

Central Connecticut Aquatics Team
14th Annual Swim For Hunger Invitational
December 19th and 20th
Freeman Athletic Center, Wesleyan University
Middletown, CT

Held under sanctioned of USA Swimming and Connecticut Swimming #S09-36

EVENTS

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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 also 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.

Meet Director:	Bob Schnitman	860-918-4652	Lungguy@mac.com ,
Meet Referee:	Santos Carvajal		santoscag@hotmail.com ,
	Mike Huffman		huffmami@us.ibm.com ,
Entry Chair:	Stephanie Jordan	203-494-7673	sjordan@peco1938.com ,
Safety Chair:	Jeff Mackiewicz		

WEBSITE:

POOL EMERGENCY NUMBER: 860-918-4752 (day of events only)

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

MEET FORMAT: The meet will be swum as prelim/final format on Saturday December 19th **only**. The top 18 swimmers in 11/12, 13/14, 15/O age groups will be eligible to return for finals Saturday evening. The exception to this will be for the Senior 500Y Free and Boys and Girls 11/12 200Y IM, where only the top 9 swimmers will return for finals. For Sessions II and III respectively, the Senior 500Y Free and 11/12 200Y IM are Timed Finals. Events will be swum fast-to-slow, alternating heats of women and men, etc.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for each session of the meet in the Information Packet, listing all of their swimmers and events for that session. Coaches must indicate all scratches on these sheets and turn them in to the computer table within one half hour after the beginning of warm-ups.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or

deliberate delay of meet is not permitted and will be regarded as a failure to compete. **Exceptions for Failure to Compete in Finals:** No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

FACILITY: One 9-lane, 25-yard course with electronic timing. There is ample deck space. Swimmers will enter the locker rooms from the pool deck. Spectator seating is located to the left upon entering the Freeman Athletic Center.

DISABLED ACCESS: Handicapped parking is available behind the athletic center. Use main entrance. The Handicap Spectator area is wheelchair accessible from main entrance. Elevator in lobby will take swimmers to the pool deck.

COURSE: SCY

EVENTS: See attached list.

SESSION TIMES:

December 19 th :	Session II: 13/O:	Warm-up: 7am	Start: 8:10am
	Session III 12/U:	Warm-up 12:30pm	Start: 1:15pm
	Session IV: FINALS:	Warm-up 5:30pm	Start: 6:30pm
December 20 th :	Session V: 13/O	Warm-up 7am	Start: 8:10am
	Session VI: 12/U	Warm-up 12:30pm	Start: 1:15pm

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.

ENTRY LIMITATIONS: Swimmers may enter any events for which they qualify, but are limited to 3 events per day. If a swimmer is swimming in both sessions, that swimmer may not swim any more than 3 events per day combined.

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

DEADLINES: Entry deadline is December 4th, 2009. 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. Entry will be complete when a hard copy and check are received by the Entry Chair. No changes shall be made after the entry is received. Any entry received after the above date(s) will be returned.

CONNECTICUT-ONLY DEADLINE: Connecticut teams that enter by December 4th, 2009 will be entered before out-of-state teams.

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 sjordan@peco1938.com. Please check that your team name, address, and contact information are listed correctly in this file. Entries will be complete when a hard copy and check are received by the Entry Chair; Stephanie Jordan.

ENTRY FEES: Electronic entries: \$6.00 for individual events. Manual entries: \$8.00 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 Central Connecticut Aquatics Team and mail to: Stephanie Jordan
187 Williams Street
Meriden, CT 06450. Payment must be received by December 12, 2009

CUT PROTOCOL : Entries are accepted on a first come first serve basis until the meet is full. CCAT reserves the right to limit the Senior 500Y Free to 4 heats if necessary, so to adhere to a 4-hour timeline. If the meet is oversubscribed, the meet management may/can adjust warm-up times. Teams will be notified of any cuts or changes as soon as possible after the entry deadline, but no later than December 15th, 2009.

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 relays for the SFH 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 offered at the discretion of the meet referee if time allows.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: The Swim For Hunger Invitational cannot be run efficiently without the help of many officials and parent volunteers. The Central Connecticut Aquatic Team welcomes and appreciates your efforts to help us make this a great event. Officials please contact Santos Carvajal or Mike Huffman. (email addresses noted above) Timers: Please email Bob Schnitman. Please remember that CCAT will require Timers from teams in proportion to the size of their entries.

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: Heat awards will be given

CONCESSIONS: Yes. The concessions will be operated by Wesleyan.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS: Coaches, we ask that you please remind swimmers to bring non-perishable food items.

PARKING: Parking is located adjacent to the firestation and behind the alumni house. Please do not park on the street, especially if snow removal parking restrictions are in place.

DIRECTIONS: : *From South:* From I-91 or the Merritt Parkway, follow signs to 66 East (Initially I-691) and proceed to Middletown. At light (by graveyard) turn right on to Vine. At next light, turn right and pool is on left.

From North: Take I-91 south to exit 22S (Rt.9

South) to Exit 15 (Washington St.) At the 5th light make a left on to Vine St. At light, turn right, pool is on left.

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Session Report

Session: 1 13 AND OVER PRELIMS & HEATS

Day of Meet: 1 Starts at 08:10 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	1 Women 13-14 100 Freestyle	0	0	08:10 AM _____
Prelims	2 Men 13-14 100 Freestyle	0	0	08:10 AM _____
Prelims	3 Women 15 & Over 100 Freestyle	0	0	08:10 AM _____
Prelims	4 Men 15 & Over 100 Freestyle	0	0	08:10 AM _____
Prelims	5 Women 13-14 200 Backstroke	0	0	08:10 AM _____
Prelims	6 Men 13-14 200 Backstroke	0	0	08:10 AM _____
Prelims	7 Women 15 & Over 200 Backstroke	0	0	08:10 AM _____
Prelims	8 Men 15 & Over 200 Backstroke	0	0	08:10 AM _____
Prelims	9 Women 13-14 200 IM	0	0	08:10 AM _____
Prelims	10 Men 13-14 200 IM	0	0	08:10 AM _____
Prelims	11 Women 15 & Over 200 IM	0	0	08:10 AM _____
Prelims	12 Men 15 & Over 200 IM	0	0	08:10 AM _____
Prelims	13 Women 13-14 100 Butterfly	0	0	08:10 AM _____
Prelims	14 Men 13-14 100 Butterfly	0	0	08:10 AM _____
Prelims	15 Women 15 & Over 100 Butterfly	0	0	08:10 AM _____
Prelims	16 Men 15 & Over 100 Butterfly	0	0	08:10 AM _____
Prelims	17 Women 13-14 100 Breaststroke	0	0	08:10 AM _____
Prelims	18 Men 13-14 100 Breaststroke	0	0	08:10 AM _____
Prelims	19 Women 15 & Over 100 Breaststroke	0	0	08:10 AM _____
Prelims	20 Men 15 & Over 100 Breaststroke	0	0	08:10 AM _____
Prelims	21 Women 500 Freestyle cut time 6:10	0	0	08:10 AM _____
Prelims	22 Men 500 Freestyle cut time 6:10	0	0	08:10 AM _____
	Finish Time			08:10 AM _____

Session: 2 12 AND UNDER

Day of Meet: 1 Starts at 01:15 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	23 Girls 11-12 100 Freestyle	0	0	01:15 PM _____
Prelims	24 Boys 11-12 100 Freestyle	0	0	01:15 PM _____
Finals	25 Girls 10 & Under 100 Freestyle	0	0	01:15 PM _____
Finals	26 Boys 10 & Under 100 Freestyle	0	0	01:15 PM _____
Prelims	27 Girls 11-12 50 Backstroke	0	0	01:15 PM _____
Prelims	28 Boys 11-12 50 Backstroke	0	0	01:15 PM _____
Finals	29 Girls 10 & Under 50 Backstroke	0	0	01:15 PM _____
Finals	30 Boys 10 & Under 50 Backstroke	0	0	01:15 PM _____
Prelims	31 Girls 11-12 200 IM	0	0	01:15 PM _____
Prelims	32 Boys 11-12 200 IM	0	0	01:15 PM _____
Finals	33 Girls 10 & Under 200 IM	0	0	01:15 PM _____
Finals	34 Boys 10 & Under 200 IM	0	0	01:15 PM _____
Prelims	35 Girls 11-12 100 Breaststroke	0	0	01:15 PM _____
Prelims	36 Boys 11-12 100 Breaststroke	0	0	01:15 PM _____
Finals	37 Girls 10 & Under 100 Breaststroke	0	0	01:15 PM _____
Finals	38 Boys 10 & Under 100 Breaststroke	0	0	01:15 PM _____

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Prelims	39	Girls 11-12 50 Freestyle	0	0	01:15 PM	_____
Prelims	40	Boys 11-12 50 Freestyle	0	0	01:15 PM	_____
Finals	41	Girls 10 & Under 50 Freestyle	0	0	01:15 PM	_____
Finals	42	Boys 10 & Under 50 Freestyle	0	0	01:15 PM	_____
Prelims	43	Girls 11-12 50 Butterfly	0	0	01:15 PM	_____
Prelims	44	Boys 11-12 50 Butterfly	0	0	01:15 PM	_____
Finals	45	Girls 10 & Under 50 Butterfly	0	0	01:15 PM	_____
Finals	46	Boys 10 & Under 50 Butterfly	0	0	01:15 PM	_____
Finals	47	Girls 11-12 200 Backstroke	0	0	01:15 PM	_____
Finals	48	Boys 11-12 200 Backstroke	0	0	01:15 PM	_____
		Finish Time			01:15 PM	_____

Session: 3 11 AND OVER FINALS

Day of Meet: 1 Starts at 06:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Women 13-14 100 Freestyle	0	2	u06:30 PM
Finals	2 Men 13-14 100 Freestyle	0	2	u06:34 PM
Finals	3 Women 15 & Over 100 Freestyle	0	2	u06:37 PM
Finals	4 Men 15 & Over 100 Freestyle	0	2	u06:40 PM
Finals	23 Girls 11-12 100 Freestyle	0	2	u06:43 PM
Finals	24 Boys 11-12 100 Freestyle	0	2	u06:47 PM
Finals	5 Women 13-14 200 Backstroke	0	2	u06:50 PM
Finals	6 Men 13-14 200 Backstroke	0	2	u06:57 PM
Finals	7 Women 15 & Over 200 Backstroke	0	2	u07:04 PM
Finals	8 Men 15 & Over 200 Backstroke	0	2	u07:11 PM
Finals	27 Girls 11-12 50 Backstroke	0	2	u07:18 PM
Finals	28 Boys 11-12 50 Backstroke	0	2	u07:21 PM
Finals	21 Women 500 Freestyle cut time 6:10	0	1	u07:23 PM
Finals	22 Men 500 Freestyle cut time 6:10	0	1	u07:32 PM
Finals	35 Girls 11-12 100 Breaststroke	0	2	u07:40 PM
Finals	36 Boys 11-12 100 Breaststroke	0	2	u07:44 PM

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Finals	17	Women 13-14 100 Breaststroke	0	2	u07:47 PM
Finals	18	Men 13-14 100 Breaststroke	0	2	u07:51 PM
Finals	19	Women 15 & Over 100 Breaststroke	0	2	u07:54 PM
Finals	20	Men 15 & Over 100 Breaststroke	0	2	u07:58 PM
Finals	39	Girls 11-12 50 Freestyle	0	2	u08:01 PM
Finals	40	Boys 11-12 50 Freestyle	0	2	u08:03 PM
Finals	9	Women 13-14 200 IM	0	2	u08:05 PM
Finals	10	Men 13-14 200 IM	0	2	u08:12 PM
Finals	31	Girls 11-12 200 IM	0	2	u08:18 PM
Finals	32	Boys 11-12 200 IM	0	2	u08:26 PM
Finals	11	Women 15 & Over 200 IM	0	2	u08:33 PM
Finals	12	Men 15 & Over 200 IM	0	2	u08:39 PM
Finals	43	Girls 11-12 50 Butterfly	0	2	u08:46 PM
Finals	44	Boys 11-12 50 Butterfly	0	2	u08:48 PM
Finals	13	Women 13-14 100 Butterfly	0	2	u08:50 PM
Finals	14	Men 13-14 100 Butterfly	0	2	u08:53 PM
Finals	15	Women 15 & Over 100 Butterfly	0	2	u08:56 PM
Finals	16	Men 15 & Over 100 Butterfly	0	2	u09:00 PM
		Entry / Heat Totals:	0	66	
		Finish Time			09:03 PM

Session: 4 13 AND OVER TIMED FINALS

Day of Meet: 2 Starts at 08:10 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	81 Girls 13 & Over 200 Freestyle	0	0	08:10 AM
Finals	82 Boys 13 & Over 200 Freestyle	0	0	08:10 AM
Finals	83 Girls 13 & Over 100 Backstroke	0	0	08:10 AM
Finals	84 Boys 13 & Over 100 Backstroke	0	0	08:10 AM
Finals	85 Girls 13 & Over 200 Breaststroke	0	0	08:10 AM

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Finals	86	Boys 13 & Over 200 Breaststroke	0	0	08:10 AM	_____
Finals	87	Girls 13 & Over 50 Freestyle	0	0	08:10 AM	_____
Finals	88	Boys 13 & Over 50 Freestyle	0	0	08:10 AM	_____
Finals	89	Girls 13 & Over 200 Butterfly	0	0	08:10 AM	_____
Finals	90	Boys 13 & Over 200 Butterfly	0	0	08:10 AM	_____
Finals	91	Girls 13 & Over 400 IM CUT TIME 5:20	0	0	08:10 AM	_____
Finals	92	Boys 13 & Over 400 IM CUT TIME 5:20	0	0	08:10 AM	_____
		Finish Time			08:10 AM	_____

Session: 5 12 AND UNDER TIMES FINALS

Day of Meet: 2 Starts at 01:15 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	93 Girls 11-12 100 IM	0	0	01:15 PM _____
Finals	94 Boys 11-12 100 IM	0	0	01:15 PM _____
Finals	95 Girls 10 & Under 100 IM	0	0	01:15 PM _____
Finals	96 Boys 10 & Under 100 IM	0	0	01:15 PM _____
Finals	97 Girls 11-12 100 Backstroke	0	0	01:15 PM _____
Finals	98 Boys 11-12 100 Backstroke	0	0	01:15 PM _____
Finals	99 Girls 10 & Under 100 Backstroke	0	0	01:15 PM _____
Finals	100 Boys 10 & Under 100 Backstroke	0	0	01:15 PM _____
Finals	101 Girls 11-12 50 Breaststroke	0	0	01:15 PM _____
Finals	102 Boys 11-12 50 Breaststroke	0	0	01:15 PM _____
Finals	103 Girls 10 & Under 50 Breaststroke	0	0	01:15 PM _____
Finals	104 Boys 10 & Under 50 Breaststroke	0	0	01:15 PM _____
Finals	105 Girls 11-12 200 Freestyle	0	0	01:15 PM _____
Finals	106 Boys 11-12 200 Freestyle	0	0	01:15 PM _____
Finals	107 Girls 10 & Under 200 Freestyle	0	0	01:15 PM _____
Finals	108 Boys 10 & Under 200 Freestyle	0	0	01:15 PM _____
Finals	109 Girls 11-12 100 Butterfly	0	0	01:15 PM _____
Finals	110 Boys 11-12 100 Butterfly	0	0	01:15 PM _____
Finals	111 Girls 10 & Under 100 Butterfly	0	0	01:15 PM _____
Finals	112 Boys 10 & Under 100 Butterfly	0	0	01:15 PM _____
	Finish Time			01:15 PM _____