

HMST 8&Under “Quadrathon”
Sunday, January, 17, 2010
Hopkins School Pool, New Haven, CT

Held under sanction of USA Swimming and Connecticut Swimming #S09-49

EVENTS

***.hvv**

Meet Director:	Lisa Earley	learley851@aol.com	203-389-1474
Meet Referee:	Karen Barber	karen_jubanyik@yahoo.com	203-795-0107
Entry Chair:	Lisa Earley	learley851@aol.com	203-389-1474
Safety Chair:	Robert Pimer		
Officials Contact:	Karen Barber		

WEBSITE: <http://www.hmst.org>

POOL EMERGENCY NUMBER: 203-397-1001 ext. 524

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 can pick up their team scratch sheet in the pool office prior to the start of warm-up. All scratch sheets **MUST** be returned to the pool office no later than 9:25am. Failure for doing so will result in the team being scratched from the meet.

FACILITY: The Hopkins School Pool is a 6 -lane, 25-yard pool. Manual timing will be used for this meet. Spectator seating for 350 people located on the second floor of the Athletic Center.

DISABLED ACCESS: Handicapped parking and access to the building is available by notifying the pool office upon arrival. Please contact Chuck Elrick at 203-397-1001 ext. 524.

COURSE: SCY

EVENTS: See attached list.

SESSION TIMES: 9:00am warm-up and 10:00am 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: In order for a swimmer to be eligible for the “Quadrathon” awards, the swimmer must compete legally in all four strokes. Relays do not count toward the “Quadrathon” scoring.

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

DEADLINES: Entry deadline is Tuesday, January 5, 2010. Mail hardcopy and payment to the entry chairperson: Lisa Earley, 846 Beechwood Road, Orange, CT. 06477. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. All entries must be RECEIVED by January 5.

CONNECTICUT-ONLY DEADLINE for QUALIFIER MEETS: CT deadline is Wednesday, December 30, 2009. All entries must be received by that date, and then out of state entries would be accepted till the meet is full.

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 learley851@aol.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected along with the entry or by January 5, 2010 at the latest.

ENTRY FEES: Electronic entries: \$4.50 for individual events, \$8.00 for relays. Manual entries: \$5.00 for individual events, \$8.00 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 **HMST** and mail to: Lisa Earley 846 Beechwood Road Orange, CT. 06477. Payment must be received by 01/05/10.

CUT PROTOCOL: CT teams whose entries are received by the CT. deadline will be entered first, after which all other teams will be entered on a first-come, first-serve basis. Clubs will be notified of cuts no later than the 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.

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: Time trials will not be offered.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Each team will be assigned timer positions based on the size of their entry. If you have officials that would like to work the meet, please have them contact the officials contact person listed at the beginning of this form.

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

SCORING: All individual events will be scored by adding the times together to determine the final placing in each age group.

AWARDS: Trophies will be awarded to the top 6 finishers in each age group. Ribbons will be awarded to the top 6 finishers in each individual event and the top 3 relays. A team representative can pick up the ribbons after the last event. We ask that the swimmers remain to claim their trophy.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS: Please do not allow young children to run throughout the building. The gymnasium is off limits to everyone. Cell phones are not allowed in the locker rooms.

PARKING: Please do not park on the grass or block any emergency access road.

DIRECTIONS:

Directions: *From Rte. 15 (Wilbur Cross Parkway, Exit 59, South, from Hartford):* At the end of the exit ramp, turn right. Rte. 63 (Amity Road) and Rte. 69 (Litchfield Turnpike) merge to form Whalley Ave. Approximately $\frac{3}{4}$ of a mile from that intersection, turn right onto Rte. 122

(Dayton Street). After traveling one block, follow Rte. 122 through the traffic signal onto Forest Road. The Hopkins School driveway is on the right immediately after the next traffic signal.

From Rte. 34 or 15 (Wilbur Cross Parkway, Exit 57 North, from NYC): From Rte. 15, take Rte. 34 (Derby Turnpike) east for 2-1/2 miles, turn left onto Rte. 122 (Forest Road). Hopkins is on the left after approximately 1/2 mile.

From I-91 or I-95 North (New London – Hartford): Exit onto the Oak Street Connector-Downtown Rte. 34 (which is Exit #1 on I-91 and Exit #47 on I-95). Proceed to the end of the connector and then exit straight ahead onto the parallel Frontage Road (Rte. 34). Continue on this road about a mile until you reach the Boulevard. Take a right and get into the far left lane. At the light take a left – all the while remaining on Rte. 34. Continue until you come to Rte. 122 (Forest Road). Take a right and Hopkins will be on the left after traveling about 1/2 mile.

From Rte. 95 (North from NYC): Use Exit #43 (Rte. 122, Campbell Ave. West Haven). Turn left at the end of the ramp. Follow Rte. 122 for 2 miles across both Rte. 1 (Boston Post Road) and Rte. 34 (Derby Turnpike), at which point it becomes Forest Road. Hopkins is on the left about 1/2 mile ahead.

2010 HMST 8 & Under Quadrathon - 1/17/2010

Session Report

Session: 1 session 1

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 8 & Under 100 Freestyle Relay	0	0	10:00 AM _____
Finals	2 Boys 8 & Under 100 Freestyle Relay	0	0	10:00 AM _____
Finals	3 Girls 8 Year Olds 25 Butterfly	0	0	10:00 AM _____
Finals	4 Boys 8 Year Olds 25 Butterfly	0	0	10:00 AM _____
Finals	5 Girls 7 Year Olds 25 Butterfly	0	0	10:00 AM _____
Finals	6 Boys 7 Year Olds 25 Butterfly	0	0	10:00 AM _____
Finals	7 Girls 6 & Under 25 Butterfly	0	0	10:00 AM _____
Finals	8 Boys 6 & Under 25 Butterfly	0	0	10:00 AM _____
Finals	9 Girls 8 Year Olds 25 Backstroke	0	0	10:00 AM _____
Finals	10 Boys 8 Year Olds 25 Backstroke	0	0	10:00 AM _____
Finals	11 Girls 7 Year Olds 25 Backstroke	0	0	10:00 AM _____
Finals	12 Boys 7 Year Olds 25 Backstroke	0	0	10:00 AM _____
Finals	13 Girls 6 & Under 25 Backstroke	0	0	10:00 AM _____
Finals	14 Boys 6 & Under 25 Backstroke	0	0	10:00 AM _____
Finals	15 Girls 8 Year Olds 25 Freestyle	0	0	10:00 AM _____
Finals	16 Boys 8 Year Olds 25 Freestyle	0	0	10:00 AM _____
Finals	17 Girls 7 Year Olds 25 Freestyle	0	0	10:00 AM _____
Finals	18 Boys 7 Year Olds 25 Freestyle	0	0	10:00 AM _____
Finals	19 Girls 6 & Under 25 Freestyle	0	0	10:00 AM _____
Finals	20 Boys 6 & Under 25 Freestyle	0	0	10:00 AM _____
Finals	21 Girls 8 Year Olds 25 Breaststroke	0	0	10:00 AM _____
Finals	22 Boys 8 Year Olds 25 Breaststroke	0	0	10:00 AM _____
Finals	23 Girls 7 Year Olds 25 Breaststroke	0	0	10:00 AM _____
Finals	24 Boys 7 Year Olds 25 Breaststroke	0	0	10:00 AM _____
Finals	25 Girls 6 & Under 25 Breaststroke	0	0	10:00 AM _____
Finals	26 Boys 6 & Under 25 Breaststroke	0	0	10:00 AM _____
Finals	27 Girls 8 & Under 100 Medley Relay	0	0	10:00 AM _____
Finals	28 Boys 8 & Under 100 Medley Relay	0	0	10:00 AM _____
	Finish Time			10:00 AM _____