 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 cnstritzel@sbcglobal.net. Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected by the entry deadline in order for the entry to be considered complete.

ENTRY FEES: Electronic entries: \$4.00 for individual events, \$6.00 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: **Cougar Aquatic Team**. Mail to: **Cindy Stritzel, 32 Cow Pen Hill Road, Killingworth, CT 06419**. Payment must be received by January 18, 2010.

CUT PROTOCOL for QUALIFIERS: If a session is over-subscribed first 7/Us, followed by relays, and then all fourth events will be cut. 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, February 1, 2010.

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, February 1, 2010.

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: No time trials will be held.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Teams will be required to provide timers based on the size of their entry. Team assignments will be posted on the Cougar Aquatic Team website (www.catswim.com) by Wednesday, February 3, 2010.

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: Ribbons will be awarded to the top 6 finishers in each individual event, and top 3 finishers in each relay event.

CONCESSIONS: Yes, a concession stand will be in operation for the duration of the meet.

HOSPITALITY FOR COACHES AND OFFICIALS: Absolutely.

PARKING: There is ample parking available in the parking lot adjacent to the Haddam Killingworth High School pool entrance.

DIRECTIONS: Haddam Killingworth High School is located at 95 Little City Road, Higganum, CT, 06441

CAT Roar for Special Olympics - 2/6/2010 to 2/7/2010

Session Report

Session: 1 Saturday

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

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 10 & Under 100 Freestyle	0	0	08:45 AM _____
Finals	2 Boys 10 & Under 100 Freestyle	0	0	08:45 AM _____
Finals	3 Girls 11-12 100 Freestyle	0	0	08:45 AM _____
Finals	4 Boys 11-12 100 Freestyle	0	0	08:45 AM _____
Finals	5 Girls 10 & Under 50 Backstroke	0	0	08:45 AM _____
Finals	6 Boys 10 & Under 50 Backstroke	0	0	08:45 AM _____
Finals	7 Girls 11-12 50 Backstroke	0	0	08:45 AM _____
Finals	8 Boys 11-12 50 Backstroke	0	0	08:45 AM _____
Finals	9 Girls 10 & Under 100 Breaststroke	0	0	08:45 AM _____
Finals	10 Boys 10 & Under 100 Breaststroke	0	0	08:45 AM _____
Finals	11 Girls 11-12 100 Breaststroke	0	0	08:45 AM _____
Finals	12 Boys 11-12 100 Breaststroke	0	0	08:45 AM _____
Finals	13 Girls 10 & Under 50 Butterfly	0	0	08:45 AM _____
Finals	14 Boys 10 & Under 50 Butterfly	0	0	08:45 AM _____
Finals	15 Girls 11-12 50 Butterfly	0	0	08:45 AM _____
Finals	16 Boys 11-12 50 Butterfly	0	0	08:45 AM _____
Finals	17 Girls 10 & Under 200 IM	0	0	08:45 AM _____
Finals	18 Boys 10 & Under 200 IM	0	0	08:45 AM _____
Finals	19 Girls 11-12 100 IM	0	0	08:45 AM _____
Finals	20 Boys 11-12 100 IM	0	0	08:45 AM _____
Finals	21 Girls 11-12 500 Freestyle	0	0	08:45 AM _____
Finals	22 Boys 11-12 500 Freestyle	0	0	08:45 AM _____
Finals	23 Girls 10 & Under 200 Medley Relay	0	0	08:45 AM _____
Finals	24 Boys 10 & Under 200 Medley Relay	0	0	08:45 AM _____
Finals	25 Girls 11-12 200 Medley Relay	0	0	08:45 AM _____
Finals	26 Boys 11-12 200 Medley Relay	0	0	08:45 AM _____
	Finish Time			08:45 AM _____

CAT Roar for Special Olympics - 2/6/2010 to 2/7/2010

Session Report

Session: 2 Saturday

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

Round	Event	Entries	Heats	Starts at
Finals	27 Girls 13-14 100 Freestyle	0	0	02:15 PM _____
Finals	28 Boys 13-14 100 Freestyle	0	0	02:15 PM _____
Finals	29 Girls 15 & Over 100 Freestyle	0	0	02:15 PM _____
Finals	30 Boys 15 & Over 100 Freestyle	0	0	02:15 PM _____
Finals	31 Girls 13-14 200 Breaststroke	0	0	02:15 PM _____
Finals	32 Boys 13-14 200 Breaststroke	0	0	02:15 PM _____
Finals	33 Girls 200 Breaststroke	0	0	02:15 PM _____
Finals	34 Boys 200 Breaststroke	0	0	02:15 PM _____
Finals	35 Girls 13-14 100 Backstroke	0	0	02:15 PM _____
Finals	36 Boys 13-14 100 Backstroke	0	0	02:15 PM _____
Finals	37 Girls 15 & Over 100 Backstroke	0	0	02:15 PM _____
Finals	38 Boys 15 & Over 100 Backstroke	0	0	02:15 PM _____
Finals	39 Girls 13-14 200 Butterfly	0	0	02:15 PM _____
Finals	40 Boys 13-14 200 Butterfly	0	0	02:15 PM _____
Finals	41 Girls 200 Butterfly	0	0	02:15 PM _____
Finals	42 Boys 200 Butterfly	0	0	02:15 PM _____
Finals	43 Girls 13-14 200 IM	0	0	02:15 PM _____
Finals	44 Boys 13-14 200 IM	0	0	02:15 PM _____
Finals	45 Girls 15 & Over 200 IM	0	0	02:15 PM _____
Finals	46 Boys 15 & Over 200 IM	0	0	02:15 PM _____
Finals	47 Girls 13-14 500 Freestyle	0	0	02:15 PM _____
Finals	48 Boys 13-14 500 Freestyle	0	0	02:15 PM _____
Finals	49 Girls 15 & Over 500 Freestyle	0	0	02:15 PM _____
Finals	50 Boys 15 & Over 500 Freestyle	0	0	02:15 PM _____
Finals	51 Girls 13-14 200 Medley Relay	0	0	02:15 PM _____
Finals	52 Boys 13-14 200 Medley Relay	0	0	02:15 PM _____
Finals	53 Girls 15 & Over 200 Medley Relay	0	0	02:15 PM _____
Finals	54 Boys 15 & Over 200 Medley Relay	0	0	02:15 PM _____
	Finish Time			02:15 PM _____

CAT Roar for Special Olympics - 2/6/2010 to 2/7/2010

Session Report

Session: 3 Sunday

Day of Meet: 2 Starts at 08:45 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	55 Girls 10 & Under 100 Backstroke	0	0	08:45 AM _____
Finals	56 Boys 10 & Under 100 Backstroke	0	0	08:45 AM _____
Finals	57 Girls 11-12 100 Backstroke	0	0	08:45 AM _____
Finals	58 Boys 11-12 100 Backstroke	0	0	08:45 AM _____
Finals	59 Girls 10 & Under 200 Freestyle	0	0	08:45 AM _____
Finals	60 Boys 10 & Under 200 Freestyle	0	0	08:45 AM _____
Finals	61 Girls 11-12 200 Freestyle	0	0	08:45 AM _____
Finals	62 Boys 11-12 200 Freestyle	0	0	08:45 AM _____
Finals	63 Girls 10 & Under 50 Breaststroke	0	0	08:45 AM _____
Finals	64 Boys 10 & Under 50 Breaststroke	0	0	08:45 AM _____
Finals	65 Girls 11-12 50 Breaststroke	0	0	08:45 AM _____
Finals	66 Boys 11-12 50 Breaststroke	0	0	08:45 AM _____
Finals	67 Girls 10 & Under 100 IM	0	0	08:45 AM _____
Finals	68 Boys 10 & Under 100 IM	0	0	08:45 AM _____
Finals	69 Girls 11-12 200 IM	0	0	08:45 AM _____
Finals	70 Boys 11-12 200 IM	0	0	08:45 AM _____
Finals	71 Girls 10 & Under 50 Freestyle	0	0	08:45 AM _____
Finals	72 Boys 10 & Under 50 Freestyle	0	0	08:45 AM _____
Finals	73 Girls 11-12 50 Freestyle	0	0	08:45 AM _____
Finals	74 Boys 11-12 50 Freestyle	0	0	08:45 AM _____
Finals	75 Girls 10 & Under 100 Butterfly	0	0	08:45 AM _____
Finals	76 Boys 10 & Under 100 Butterfly	0	0	08:45 AM _____
Finals	77 Girls 11-12 100 Butterfly	0	0	08:45 AM _____
Finals	78 Boys 11-12 100 Butterfly	0	0	08:45 AM _____
Finals	79 Girls 10 & Under 200 Freestyle Relay	0	0	08:45 AM _____
Finals	80 Boys 10 & Under 200 Freestyle Relay	0	0	08:45 AM _____
Finals	81 Girls 11-12 200 Freestyle Relay	0	0	08:45 AM _____
Finals	82 Boys 11-12 200 Freestyle Relay	0	0	08:45 AM _____
	Finish Time			08:45 AM _____

CAT Roar for Special Olympics - 2/6/2010 to 2/7/2010

Session Report

Session: 4 Sunday

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

Round	Event	Entries	Heats	Starts at
Finals	83 Girls 13-14 200 Freestyle	0	0	02:15 PM _____
Finals	84 Boys 13-14 200 Freestyle	0	0	02:15 PM _____
Finals	85 Girls 15 & Over 200 Freestyle	0	0	02:15 PM _____
Finals	86 Boys 15 & Over 200 Freestyle	0	0	02:15 PM _____
Finals	87 Girls 13-14 200 Backstroke	0	0	02:15 PM _____
Finals	88 Boys 13-14 200 Backstroke	0	0	02:15 PM _____
Finals	89 Girls 200 Backstroke	0	0	02:15 PM _____
Finals	90 Boys 200 Backstroke	0	0	02:15 PM _____
Finals	91 Girls 13-14 100 Butterfly	0	0	02:15 PM _____
Finals	92 Boys 13-14 100 Butterfly	0	0	02:15 PM _____
Finals	93 Girls 15 & Over 100 Butterfly	0	0	02:15 PM _____
Finals	94 Boys 15 & Over 100 Butterfly	0	0	02:15 PM _____
Finals	95 Girls 13-14 50 Freestyle	0	0	02:15 PM _____
Finals	96 Boys 13-14 50 Freestyle	0	0	02:15 PM _____
Finals	97 Girls 15 & Over 50 Freestyle	0	0	02:15 PM _____
Finals	98 Boys 15 & Over 50 Freestyle	0	0	02:15 PM _____
Finals	99 Girls 13-14 100 Breaststroke	0	0	02:15 PM _____
Finals	100 Boys 13-14 100 Breaststroke	0	0	02:15 PM _____
Finals	101 Girls 15 & Over 100 Breaststroke	0	0	02:15 PM _____
Finals	102 Boys 15 & Over 100 Breaststroke	0	0	02:15 PM _____
Finals	103 Girls 13-14 400 IM	0	0	02:15 PM _____
Finals	104 Boys 13-14 400 IM	0	0	02:15 PM _____
Finals	105 Girls 400 IM	0	0	02:15 PM _____
Finals	106 Boys 400 IM	0	0	02:15 PM _____
Finals	107 Girls 13-14 200 Freestyle Relay	0	0	02:15 PM _____
Finals	108 Boys 13-14 200 Freestyle Relay	0	0	02:15 PM _____
Finals	109 Girls 15 & Over 200 Freestyle Relay	0	0	02:15 PM _____
Finals	110 Boys 15 & Over 200 Freestyle Relay	0	0	02:15 PM _____
	Finish Time			02:15 PM _____