

2009 New Canaan YMCA Caimans
IM Tough Pentathlon
October, 17, 2009
564 South Ave., New Canaan, CT

Held under sanctioned of USA Swimming and Connecticut Swimming #S09-01

EVENTS

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Meet Director:	Alicia Guerrette	aguerrette@newcanaanymca.org	203-966-4528 ext. 174
Meet Referee:	Marie-Pierre Graf	mpierre38@aol.com	203-856-3904
Entry Chair:	Kristin Faig	kfaig@newcanaanymca.org	203-966-4528 ext. 131
Safety Chair:	Jason Paige		
Officials Contact:	Marie-Pierre Graf		

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

POOL EMERGENCY NUMBER: 203-966-4528

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 will receive a scratch sheet for each session of the meet in their information packets listing all of their swimmers and events for each session. Coaches must indicate all scratches on these sheets and turn them in to the computer table within one half hour after the start of warm-up.

FACILITY: The New Canaan YMCA is a 6 lane, 25-yard pool with a depth of 13 feet at the starting end. Colorado timing, six lane display. Ample seating for spectators on observation deck. Warm-up area available throughout meet.

DISABLED ACCESS: Access to the spectator area is by stairway only. The pool deck is at ground floor level. Please contact the meet director if athletes, coaches or spectators require special assistance. There is available handicapped parking.

COURSE: SCY

EVENTS: See attached list.

SESSION TIMES:

10/Unders Girls and Boys, 13/Over Girls: 7:00am warm up, 8:15 start.
11/12 Girls and Boys, 13/Over Boys: 12:30pm warm up, 1:45pm 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: Swimmers may compete in five events per session.

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

DEADLINES: Entry deadline is October 9th, 2009. Mail hardcopy and payment to the entry chairperson: Kristin Faig, 564 South Ave., New Canaan, CT, 06840. 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. Be aware the meet may close prior to the entry deadline. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than October 12th, 2009. The meet manager reserves the right to deny any or all changes to the entry after it is received. Any entry received after the entry deadline will be returned, unless the meet is undersubscribed.

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 kfaig@newcanaanymca.org. Please check that your team name, address, and contact information are listed correctly in this file. A check or proof of a check request must be submitted by the entry deadline for your entry to be officially accepted.

ENTRY FEES: Electronic entries: \$4.00 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 NCYAC and mail to: Kristin Faig, 564 South Ave, New Canaan, CT 06840. Payment must be received by 10/09/09.

CUT PROTOCOL for INVITATIONALS: Meet will run in two sessions, sessions 1 and 2 will both run on Saturday. In the event that the meet is undersubscribed and the total time for both sessions is under three hours the sessions may be combined at the discretion of the meet manager with approval from Program Operations. Entries will be taken on a first come first serve basis till the meet is full.

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 will be no relays.

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: All teams will be required to provide timers in proportion to the size of their team entry. Timer assignments will be emailed to all teams prior to the meet. It is the responsibility of each team representative or coach to make sure that their timers report for the timers' meeting and remain in place through out the session. If timers need to be relieved, it is their team's responsibility to provide a replacement timer.

A full complement of officials is important to the success of any meet. Please email the Meet Referee, mpierre38@aol.com, with a list of officials from your team who would be available to work one or more sessions.

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 be scored. Points will be awarded for the top 12 places in the individual events using USA Swimming scoring protocol for a six lane pool. (16-13-12-11-10-9 for places 1-6 and 7-5-4-3-2-1 for places 7-12).

AWARDS: Top three overall swimmers in each age group will receive a trophy. Points will be awarded for the top twelve places and then totaled. In case of ties, places will be based on IM times. Swimmers must swim all five events to be eligible for a trophy. Awards will be available for pick up at the conclusion of each session. Teams that fail to pick up their awards will be required to pay shipping charges to have the award mailed to them.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: There will be NO PARKING AT THE YMCA, South Ave, Putnam, or Surray Roads. Cars parked in these areas will be ticketed by the New Canaan Police Department. Parking will be either at the Saxe Middle School or High School. The Meet Manager will notify the entered teams prior to the meet. (Parking tickets are not the responsibility of the New Canaan YMCA.)

DIRECTIONS: From North or South: Take the Merrit Parkway to exit 37, make a left off the exit ramp and head north on South Ave (Rte 124). Follow this road for about $\frac{3}{4}$ of a mile. The YMCA is on the right. Swimmers may be dropped off at the YMCA; however there is NO parking available. Upon making a right out of the YMCA parking lot the Saxe Middle School lot is the next drive on the right hand side. To get to the High School, after making a right out of the YMCA parking lot make a left at the first traffic light onto Farm Ave. The high school is on the left hand side.

IM Tough Pentathlon - 10/17/2009

Session Report

Session: 1 Saturday Morning

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 10 & Under 50 Butterfly	0	0	08:00 AM _____
Finals	2 Boys 10 & Under 50 Butterfly	0	0	08:00 AM _____
Finals	3 Girls 13 & Over 100 Butterfly	0	0	08:00 AM _____
Finals	4 Girls 10 & Under 50 Backstroke	0	0	08:00 AM _____
Finals	5 Boys 10 & Under 50 Backstroke	0	0	08:00 AM _____
Finals	6 Girls 13 & Over 100 Backstroke	0	0	08:00 AM _____
Finals	7 Girls 10 & Under 50 Breaststroke	0	0	08:00 AM _____
Finals	8 Boys 10 & Under 50 Breaststroke	0	0	08:00 AM _____
Finals	9 Girls 13 & Over 100 Breaststroke	0	0	08:00 AM _____
Finals	10 Girls 10 & Under 50 Freestyle	0	0	08:00 AM _____
Finals	11 Boys 10 & Under 50 Freestyle	0	0	08:00 AM _____
Finals	12 Girls 13 & Over 100 Freestyle	0	0	08:00 AM _____
Finals	13 Girls 10 & Under 100 IM	0	0	08:00 AM _____
Finals	14 Boys 10 & Under 100 IM	0	0	08:00 AM _____
Finals	15 Girls 13 & Over 200 IM	0	0	08:00 AM _____
	Finish Time			08:00 AM _____

Session: 2 SaturdayAfternoon

Day of Meet: 1 Starts at 01:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	16 Girls 11-12 50 Butterfly	0	0	01:45 PM _____
Finals	17 Boys 11-12 50 Butterfly	0	0	01:45 PM _____
Finals	18 Boys 13 & Over 100 Butterfly	0	0	01:45 PM _____
Finals	19 Girls 11-12 50 Backstroke	0	0	01:45 PM _____
Finals	20 Boys 11-12 50 Backstroke	0	0	01:45 PM _____
Finals	21 Boys 13 & Over 100 Backstroke	0	0	01:45 PM _____
Finals	22 Girls 11-12 50 Breaststroke	0	0	01:45 PM _____
Finals	23 Boys 11-12 50 Breaststroke	0	0	01:45 PM _____
Finals	24 Boys 13 & Over 100 Breaststroke	0	0	01:45 PM _____
Finals	25 Girls 11-12 50 Freestyle	0	0	01:45 PM _____
Finals	26 Boys 11-12 50 Freestyle	0	0	01:45 PM _____
Finals	27 Boys 13 & Over 100 Freestyle	0	0	01:45 PM _____
Finals	28 Girls 11-12 100 IM	0	0	01:45 PM _____
Finals	29 Boys 11-12 100 IM	0	0	01:45 PM _____
Finals	30 Boys 13 & Over 200 IM	0	0	01:45 PM _____
	Finish Time			01:45 PM _____