

# Woodbridge Aquatic Club

## Super Finals December Invitational

### December 11 – 13, 2009

Yale University Exhibition Pool, 70 Tower Pkwy, New Haven, CT 06511-3623

Held under sanctioned of USA Swimming and Connecticut Swimming #S09-31

#### EVENTS

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**Meet Director:** Dave Reilly ([dmr123@sbcglobal.net](mailto:dmr123@sbcglobal.net), 203-848-0307)

**Meet Referee:** Julia Shi ([julia.shi@yale.edu](mailto:julia.shi@yale.edu))

**Entry Chair:** Dave Reilly ([dmr123@sbcglobal.net](mailto:dmr123@sbcglobal.net), 203-848-0307)

**Safety Chair:** Ken Yanagisawa

**Officials Contact:** Julia Shi ([julia.shi@yale.edu](mailto:julia.shi@yale.edu))

**MEET EMERGENCY NUMBER:** 203-848-0307

**MEET CLASSIFICATION:** This meet is open to all USA Swimming athletes and clubs.

#### MEET FORMAT:

**Friday Evening events, Saturday's "50s" session, and Sunday afternoon's 1650 Freestyle** will be swum as timed finals. Friday evening events and the 1650 freestyle will be swum fastest to slowest. The "50s" session is a mixed event session, male and female seeded together, seeding based solely on entered time.

**Saturday and Sunday AM Session events will be swum as prelims and super finals:** 4 heats of each prelim event will be contested in the PM finals session – 1 heat of the 6 fastest qualifiers, 1 heat of the next 6 fastest qualifiers, 1 heat of the remaining 6 fastest 13/14s, and 1 heat of the remaining 6 fastest 11/12s.

**The 1650 Freestyle:** 1650 entries will be accepted based on submitted times, fastest to slowest. The event is limited to the fastest 15 women and the fastest 15 men. Assuming the 1650 is fully subscribed to 15 and 15, the slowest 3 women and the slowest 3 men will swim together as a mixed heat. In the event either the women's or men's 1650 does not have 15 entered swimmers, additional entries will be accepted until all 30 slots are filled, provided those additional entries meet the time standard requirement. Swimmers must provide their own timer and counter.

**SCRATCH PROCEDURES:** Coaches will receive scratch sheets, for all timed final and preliminary sessions, which must be returned to the computer operator no later than 30 minutes before the beginning of each session. Positive check-in is required for the 1650. Positive check-in deadline is 8:30 Sunday AM. 1650 entrants not positively checked-in by the positive check-in deadline will not be seeded in the 1650 freestyle session.

**Failure to Compete in Finals:** Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

**Exceptions for Failure to Compete in Finals:** No penalty shall apply for failure to compete in finals if:  
1. The Referee is notified in the event of injury or illness and accepts the proof thereof.  
2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions

within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**FACILITY:** The Yale Exhibition Pool is a six lane, 25-yard pool. Colorado Timing will be used, pads at starting end only. Deck space is limited. Spectator seating is ample. Teams are asked to use spectator seating for team areas. Climbing over the wall to go from the bleachers to the deck or the deck to the bleachers is strictly prohibited.

**DISABLED ACCESS:** Pool, spectator seating, and restrooms are all Handicapped Accessible.

**COURSE:** SCY

**EVENTS:** See attached list.

**SESSION TIMES:**

Friday 500 Fr/400 IM:	6:00 Warm-up, 7:00 Start
Saturday AM Prelims:	9:00 Warm-up, 10:15 Start
Saturday "50s"	2:15 Warm-up, 3:00 Start
Saturday Super Finals:	5:00 Warm-up, 6:00 Start
Sunday AM Prelims:	7:45 Warm-up, 9:00 Start
Sunday 1650 Freestyle:	1:00 Warm-up, 1:40 Start
Sunday Super Finals:	3:30 Warm-up, 4:30 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 for the meet. Swimmers regardless of age, who have met the qualifying time standards for the meet, are eligible 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 INFORMATION:** Please note that this meet is using USA Swimming's 13/14 "B" Time Standards as qualifying times for all sessions except Saturday's "50s" session, which has no time standards. While the 13/14 "B" standards are being used, any and all 12/unders meeting these standards are encouraged and urged to enter the meet. The "50s" session is also open to swimmers of all ages.

**ENTRY LIMITATIONS:** 3 events per session, with the exception of the "50s" session. The "50s" session is limited to 4 events per swimmer. .

**ENTRY TIMES:** Submit entry times in SCY. As stated above, National 13/14 "B" time standards are being used for all sessions except Saturday's "50s" session. All sessions are open to swimmers of all ages. Proof of time is not required. No Times are discouraged.

**DEADLINES:** Entry deadline is Wednesday, December 2, 2009. Emailed entries are preferred. Email entry (CL2 or SD3/SDIF) to Dave Reilly @ [dmr123@sbcglobal.net](mailto:dmr123@sbcglobal.net) or mail entry to Dave Reilly, 57

Union Street, Guilford, CT 06437. Payment is due Saturday, December 5, 2009, at the same address. Make checks payable to Woodbridge Aquatic Club. Entries must use full names and registration numbers from USA Swimming registration. Entries will be received in the order they arrive. Please check that your team name, address, and contact information are listed correctly in the entry file.

**ELECTRONIC ENTRIES:** See above “Deadlines” section

**ENTRY FEES:** \$5.00 for individual events, except the 1650 freestyle (\$8.00) and events in the “50s” session (\$3.50). Time Trial events, if offered, are \$5.00

**PAYMENT INSTRUCTIONS:** Please make checks payable to Woodbridge Aquatic Club and mail to: Dave Reilly, 57 Union Street, Guilford, CT 06437. Payment must be received by Saturday, December 5, 2009.

**CUT PROTOCOL FOR INVITATIONALS:** Entries will be limited to 3 hours of swimming on Friday and 4 hours of swimming for Saturday and Sunday prelim sessions. Saturday’s “50” session will be limited to 2 hours of swimming. Sunday’s 1650 session will be limited to 5 heats - the fastest 15 women and the fastest 15 men entered in the meet. In the event the 1650 does not limit out by one gender (less than 15 women or less than 15 men), the available spaces will be awarded to the additional entries of the other gender, fastest to slowest. Clubs will be notified of cuts no later than 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.

**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:** Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$5.00. Time trial events count toward the total number of event limitations per session and will only include those events listed for the meet.

**TIMERS OR WORK ASSIGNMENTS:** Timing assignments will be emailed to attending clubs a few days prior to the first day of the meet.

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. Climbing over the walls for deck or seating access is absolutely prohibited.

**SCORING:** The meet will not be scored.

**AWARDS:** No.

**CONCESSIONS:** Yes.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**DIRECTIONS/PARKING:**

Take I-91 to Exit 3 (Trumbull Street). At end of exit ramp turn left onto Orange Street. Proceed to first traffic light and turn right onto Grove Street. Proceed to 5th traffic light. (Grove Street become Tower Parkway at the 4th light). Payne Whitney Gymnasium will be the tall building on the right.

University parking is available behind the gymnasium. Proceed to the next light and turn sharp right onto

Dixwell Avenue. Take first right onto Lake Place. The entrance to the parking lot will be on the right.

An

additional University lot may be entered around the corner from Lake Place on Ashmun Street.

A municipal parking lot (fees are charged) is available on Broadway in front of the Yale Bookstore.

Metered street parking is also available.

**December Senior Trials and Finals - 12/11/2009 to 12/13/2009**

**Session Report**

Session: 1 Friday Timed Finals

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	1 Women 500 Freestyle	0	0	6:51.79	06:00 PM _____
Finals	2 Men 500 Freestyle	0	0	6:31.09	06:00 PM _____
Finals	3 Women 400 IM	0	0	6:10.79	06:00 PM _____
Finals	4 Men 400 IM	0	0	5:50.59	06:00 PM _____
	Finish Time				06:00 PM _____

Session: 2 Saturday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Prelims	5 Women 200 Butterfly	0	0	2:53.39	09:00 AM _____
Prelims	6 Men 200 Butterfly	0	0	2:43.69	09:00 AM _____
Prelims	7 Women 100 Breaststroke	0	0	1:30.59	09:00 AM _____
Prelims	8 Men 100 Breaststroke	0	0	1:24.09	09:00 AM _____
Prelims	9 Women 100 Backstroke	0	0	1:19.89	09:00 AM _____
Prelims	10 Men 100 Backstroke	0	0	1:14.89	09:00 AM _____
Prelims	11 Women 200 IM	0	0	2:55.49	09:00 AM _____
Prelims	12 Men 200 IM	0	0	2:43.69	09:00 AM _____
Prelims	13 Women 200 Freestyle	0	0	2:36.09	09:00 AM _____
Prelims	14 Men 200 Freestyle	0	0	2:26.09	09:00 AM _____
	Finish Time				09:00 AM _____

Session: 3 Senior 50s

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	15 Mixed 50 Butterfly	0	0		02:00 PM _____
Finals	16 Mixed 50 Backstroke	0	0		02:00 PM _____
Finals	17 Mixed 50 Breaststroke	0	0		02:00 PM _____
Finals	18 Mixed 50 Freestyle	0	0		02:00 PM _____
Finals	19 Mixed 100 IM	0	0		02:00 PM _____
	Finish Time				02:00 PM _____

Session: 4 Saturday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	5 Women 200 Butterfly	0	4	u 2:53.39	05:00 PM
Finals	6 Men 200 Butterfly	0	4	u 2:43.69	05:14 PM
Finals	7 Women 100 Breaststroke	0	4	u 1:30.59	05:28 PM
Finals	8 Men 100 Breaststroke	0	4	u 1:24.09	05:36 PM
Finals	9 Women 100 Backstroke	0	4	u 1:19.89	05:44 PM
Finals	10 Men 100 Backstroke	0	4	u 1:14.89	05:53 PM

**December Senior Trials and Finals - 12/11/2009 to 12/13/2009**

**Session Report**

Finals	11	Women 200 IM	0	4	u	2:55.49	06:02 PM
Finals	12	Men 200 IM	0	4	u	2:43.69	06:16 PM
Finals	13	Women 200 Freestyle	0	4	u	2:36.09	06:30 PM
Finals	14	Men 200 Freestyle	0	4	u	2:26.09	06:43 PM
		Entry / Heat Totals:	0	40			
		Finish Time				06:56 PM	

Session: 5 Sunday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Prelims	20 Women 100 Freestyle	0	0	1:12.49	09:00 AM
Prelims	21 Men 100 Freestyle	0	0	1:06.99	09:00 AM
Prelims	22 Women 200 Backstroke	0	0	2:51.79	09:00 AM
Prelims	23 Men 200 Backstroke	0	0	2:41.29	09:00 AM
Prelims	24 Women 200 Breaststroke	0	0	3:14.59	09:00 AM
Prelims	25 Men 200 Breaststroke	0	0	3:02.39	09:00 AM
Prelims	26 Women 100 Butterfly	0	0	1:19.09	09:00 AM
Prelims	27 Men 100 Butterfly	0	0	1:13.29	09:00 AM
Prelims	28 Women 50 Freestyle	0	0	33.39	09:00 AM
Prelims	29 Men 50 Freestyle	0	0	30.69	09:00 AM
	Finish Time				09:00 AM

Session: 6 Sunday 1650

Day of Meet: 3 Starts at 01:40 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	30 Women 1650 Freestyle	0	0	23:34.19	01:40 PM
Finals	31 Men 1650 Freestyle	0	0	19:15.69	01:40 PM
	Finish Time				01:40 PM

Session: 7 Sunday Finals

Day of Meet: 3 Starts at 04:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	20 Women 100 Freestyle	0	4	u	1:12.49 04:30 PM
Finals	21 Men 100 Freestyle	0	4	u	1:06.99 04:38 PM
Finals	22 Women 200 Backstroke	0	4	u	2:51.79 04:45 PM
Finals	23 Men 200 Backstroke	0	4	u	2:41.29 05:00 PM
Finals	24 Women 200 Breaststroke	0	4	u	3:14.59 05:15 PM
Finals	25 Men 200 Breaststroke	0	4	u	3:02.39 05:31 PM
Finals	26 Women 100 Butterfly	0	4	u	1:19.09 05:46 PM

**December Senior Trials and Finals - 12/11/2009 to 12/13/2009**

**Session Report**

Finals	27	Men 100 Butterfly	0	4	u	1:13.29	05:54 PM
Finals	28	Women 50 Freestyle	0	4	u	33.39	06:01 PM
Finals	29	Men 50 Freestyle	0	4	u	30.69	06:06 PM
		Entry / Heat Totals: Finish Time	0	40		06:11 PM	_____