

# The ZEUS Pat Spinola Invite

## January 9 – 10, 2010

Norwalk High School, 23 Calvin Murphy Drive, Norwalk, CT 06851

Held under sanction of USA Swimming and Connecticut Swimming #S09-44

### EVENTS

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**Meet Director:** Eric Baritz, [byte1inc@optonline.net](mailto:byte1inc@optonline.net), 203-838-5836  
**Meet Referee:** Joe Dudek, [jdudek@optonline.net](mailto:jdudek@optonline.net), 203-838-5836  
**Entry Chair:** Eric Baritz, [byte1inc@optonline.net](mailto:byte1inc@optonline.net), 203-838-5836  
**Safety Chair:** Dennis Flores, [denswimusa@yahoo.com](mailto:denswimusa@yahoo.com), 203-838-5836  
**Officials Contact:** Joe Dudek, [jdudek@optonline.net](mailto:jdudek@optonline.net), 203-838-5836

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

**POOL EMERGENCY NUMBER:** 203-515-8055

**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:** scratches are due 30 minutes before the start of the session.

**FACILITY:** The Norwalk High School Pool is a 6 lane, 25-yard pool. The meet will be run using manual timing.

**DISABLED ACCESS:** Handicap accessibility throughout the facility.

**COURSE:** SCY

**EVENTS:** See attached list.

### SESSION TIMES:

Warm up for the Friday night session is 6:45 p.m. The start time is 7:30 p.m. (8 and unders) – Will be a 90 minute session

Saturday and Sunday a.m. sessions are: 7:30 a.m. warm up and 8:45 a.m. start (11 and overs)

Saturday and Sunday p.m. sessions are 1:00 p.m. warm up and 2:00 p.m. start (10 and unders)

**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:**

- Friday night session will be limited to a 90 minute session.
- Swimmers in the 11 and over 500 freestyle, and 1650 Freestyle must provide their own timers and counters.
- The 11 and over 1650 freestyle will be swum Fastest to Slowest Girls and then boys.
- The 11 and over 500 freestyle will be swum slowest to fastest girls then boys.
- The 400 IM will also be swum slowest to fastest girls then boys
- There will also be a minimum of 10 minute break before the 1650 Freestyle
- To ensure that there is enough volunteer help, ZEUS Swimmers will not be cut from the meet.

**ENTRY LIMITATIONS:** Swimmers may enter 5 events each session plus two relays for each session.

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

**DEADLINES:**

- Entry deadline is Wednesday, December 23, 2009
- Mail hardcopy and payment to the entry chairperson:  
Eric Baritz  
501 Westport Avenue, #272  
Norwalk, CT 06851
- All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration.
- Entries are considered officially in the meet upon receipt of payment.

**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 byte1inc@optonline.net. Please check that your team name, address, and contact information are listed correctly in this file. Remember Entries are considered officially in the meet upon receipt of payment.

**ENTRY FEES:**

- Electronic entries:
  - o \$4.00 for individual events, \$6.00 for all 500 Freestyle and 400 I.M. Events, \$10.00 for the 1650 freestyle event, \$8.00 for relays.
- Manual entries:
  - o \$8.00 for individual events, \$10.00 for distance events, \$10.00 for relays.

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: NAC
- Mail to:  
ZEUS Swimming  
c/o Eric Baritz  
501 Westport Avenue, #272  
Norwalk, CT 06851
- Payment must be received by 11/6/09.

**CUT PROTOCOL for INVITATIONALS:**

Should the meet be oversubscribed the following procedures will take place:

- Eliminate Relays
- Limit events from 5 to 4, then 4 to 3
- With regards to 10 and under events, all 7 and unders will be eliminated.
- Begin the sessions a little earlier
- Limiting the 500 freestyle, 400 IM, and 1650 Freestyle heats
- Order of the official entry with payment
- To ensure the proper number of volunteers no ZEUS swimmers will be scratched from the meet.

Teams will be notified Monday before the meet of any changes to 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.

**RELAYS:** All relay swimmers must be officially entered in 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:** Yes. Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$4.00 for individual events and \$10.00 for relays. Time trial events count toward the total number of event limitations per session.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:**

- Swimmers in the Senior 500 and 1650 Freestyle MUST provide their own timers and counters..
- All other events volunteers will be based on the number of swimmers from each team.

**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 in the standard TOP 16 places.

**AWARDS:** Ribbons will be awarded to the top 8 finishers in each individual event, and top 3 finishers in each relay event.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**DIRECTIONS:** The Norwalk High School pool is on County Street in Norwalk, CT.

Take I – 95 to Exit 16, East Avenue. Go West on East Avenue for 2 lights. Make a right on Sunset Hill Avenue. Go all the way to end (Sunset Hill becomes Tierney Street). At stop sign (Strawberry Hill Avenue) make a left. Take Strawberry to County Street. Make right on County Street. Driveway to High School is on your right. Go all the way to top of driveway and look for a spot. Entrance to pool is first door on the right, **PAT SPINOLA NATATORIUM**.

**2010 Pat Spinola Invite - 1/9/2010 to 1/10/2010**

**Session Report**

Session: 1 Saturday a.m. Session

Day of Meet: 1 Starts at 08:50 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 400 IM	0	0	08:50 AM _____
Finals	2 Boys 400 IM	0	0	08:50 AM _____
Finals	3 Girls 11-12 100 IM	0	0	08:50 AM _____
Finals	4 Boys 11-12 100 IM	0	0	08:50 AM _____
Finals	5 Girls 100 Freestyle	0	0	08:50 AM _____
Finals	6 Boys 100 Freestyle	0	0	08:50 AM _____
Finals	7 Girls 11-12 100 Freestyle	0	0	08:50 AM _____
Finals	8 Boys 11-12 100 Freestyle	0	0	08:50 AM _____
Finals	9 Girls 100 Backstroke	0	0	08:50 AM _____
Finals	10 Boys 100 Backstroke	0	0	08:50 AM _____
Finals	11 Girls 11-12 100 Backstroke	0	0	08:50 AM _____
Finals	12 Boys 11-12 100 Backstroke	0	0	08:50 AM _____
Finals	13 Girls 100 Breaststroke	0	0	08:50 AM _____
Finals	14 Boys 100 Breaststroke	0	0	08:50 AM _____
Finals	15 Girls 11-12 100 Breaststroke	0	0	08:50 AM _____
Finals	16 Boys 11-12 100 Breaststroke	0	0	08:50 AM _____
Finals	17 Girls 100 Butterfly	0	0	08:50 AM _____
Finals	18 Boys 100 Butterfly	0	0	08:50 AM _____
Finals	19 Girls 11-12 100 Butterfly	0	0	08:50 AM _____
Finals	20 Boys 11-12 100 Butterfly	0	0	08:50 AM _____
Finals	21 Girls 200 Freestyle	0	0	08:50 AM _____
Finals	22 Boys 200 Freestyle	0	0	08:50 AM _____
Finals	23 Girls 11-12 200 Freestyle	0	0	08:50 AM _____
Finals	24 Boys 11-12 200 Freestyle	0	0	08:50 AM _____
Finals	25 Girls 200 Freestyle Relay	0	0	08:50 AM _____
Finals	26 Boys 200 Freestyle Relay	0	0	08:50 AM _____
Finals	27 Girls 11-12 200 Freestyle Relay	0	0	08:50 AM _____
Finals	28 Boys 11-12 200 Freestyle Relay	0	0	08:50 AM _____
Finals	29 Girls 1650 Freestyle	0	0	08:50 AM _____
Finals	30 Boys 1650 Freestyle	0	0	08:50 AM _____
	Finish Time			08:50 AM _____

Session: 2 Saturday p.m. Session

Day of Meet: 1 Starts at 01:05 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	31 Girls 10 & Under 500 Freestyle	0	0	01:05 PM _____
Finals	32 Boys 10 & Under 500 Freestyle	0	0	01:05 PM _____
Finals	33 Girls 10 & Under 50 Freestyle	0	0	01:05 PM _____
Finals	34 Boys 10 & Under 50 Freestyle	0	0	01:05 PM _____
Finals	35 Girls 10 & Under 50 Backstroke	0	0	01:05 PM _____
Finals	36 Boys 10 & Under 50 Backstroke	0	0	01:05 PM _____
Finals	37 Girls 10 & Under 50 Breaststroke	0	0	01:05 PM _____
Finals	38 Boys 10 & Under 50 Breaststroke	0	0	01:05 PM _____

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Finals	39	Girls 10 & Under 50 Butterfly	0	0	01:05 PM	_____
Finals	40	Boys 10 & Under 50 Butterfly	0	0	01:05 PM	_____
Finals	41	Girls 8 & Under 100 IM	0	0	01:05 PM	_____
Finals	42	Boys 8 & Under 100 IM	0	0	01:05 PM	_____
Finals	43	Girls 10 & Under 200 IM	0	0	01:05 PM	_____
Finals	44	Boys 10 & Under 200 IM	0	0	01:05 PM	_____
Finals	45	Girls 10 & Under 200 Medley Relay	0	0	01:05 PM	_____
Finals	46	Boys 10 & Under 200 Medley Relay	0	0	01:05 PM	_____
		Finish Time			01:05 PM	_____

Session: 3 Sunday a.m. Session

Day of Meet: 2 Starts at 08:50 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Finals	47	Girls 400 Medley Relay	0	0	08:50 AM	_____
Finals	48	Boys 400 Medley Relay	0	0	08:50 AM	_____
Finals	49	Girls 11-12 400 Medley Relay	0	0	08:50 AM	_____
Finals	50	Boys 11-12 400 Medley Relay	0	0	08:50 AM	_____
Finals	51	Girls 200 Butterfly	0	0	08:50 AM	_____
Finals	52	Boys 200 Butterfly	0	0	08:50 AM	_____
Finals	53	Girls 11-12 50 Butterfly	0	0	08:50 AM	_____
Finals	54	Boys 11-12 50 Butterfly	0	0	08:50 AM	_____
Finals	55	Girls 200 Backstroke	0	0	08:50 AM	_____
Finals	56	Boys 200 Backstroke	0	0	08:50 AM	_____
Finals	57	Girls 11-12 50 Backstroke	0	0	08:50 AM	_____
Finals	58	Boys 11-12 50 Backstroke	0	0	08:50 AM	_____
Finals	59	Girls 200 Breaststroke	0	0	08:50 AM	_____
Finals	60	Boys 200 Breaststroke	0	0	08:50 AM	_____
Finals	61	Girls 11-12 50 Breaststroke	0	0	08:50 AM	_____
Finals	62	Boys 11-12 50 Breaststroke	0	0	08:50 AM	_____
Finals	63	Girls 200 IM	0	0	08:50 AM	_____
Finals	64	Boys 200 IM	0	0	08:50 AM	_____
Finals	65	Girls 11-12 200 IM	0	0	08:50 AM	_____
Finals	66	Boys 11-12 200 IM	0	0	08:50 AM	_____
Finals	67	Girls 50 Freestyle	0	0	08:50 AM	_____
Finals	68	Boys 50 Freestyle	0	0	08:50 AM	_____
Finals	69	Girls 11-12 50 Freestyle	0	0	08:50 AM	_____
Finals	70	Boys 11-12 50 Freestyle	0	0	08:50 AM	_____
Finals	71	Girls 200 Medley Relay	0	0	08:50 AM	_____
Finals	72	Boys 200 Medley Relay	0	0	08:50 AM	_____
Finals	73	Girls 11-12 200 Medley Relay	0	0	08:50 AM	_____
Finals	74	Boys 11-12 200 Medley Relay	0	0	08:50 AM	_____
Finals	75	Girls 500 Freestyle	0	0	08:50 AM	_____
Finals	76	Boys 500 Freestyle	0	0	08:50 AM	_____
		Finish Time			08:50 AM	_____

Session: 4 Sunday p.m. Session

Day of Meet: 2 Starts at 01:05 PM Heat Interval: 25 Seconds / Back +15 Seconds

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**Session Report**

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	77 Girls 10 & Under 400 Freestyle Relay	0	0	01:05 PM _____
Finals	78 Boys 10 & Under 400 Freestyle Relay	0	0	01:05 PM _____
Finals	79 Girls 10 & Under 100 Freestyle	0	0	01:05 PM _____
Finals	80 Boys 10 & Under 100 Freestyle	0	0	01:05 PM _____
Finals	81 Girls 10 & Under 100 IM	0	0	01:05 PM _____
Finals	82 Boys 10 & Under 100 IM	0	0	01:05 PM _____
Finals	83 Girls 10 & Under 100 Backstroke	0	0	01:05 PM _____
Finals	84 Boys 10 & Under 100 Backstroke	0	0	01:05 PM _____
Finals	85 Girls 10 & Under 100 Breaststroke	0	0	01:05 PM _____
Finals	86 Boys 10 & Under 100 Breaststroke	0	0	01:05 PM _____
Finals	87 Girls 10 & Under 100 Butterfly	0	0	01:05 PM _____
Finals	88 Boys 10 & Under 100 Butterfly	0	0	01:05 PM _____
Finals	89 Girls 10 & Under 200 Freestyle	0	0	01:05 PM _____
Finals	90 Boys 10 & Under 200 Freestyle	0	0	01:05 PM _____
Finals	91 Girls 10 & Under 200 Medley Relay	0	0	01:05 PM _____
Finals	92 Boys 10 & Under 200 Medley Relay	0	0	01:05 PM _____
	Finish Time			01:05 PM _____