

2009 FREESTYLE FRENZY
Invitational
November 7-8, 2009
Hosted by the Water Rat Swim Team
Stauffer Pool - Westport Weston Family Y – Westport, CT
Held under the sanction of USA Swimming and Connecticut Swimming #S09-17

EVENTS

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Meet Director:	Jill Nadel	jillnadel@mac.com	(203) 226-0022
Meet Referee:	Barbara Wiederecht	bwiedere@optonline.net	(203) 454-1363
Entry Chair:	Ellen Johnston	ejohnston@westporty.org	(203) 226-8981 ext. 110
Safety Chair:	Uwe Wanner	uwe-wanner@chemtura.com	(203) 256-2721
Officials Contact:	Barbara Wiederecht	bwiedere@optonline.net	(203) 454-1363

WEBSITE: <http://www.westporty.org/wrats>

POOL EMERGENCY NUMBER: (203) 226-8981

MEET CLASSIFICATION: This meet is open to all 2009 USA Swimming swimmers and clubs.

MEET FORMAT: This meet will be swum as TIMED FINALS. 500 FREESTYLE: The 11-12 500 freestyle will be run slowest to fastest. For the 13/over swimmers, we reserve the right to combine the event in order to have full heats. The event will run fastest to slowest alternating girl/boy.

SCRATCH PROCEDURES: Coaches packets will contain scratch sheets for each session and a time line for when scratches are due.

FACILITY: The Westport Weston Family Y Stauffer Pool is a 6-lane, 25-yard pool with a depth of 13 feet at the start end. The timing system is a Colorado Timing System with Mercury 16 Scoreboard. Bleacher seating for spectators is located along the side of the pool and also above the start end of the pool. A designated area for swimmers will be cordoned off if necessary.

DISABLED ACCESS: : Handicapped parking is located in front of the Family Y on Church Lane, and also behind the Family Y, immediately outside the rear entrance. Access is available to the pool deck via a ramp through the locker rooms. The spectator level is also accessible from an outside rear entrance or via an elevator. Contact 203-226-8981 x110 for further information.

COURSE: SCY

EVENTS: See attached list.

SESSION TIMES:	<u>SESSION 1</u>	<u>SATURDAY, NOVEMBER 7, 2009</u>
	9-10 Girls	8 AM Warm-up
	11-12 Boys	9 AM Start
	<u>SESSION 2</u>	<u>SATURDAY, NOVEMBER 7, 2009</u>
	11-12 Girls	1 PM Warm-up
	9-10 Boys	2 PM Start
	<u>SESSION 3</u>	<u>SUNDAY, NOVEMBER 8, 2009</u>
	13/14 & 15/18	730 AM Warm-up

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect.

ELIGIBILITY: All entered swimmers must be current athlete members of USA Swimming and must be 9 years and older. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Swimmers are eligible for all events. There are no cut off times. Any swimmer that 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: Freestyle Frenzy

ENTRY LIMITATIONS: Participating swimmers must 9 years and older.

ENTRY TIMES: Entry times are to be in SCY. No times (NT) are discouraged.

DEADLINES: All entries are due by 9 pm Wednesday, October 28, 2009 and are accepted on a first come first served basis. Mail hardcopy and payment to the entry chairperson: Ellen Johnston, Water Rat Swim Team, Westport Weston Family Y, PO Box 190, Westport, CT 06881. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. The date an entry is received will be determined by the email receipt.

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 ejohnston@westport.org. Please check that your team name, address, and contact information are listed correctly in this file. All entries must include swimmers full name and USA Swimming registration number. Payment must be received by Monday, November 2, 2009.

ENTRY FEES: Electronic entries: \$4.00 for individual events, \$4.00 for distance event. Manual entries: \$6.00 for individual events, \$6.00 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 WRAT Parents Club and mail to: Water Rat Swim Team, Westport Weston Family Y, PO Box 190, Westport, CT 06881 or 59 Post Road East, Westport, CT 06880. Payment must be received by Monday, November 2, 2009.

CUT PROTOCOL: For the 13/over swimmers, we reserve the right to heat limit this event, to combine the 500 freestyle in order to have full heats. Clubs will be notified of cuts no later than Monday, November 2. Entries are on a first come first served basis.

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, November 2.

- ❖ **500 FREESTYLE:** The 11-12 500 freestyle will be run slowest to fastest. For the 13/over swimmers, we reserve the right to combine the event in order to have full heats. The event will run fastest to slowest alternating girl/boy. The Referee may make changes as deemed necessary.

SAFETY: Please make note of the following:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes.
2. There will be no diving in the warm-up and warm-down areas at any time.
3. No shaving is permitted at the competition site.
4. No glass containers are permitted within the facility.
5. 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.
6. 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: Timers will be required from teams in proportion to the size of their entry.

Swimmers in the 500 free must provide their own timer and lap counter

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: Awards for the top 6 finishers in each individual event. Heat winners will also receive an award.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Parking is available in the municipal lot on Elm Street, behind the Family Y. Please observe parking restrictions.

DIRECTIONS: Merritt Parkway (Rte. 15): Take exit 42. Go south at end of ramp (right from New Haven, left from New York). Bear right at first intersection to Main St. and follow for one mile to center of town where you must make a left turn (street become one-way). Just after left turn on Elm St., the Y is on your right. Long term parking is in the lot on the left of Elm St. Please observe parking restrictions.

I-95: Take exit 17. Left off exit. Continue north on Rte 33 to Rte 1 (Post Road). Take right onto Rte. 1, go over bridge and take left at second stop light onto Main St. Take first right onto Elm St. Y is on right, parking on left. Please observe parking restrictions.

2009 Freestyle Frenzy - 11/7/2009 to 11/8/2009

Sanction #S08-17

Session Report

Session: 1 Session I -Saturday Morning

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Boys 11-12 200 Freestyle	0	0	09:00 AM _____
Finals	2 Girls 9-10 200 Freestyle	0	0	09:00 AM _____
Finals	3 Boys 11-12 50 Freestyle	0	0	09:00 AM _____
Finals	4 Girls 9-10 50 Freestyle	0	0	09:00 AM _____
Finals	5 Boys 11-12 100 Freestyle	0	0	09:00 AM _____
Finals	6 Girls 9-10 100 Freestyle	0	0	09:00 AM _____
Finals	7 Boys 11-12 500 Freestyle	0	0	09:00 AM _____
	Finish Time			09:00 AM _____

Session: 2 Session II - SaturdayAfternoon

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	8 Girls 11-12 200 Freestyle	0	0	02:00 PM _____
Finals	9 Boys 9-10 200 Freestyle	0	0	02:00 PM _____
Finals	10 Girls 11-12 50 Freestyle	0	0	02:00 PM _____
Finals	11 Boys 9-10 50 Freestyle	0	0	02:00 PM _____
Finals	12 Girls 11-12 100 Freestyle	0	0	02:00 PM _____
Finals	13 Boys 9-10 100 Freestyle	0	0	02:00 PM _____
Finals	14 Girls 11-12 500 Freestyle	0	0	02:00 PM _____
	Finish Time			02:00 PM _____

Session: 3 Session III - SundayMorning

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

Round	Event	Entries	Heats	Starts at
Finals	15 Girls 13-14 200 Freestyle	0	0	09:15 AM _____
Finals	16 Boys 13-14 200 Freestyle	0	0	09:15 AM _____
Finals	17 Girls 15 & Over 200 Freestyle	0	0	09:15 AM _____
Finals	18 Boys 15 & Over 200 Freestyle	0	0	09:15 AM _____
Finals	19 Girls 13-14 50 Freestyle	0	0	09:15 AM _____
Finals	20 Boys 13-14 50 Freestyle	0	0	09:15 AM _____
Finals	21 Girls 15 & Over 50 Freestyle	0	0	09:15 AM _____
Finals	22 Boys 15 & Over 50 Freestyle	0	0	09:15 AM _____
Finals	23 Girls 13-14 100 Freestyle	0	0	09:15 AM _____
Finals	24 Boys 13-14 100 Freestyle	0	0	09:15 AM _____
Finals	25 Girls 15 & Over 100 Freestyle	0	0	09:15 AM _____
Finals	26 Boys 15 & Over 100 Freestyle	0	0	09:15 AM _____
Finals	27 Girls 13 & Over 500 Freestyle	0	0	09:15 AM _____
Finals	28 Boys 13 & Over 500 Freestyle	0	0	09:15 AM _____
	Finish Time			09:15 AM _____