

# SMST DISTANCE INVITATIONAL

## Distance Meet

January 8, 2010

Masuk High School Pool, Monroe, CT 06468

Held under sanctioned of USA Swimming and Connecticut Swimming #09-39

### EVENTS

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**Meet Director:** Kevin & Nancy Chavez ([rapidswim09@snet.net](mailto:rapidswim09@snet.net) , 203-924-7476)  
**Meet Referee:** Dorothy Freer ([djfreer@aol.com](mailto:djfreer@aol.com), 203-929-5962)  
**Entry Chair:** Sue Szabo ([james.szabo@snet.net](mailto:james.szabo@snet.net), 203-926-1730)  
**Safety Chair:** Donna Stewart  
**Officials Contact:** Dorothy Freer (<mailto:djfreer@aol.com>, 203-929-5962)

**WEBSITE:** <http://www.smstrapids.org>

**POOL EMERGENCY NUMBER:** 203-452-5832

**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. The 1000 Yard Freestyle event will be swum from fastest to slowest, alternating heats between girls and boys.

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for the meet in their information packet listing all of their swimmers and events for that session. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table within 15 minutes after the beginning of warm-ups.

**FACILITY:** The Pool at Masuk High School is a 6-lane by 25-yard facility with non-turbulent lane lines. The timing system will be Colorado Timing System with touch pads. Adequate seating and parking is available. Spectator seating capacity is 620. Please do not park in the designated Fire Lanes.

**DISABLED ACCESS:** Handicap accessibility is available for participants and spectators.

**COURSE:** SCY

**EVENTS:** See attached list

**SESSION TIMES:** Warm-up time is 5:00pm. Start time is 5:30pm. Please note that there will be a thirty (30) minute warm-up prior to the start of the 1000Y Free. Warm-up and start times for the Sessions are subject to change depending on the size of the meet. Teams will be notified of any changes by Friday, January 1, 2010, or as soon as possible thereafter.

**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:** None

**ENTRY LIMITATIONS:** Swimmers may compete in all events.

**ENTRY TIMES:** Submit entry times in: SCY

**DEADLINES:** Entry deadline is Thursday, December 24, 2009. Mail hardcopy and payment to the entry chairperson: Sue Szabo, 9 Suren Lane, Shelton, CT 06484. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Formal team entry is determined by the date of receipt of the entry hard copy and entry fee by the host team. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than Friday, January 1, 2010.

**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 james.szabo@snet.net. Please check that your team name, address, and contact information are listed correctly in this file. Mail hardcopy and payment to the entry chairperson: Sue Szabo, 9 Suren Lane, Shelton, CT 06484. Formal team entry is determined by the date of receipt of the entry hard copy and entry fee by the host team. Emailed entries are not considered official until we receive your check.

**ENTRY FEES:** Electronic entries: \$5.00 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 Shelton Monroe Swim Team and mail to: Sue Szabo, 9 Suren Lane, Shelton, CT 06484. Payment must be received by Thursday, December 24, 2009.

**CUT PROTOCOL:** There are no cut-off times and swimmers may compete in all events. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than Friday, January 1, 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 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:** Swimmers must provide their own timers. Swimmer must supply their own lap counters for the 1000Y Freestyle event. Officials will also be needed. If you have any officials who will be able to assist, please contact the Officials Contact listed above.

**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:** None.

**HOSPITALITY FOR COACHES AND OFFICIALS:** No.

**MISCELLANEOUS:** Please direct all questions regarding entries to the Entry Chairperson and all other questions to the Meet Director. Since we are the guests of the Shelton Community Center, all swimmers, coaches and guests are expected to treat the facility with respect. It is the responsibility of each team to provide supervision for the swimmers when they are not swimming.

**PARKING:** Parking space is limited, please carpool if possible. Please do not park in the designated Fire Lanes.

**DIRECTIONS:** *Directions to the Masuk High School Pool:*

*From I-95 (North or South): take exit 27A onto Route 25/8 Connector. Follow until expressway intersects with Route 111. Turn right onto Route 111 North and follow for approx. 6 miles. Masuk HS will be on your right at the bottom of the hill. The entrance to the pool is on the left side of the building as you face it.*

*From Route 84 (East or West: ) use exit 11. Take a right off the ramp and a right at the next light onto Route 34. Follow Route 34 East for approx. 6.5 miles and turn right onto Route 111. Masuk HS will be approx. 2 miles up on your left. The entrance to the pool is on the left side of the building as you face it.*

*From Merrit Parkway (North or South): use exit 49 to Route 25 North. Follow Route 25 expressway to the intersection of Route 25 and Route 111. Take a right onto Route 111 North and follow for approx. 6 miles. School will be on your right. The entrance to the pool is on the left side of the building as you face it.*

**LODGING:** None

**SMST DISTANCE INVITATIONAL - 1/8/2010**  
**MASUK HIGH SCHOOL, MONROE, CT, Sanction #: #S09-39**  
**Session Report**

Session: 1 Friday, January 8, 2010

Day of Meet: 1 Starts at 05:30 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 400 IM	0	0	05:30 PM _____
Finals	2 Boys 400 IM	0	0	05:30 PM _____
Finals	3 Girls 1000 Freestyle	0	0	05:30 PM _____
Finals	4 Boys 1000 Freestyle	0	0	05:30 PM _____
	Finish Time			05:30 PM _____