

The Swim For Hunger 12/0 1000yd Free Distance Meet

December 18th, 2009

Hosted by: Central Connecticut Aquatics Team

Freeman Athletic Center, Wesleyan University, Middletown, Connecticut

Held under sanctioned of USA Swimming and Connecticut Swimming #S09-35

A primary goal for the **Swim For Hunger Meet** is to involve U.S.A. swimmers in the collection of food and hygiene items to help those in need. These donations will be collected as part of the entry fee. They will then be distributed to the various food banks in Hartford and Middlesex Counties. Following the holidays, shelters supplies are very low, so please join us to swim, share, have fun, and show how U.S.A. swimmers care!

Suggested Food and Hygiene Items: Canned foods such as tuna, soups, vegetables, fruit, and meats are preferred. Cereal, rice, Pasta, peanut butter, and other basic staples, which are useful as well. There are special needs for hygiene items, such as hand soap, shampoo, diapers, razors, toothpaste, and especially infant formula.

We ask that you do not include glass containers. Any and all non-perishable food and hygiene items are very much welcomed.

EVENTS

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Meet Director: Bob Schnitman, lungguy@mac.com , 860-918-4752
Meet Referee: Mike L. Huffman, mhuffman5@cox.net, 860-257-3053
Entry Chair: Stephanie Jordan, sjordan@peco1938.com, 203-237-8497
Safety Chair: Jeff Mackiewicz
Officials Contact: Mike Huffman (see above)

Pool Emergency Number: 860-918-4752 (day of event only)

MEET FORMAT: The meet will be swum as timed-finals. Event will be run fastest to slowest, alternating girls and boys

FACILITY: One 9-lane, 25-yard course with electronic timing. Additional lanes will be available for warm-up and cool down.

DISABLED ACCESS Handicapped Parking is available behind the athletic center. An elevator, located to the right as you enter the Freeman Athletic Center main lobby. The elevator will provide access to the swim deck.

If special assistance is required by athletes, coaches or spectators, please contact the meet director.

COURSE: SCY

EVENTS: See attached list.

SESSION TIMES: Warm-ups: 5:00pm Start time: 6:10pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Additional lanes will be available during competition for warm up. Only swimmers entered in the 1000yd Free will be permitted in the pool during warm up periods.

ELIGIBILITY: All athletes must be current athlete members of USA Swimming and 12 years or older. 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:

ENTRY LIMITATIONS:

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

DEADLINES: Entry deadline is December 10th, 2009, year. Mail hardcopy and payment to the entry chairperson: Stephanie Jordan.

187 Williams Street
Meriden, CT 06450

All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be handled on a first come first served basis, and Connecticut Teams will be given priority over out-of-state teams. The date the entry is received shall be determined by email date and time. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but not later than December 11, 2009. If cuts or changes are made, the contact person listed on the entry will be notified.

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 : sjordan@peco1938.com. Please check that your team name, address, and contact information are listed correctly in this file. The date the entry is received shall be determined by email date and time.

ENTRY FEES: Electronic entries: \$7.00 for distance event. Manual entries: \$10.00. Deck or manual entries will be charged \$10.00.

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 Central Connecticut Aquatics Team and mail to:

Stephanie Jordan
187 Williams Street
Meriden, CT 06450
203-237-8497

Payment must be received by 12/10/2009

CUT PROTOCOL for INVITATIONALS: Entries will be accepted in order of receipt until the meet is full. Session will be limited to 3 hours. 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 December 11, 2009.

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

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Swimmers will be required to provide their own timers and counters.

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: No

CONCESSIONS: Yes. Provided by Wesleyan

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Directly across and adjacent to the Middletown firehouse. Please do not park on the street, especially if snow removal parking is in effect for Middletown, CT.

LODGING: The following hotels and motels are in the Middletown area:

Inn at Middletown, Wesley Inn

Cromwell, Ct: Comfort Inn

Holiday Inn of Cromwell

Courtyard by Marriott

Swim for Hunger 12/O 1000 Distance Meet - 12/18/2009

Session Report

Session: 1 12/Over 1000 Distance events

Day of Meet: 1 Starts at 06:10 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Women 12-99 1000 Freestyle	0	0	06:10 PM _____
Finals	2 Men 12-99 1000 Freestyle	0	0	06:10 PM _____
	Finish Time			06:10 PM _____