

HNHS

Distance Meet

October 31, 2009

North Haven Town Pool, 40 Elm Street, North Haven, CT.

Held under sanction of USA Swimming and Connecticut Swimming #S09-12

EVENTS

[*.hyv](#)

Meet Director:	Ann Maher	Maher200@comcast.net	203- 287-8089
Meet Referee:	Paul Gontarski	Gontarski5@comcast.net	203-281-1187
Entry Chair:	Rob Dietter	pondsct@aol.com	203- 214-9904
Safety Chair:	Greg Bannon	bannonrosalyn@sbcglobal.net	203- 287-0577

WEBSITE: <http://hnhswim.org>

POOL EMERGENCY NUMBER: 203-214-9904 cell phone @ pool

MEET CLASSIFICATION: This meet is open to CT member athletes and coaches of USA Swimming.

MEET FORMAT: The meet will be swum as timed-finals.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for the session of the meet in their information packets listing all of their swimmers and events for that session. Coaches must indicate all scratches on these sheets and turn them in to the office within one half hour after the beginning of warm-up.

FACILITY: 8 lane 25 yard pool with starting blocks at the deep end of the pool
Fully Handicapped accessible; Ample Parking
Colorado Timing System
Food Concession

DISABLED ACCESS: Fully Handicapped accessible

COURSE: SCY.

EVENTS

SESSION TIMES:

Morning Session – 12 & Under 500 Yard Freestyle

7:30 a.m. – 8:30a.m. Warm-up

8:30 a.m. Meet Start

Afternoon Session – 13 & Over 1650 Yard Freestyle

12:00 p.m. – 1:00 p.m. Warm-up

1:00 p.m. Meet Starts

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: Heats will be swum fastest to slowest alternating girls and boys.

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

DEADLINES: Entry deadline is Monday, October 19, 2009. Mail hardcopy and payment to the entry chairperson: Rob Dietter 151 Mill Road, North Haven, CT 06473. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries via e-mail are encouraged but final date of entry is not posted until payment is received.

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: Rob Dietter at pondsct@aol.com. Please check that your team name, address, and contact information are listed correctly in this file. Please send entry and payment upon completion of entry. Your entry will be considered complete when payment and hardcopy of entry have been received.

ENTRY FEES: Electronic entries: \$7.00 for distance event. Manual entries: \$8.00 for distance 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 HNHS and mail to: Rob Dietter, 151 Mill Road, North Haven, CT 06473.
Payment must be received by 10/26/09.

CUT PROTOCOL: In the event of oversubscription 11 & 12 year old swimmers will be cut first by seed time. Teams will be notified of cuts no later than Monday, October 26th 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: None

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: Participants in the 1650 shall provide their own timers and lap counters. When submitting your entry, please supply names of parents willing to officiate.

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: None

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Park in large lot on Elm St. Adjacent to pool

DIRECTIONS: North Haven Rec. Pool 40 Elm Street, North Haven CT 06473

I-91 Exit 12 southbound, left at end of ramp, down Washington Avenue. Northbound, Exit 11, right at end of ramp to light, right onto Washington Avenue. Then right at Washington onto Broadway, left at light onto Elm. Pool is just past town library.

Merritt Parkway, Exit 63, southbound right at end of ramp to light. Left onto Route 22; northbound right at end of the ramp onto Route 22. Then follow Route 22 connector to Washington Avenue. Follow as above.

HNHS Distance Meet - 10/31/2009

Session Report

Session: 1 12 and Under

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds /

Round
Finals
Finals

Event

- 1 Girls 12 & Under 500 Freestyle
 - 2 Boys 12 & Under 500 Freestyle
- Finish Time

Session: 2 13 and Over

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 60 Seconds /

Round
Finals
Finals

Event

- 3 Women 13 & Over 1650 Freestyle
 - 4 Men 13 & Over 1650 Freestyle
- Finish Time

' Back +15 Seconds

Entries	Heats	Starts at	
0	0	08:30 AM	_____
0	0	08:30 AM	_____
		08:30 AM	_____

' Back +15 Seconds

Entries	Heats	Starts at	
0	0	01:00 PM	_____
0	0	01:00 PM	_____
		01:00 PM	_____