

**Glastonbury Swimming**  
**Turkey Trot Distance Meet**  
**November 22, 2009**

Glastonbury High School, 330 Hubbard Street, Glastonbury, CT 06033

Held under sanctioned of USA Swimming and Connecticut Swimming #S09-24

**EVENTS**

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<b>Meet Director:</b>	Carolyn Garneau	<a href="mailto:cgarneau@cox.net">cgarneau@cox.net</a>	860-659-4289
<b>Meet Referee:</b>	Takuto Takabayashi	<a href="mailto:takutot@gmail.com">takutot@gmail.com</a>	860-798-9515
<b>Entry Chair:</b>	Gretchen Hegwood	<a href="mailto:ghegwood@cox.net">ghegwood@cox.net</a>	860-657-8740
<b>Safety Chair:</b>	Craig Garneau	<a href="mailto:cgarneau@cox.net">cgarneau@cox.net</a>	860-659-4289
<b>Officials Contact:</b>	Takuto Takabayashi	<a href="mailto:takutot@gmail.com">takutot@gmail.com</a>	860-798-9515

**WEBSITE:** [http:// www.glastonburyswimming.org](http://www.glastonburyswimming.org)

**POOL EMERGENCY NUMBER:** 860-652-7240

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

**MEET FORMAT:** The meet will be swum as timed-finals. All events will be swum fast-to-slow, alternating heats of women and men.

**SCRATCH PROCEDURES:** Coaches will receive scratch sheets, which must be returned no later than 45 minutes before the beginning of the session.

**FACILITY:** The Glastonbury High School Pool is a 6-lane, 25-yard pool with a Daktronics Electronic Timing System. Deck seating is somewhat limited and athletes may want to bring their own chairs. There is a large spectator area with "bleacher-style" seating.

**DISABLED ACCESS:** There is ample handicap parking throughout the Glastonbury High School Campus as well as near the entrance to the pool. The pool is on the main floor as is the men's locker room. The women's locker room is on the second floor and elevator assistance will be available if required. Additionally, there is a single-use handicap bathroom on the main floor with a shower. If special assistance is required by a spectator to access the bleacher area, please contact the meet director. (There are 7 stairs leading up to this area.)

**COURSE:** SCY

**EVENTS:** See attached list.

**SESSION TIMES:** Warm-up starts at 2:00PM. Meet starts at 3:00PM.

**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:** Deck entries will be accepted if meet is not fully subscribed.

**ENTRY LIMITATIONS:** Glastonbury Swimming will limit the number of swims in the meet to 2 per swimmer.

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

**DEADLINES:** Entry deadline is November 10, 2009. Make checks payable to GSPO. Mail hardcopy and payment to the entry chairperson: Gretchen Hegwood, 107 Hawthorne Mead Drive, Glastonbury, CT 06033. 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.

**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 [ghegwood@cox.net](mailto:ghegwood@cox.net). Please check that your team name, address, and contact information are listed correctly in this file. Date of receipt is based on hard copy and payment received by entry chair.

**ENTRY FEES:** Electronic entries: \$6.00 for individual events. Manual entries: \$7.00 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 GSPO and mail to: Gretchen Hegwood, 107 Hawthorne Mead Drive, Glastonbury, CT 06033. Payment must be received by 11/10/09.

**CUT PROTOCOL for INVITATIONALS:** If a session is over subscribed second 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 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.

**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:** Glastonbury Swimming will provide timers. Athletes must provide their own 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 awards will be given.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** There is ample parking to the side and rear of the high school pool and gymnasium (Entrance D). The high school has signage that will help you locate the pool.

**DIRECTIONS:**

GLASTONBURY HIGH SCHOOL  
**330 Hubbard Street, Glastonbury, CT 06033**  
Glastonbury, CT 06033

**From 91 South & 91 North**

Merge onto CT-3 NORTH via EXIT 25 toward GLASTONBURY.  
In 2.3 miles bear right onto ROUTE 2 EAST /NORWICH.  
Merge onto CT-17 SOUTH via EXIT 7 on the LEFT toward PORTLAND.  
Take the HUBBARD STREET exit in approximately 1.1 miles.  
Turn left off of the ramp onto HUBBARD STREET.  
GHS will be on your right in a ½ mile. ENTRANCE D will lead you to the Pool/Gymnasium parking lot.

**From Route 2 East via 84 East or 84 West**

Merge onto CT-2 EAST via EXIT 55 toward NORWICH / NEW LONDON  
Merge onto CT-17 SOUTH via EXIT 7 on the LEFT toward PORTLAND  
Take the HUBBARD STREET exit in approximately 1.1 miles.  
Turn left off of the ramp onto HUBBARD STREET.  
GHS will be on your right in a ½ mile. ENTRANCE D will lead you to the Pool/Gymnasium parking lot.

**From Manchester Road via Route 2 West**

Take EXIT 10 (MANCHESTER ROAD) turn left at exit stop sign.  
Turn right at next stop sign onto NEW LONDON TURNPIKE.  
Follow NEW LONDON TURNPIKE for 3.1 miles. At 2<sup>nd</sup> light turn left onto HUBBARD STREET.  
The school is just up the hill on your left.  
ENTRANCE D, the first entrance, is the one that leads to the GHS Pool/Gymnasium parking lot.

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

Hilton Garden Inn  
85 Glastonbury Blvd.  
Glastonbury, CT 06033  
(860) 659-1025

Homewood Suites  
65 Glastonbury Blvd.  
Glastonbury, CT 06033  
(860) 652-8111

**Turkey Trot Distance Meet 09 - 11/22/2009**

**Session Report**

Session: 1 Distance

Day of Meet: 1 Starts at 03:00 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 13 & Over 500 Freestyle	0	0	03:00 PM _____
Finals	2 Boys 13 & Over 500 Freestyle	0	0	03:00 PM _____
	Break: 10 Minutes			
Finals	3 Girls 12 & Under 500 Freestyle	0	0	03:10 PM _____
Finals	4 Boys 12 & Under 500 Freestyle	0	0	03:10 PM _____
Finals	5 Girls 10 & Under 500 Freestyle	0	0	03:10 PM _____
Finals	6 Boys 10 & Under 500 Freestyle	0	0	03:10 PM _____
	Break: 10 Minutes			
Finals	7 Girls 11 & Over 1000 Freestyle	0	0	03:20 PM _____
Finals	8 Boys 11 & Over 1000 Freestyle	0	0	03:20 PM _____
	Finish Time			03:20 PM _____