

# ***CHESHIRE Y/SEA DOG SWIM CLUB***

## ***January Distance Meet***

***Friday, January 15, 2010***

520 South Main Street (Rte 10), Bartlem Park  
Cheshire, CT 06410

Held under sanction of USA Swimming and Connecticut Swimming #S09-46

### **EVENTS**

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<b>Meet Director:</b>	Jane Barlok	<a href="mailto:Jane.Barlok@BMS.com">Jane.Barlok@BMS.com</a>	203-271-2263
<b>Meet Referee:</b>	Chris Patrell	<a href="mailto:cpatrell@att.net">cpatrell@att.net</a>	203-530-4242
<b>Entry Chair:</b>	Jim Robison	<a href="mailto:robison-times@snet.net">robison-times@snet.net</a>	
<b>Safety Chair:</b>	Liz Aylward		
<b>Officials Contact:</b>	(optional)		

**WEBSITE:** <http://www.c-dog.net>

**POOL EMERGENCY NUMBER:** 203-271-3208

**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 and 1650 Free will be run fastest to slowest alternating girls' and boys' heats.

**SCRATCH PROCEDURES:** All teams will be provided with a scratch sheet which must be turned in 15 minutes after the start of the 1<sup>st</sup> Warm-Up Session. After 15 minutes the Meet Director will make an announcement addressing which teams have not turned in their scratch sheets as a final warning. Any team who does not turn in their scratch sheet by the allotted time will be scratched from the meet.

**FACILITY:** The Cheshire Community Pool is a 10 -lane, 25-yard pool. CDOG reserves the right to adjust to 8 lanes if deemed warranted by the projected timeline. The timing system will be a Daktronics System with touch pads. There is ample deck space for swimmers and limited spectator seating. Swimmers may bring deck chairs and we encourage the public to bring deck chairs as well. Overflow parking available across the street at Cheshire High School.

**DISABLED ACCESS:** The facility is accessible to the disabled. Please contact the Meet Director with questions.

**COURSE:** SCY

**EVENTS:** See attached list.

**SESSION TIMES:** 5:00pm Warm-Up  
5:50pm 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.

**ENTRY LIMITATIONS:** 1 Event

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

**DEADLINES:** Entry deadline is Tuesday, December 29, 2009. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come-first served basis. Date of receipt is based on Electronic Copy of entry.

**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 [robison-times@snet.net](mailto:robison-times@snet.net). Please check that your team name, address, and contact information are listed correctly in this file.

**ENTRY FEES:** Electronic entries: \$7.00 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 "STPA" and put "*January Distance*" on the memo line. Checks should be mailed to: Jane Barlok, 360 North Brooksvale Road, Cheshire, CT 06410. Payment must be received by Monday, January 4, 2010.

**CUT PROTOCOL:** Entries will be received until meet is full. Any teams that get cut from the meet will be notified by: Monday, January 11, 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, January 11, 2010.

**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 not be offered.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** All swimmers must provide their own timer and counter.

**MISCELLANEOUS:** The 500 and 1650 Free will be run fastest to slowest alternating girl's and boy's heats.

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

**SCORING:** This meet will not be scored.

**AWARDS:** None

**CONCESSIONS:** No

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Overflow parking available across the street at Cheshire High School.

**DIRECTIONS:**

**From 91 North:** to Exit 10 (Rt. 40 ext). Follow to the end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the pool.

**From 91 South:** to 691 West. Take exit 3 off 691, Cheshire. At the light at the end of the

ramp, go left, heading South on Rt. 10. Follow Rt. 10 South through Cheshire. Pool is on the left across from the High School.

**From 84 West:** to 691 East, take the Cheshire exit. Take a right at the end of the ramp onto Rt. 10 South through Cheshire. Pool is on the left across from the High School.

**From 84 East:** to exit 26 (Rt. 70). Follow Rt. 70 into Cheshire. At Rt. 10 intersection, take a right, heading South on Rt. 10 through Cheshire. Pool is on the left across from the High School.

**CDOG January Distance Meet - 1/15/2010**

**Session Report**

Session: 1 January Distance

Day of Meet: 1 Starts at 05:50 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Girls 9-11 500 Freestyle	0	0	05:50 PM _____
Finals	2 Boys 9-11 500 Freestyle	0	0	05:50 PM _____
Finals	3 Girls 11 & Over 1650 Freestyle	0	0	05:50 PM _____
Finals	4 Boys 11 & Over 1650 Freestyle	0	0	05:50 PM _____
	Finish Time			05:50 PM _____