

**SMST DISTANCE INVITATIONAL**  
**Distance Meet**  
**December 4, 2009**  
Shelton Community Center Pool, Shelton, CT 06484

Held under sanctioned of USA Swimming and Connecticut Swimming #S09-25

**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:** 203-925-8422

**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 20 minutes after the beginning of warm-ups.

**FACILITY:** The Pool at the Shelton Community Center is an 8-lane by 25-yard facility with non-turbulent lane lines and electronic timing. Adequate seating and parking is available. Spectator seating capacity is 210. Parking space is limited, please carpool if possible. Please do not park in the designated Fire Lanes. Note: No Street Shoes will be allowed on deck.

**DISABLED ACCESS:** Handicap accessibility is available for participants and spectators. Handicap accessibility is through the women's or men's locker rooms. Once out on the swim deck area, a participant will be able to join his/her team. Handicap spectators will be able to view the meet from in front of the spectator stands area.

**COURSE:** SCY

**EVENTS:** See attached list

**SESSION TIMES:** Warm-up time is 5:00pm. Start time is 5:45pm.

**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 3 events.

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

**DEADLINES:** Entry deadline is Friday, November 20, 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 9, 2009.

**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 Friday, November 20, 2009.

**CUT PROTOCOL for INVITATIONALS:** There are no cut-off times and swimmers may compete in all events. 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, November 27, 2009, or as soon as possible thereafter.

**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:** 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. If timers need to be relieved, it is their team's responsibility to replace them. Timers are expected to remain on deck until the completion of all events. Swimmers must provide their own timers and counters for the 1,000 yard freestyle. 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:** Yes.

**MISCELLANEOUS:** No Street Shoes will be allowed on deck. 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 Shelton Community Center:*

*Merritt Parkway from New Haven: Take Exit 52. Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a left. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.*

*Merritt Park from New York: Take Exit 51 at the end of ramp turn left (Nichols Ave.-Rt. 108N). Go 4.3 miles to Huntington Center. Take right onto Church Street. Entrance to the Shelton Community Center is an immediate right. Parking for pool is in rear.*

*Route 8 (Northbound): Take Exit 11 (Huntington Road). At the end of the exit (stop light) take a left. Continue straight through the next light. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.*

*Route 8 (Southbound): Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a right. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto*

*Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.*

**LODGING:** None

**SMST DISTANCE INVITATIONAL - 12/4/2009**  
**Shelton Community Center, Shelton, CT, Sanction #: #S09-25**  
**Session Report**

Session: 1 Friday, December 04, 2009

Day of Meet: 1 Starts at 05:45 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	05:45 PM _____
Finals	2 Boys 400 IM	0	0	05:45 PM _____
Finals	3 Girls 11-12 200 Backstroke	0	0	05:45 PM _____
Finals	4 Boys 11-12 200 Backstroke	0	0	05:45 PM _____
Finals	5 Girls 11-12 200 Breaststroke	0	0	05:45 PM _____
Finals	6 Boys 11-12 200 Breaststroke	0	0	05:45 PM _____
Finals	7 Girls 11-12 200 Butterfly	0	0	05:45 PM _____
Finals	8 Boys 11-12 200 Butterfly	0	0	05:45 PM _____
Finals	9 Girls 1000 Freestyle	0	0	05:45 PM _____
Finals	10 Boys 1000 Freestyle	0	0	05:45 PM _____
	Finish Time			05:45 PM _____