

ZEUS 8 and Under Meet
The Betty Philcox Invitational
November 21-22, 2009
Norwalk High School Pool, Norwalk, CT

Held under sanctioned of USA Swimming and Connecticut Swimming #S09-23

EVENTS

***.hyv**

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

WEBSITE: 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: 8:00 a.m. warm up and 9:15 a.m. start (11 nd overs)

Saturday and Sunday p.m. sessions are 1:30 p.m. warm up and 2:30 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:

- The meet is in honor of the first ever swim coach of the ZEUS Swim Team, the late Betty Philcox. She is now in the Swimming Hall of Fame.
- 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 400 IM will also be swum fastest to slowest girls then boys
- The 1650 Freestyle will be swum fastest to slowest girls then boys. There will also be a 10 minute break before the 1650 Freestyle

ENTRY LIMITATIONS: Swimmers may enter 5 events each session plus a relay.

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

DEADLINES:

- Entry deadline is Friday, November 6, 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 \$0.00 for individual events and \$0.00 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:

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

MISCELLANEOUS:

PARKING:

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**.

2009 ZEUS Betty Philcox Invitational - 11/21/2009 to 11/22/2009

Session Report

Session: 1 Saturday a.m. Session

Day of Meet: 1 Starts at 09:20 AM Heat Interval: 25 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------|------------------------------------|---------|-------|----------------|
| Finals | 1 Girls 11-12 200 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 2 Boys 11-12 200 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 3 Girls 200 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 4 Boys 200 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 5 Girls 11-12 100 Backstroke | 0 | 0 | 09:20 AM _____ |
| Finals | 6 Boys 11-12 100 Backstroke | 0 | 0 | 09:20 AM _____ |
| Finals | 7 Girls 100 Backstroke | 0 | 0 | 09:20 AM _____ |
| Finals | 8 Boys 100 Backstroke | 0 | 0 | 09:20 AM _____ |
| Finals | 9 Girls 11-12 100 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 10 Boys 11-12 100 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 11 Girls 100 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 12 Boys 100 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 13 Girls 11-12 100 Butterfly | 0 | 0 | 09:20 AM _____ |
| Finals | 14 Boys 11-12 100 Butterfly | 0 | 0 | 09:20 AM _____ |
| Finals | 15 Girls 100 Butterfly | 0 | 0 | 09:20 AM _____ |
| Finals | 16 Boys 100 Butterfly | 0 | 0 | 09:20 AM _____ |
| Finals | 17 Girls 11-12 100 Breaststroke | 0 | 0 | 09:20 AM _____ |
| Finals | 18 Boys 11-12 100 Breaststroke | 0 | 0 | 09:20 AM _____ |
| Finals | 19 Girls 100 Breaststroke | 0 | 0 | 09:20 AM _____ |
| Finals | 20 Boys 100 Breaststroke | 0 | 0 | 09:20 AM _____ |
| Finals | 21 Girls 11-12 50 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 22 Boys 11-12 50 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 23 Girls 50 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 24 Boys 50 Freestyle | 0 | 0 | 09:20 AM _____ |
| Finals | 25 Girls 200 IM | 0 | 0 | 09:20 AM _____ |
| Finals | 26 Boys 200 IM | 0 | 0 | 09:20 AM _____ |
| Finals | 27 Girls 11-12 200 Freestyle Relay | 0 | 0 | 09:20 AM _____ |
| Finals | 28 Boys 11-12 200 Freestyle Relay | 0 | 0 | 09:20 AM _____ |
| Finals | 29 Girls 200 Freestyle Relay | 0 | 0 | 09:20 AM _____ |
| Finals | 30 Boys 200 Freestyle Relay | 0 | 0 | 09:20 AM _____ |
| | Finish Time | | | 09:20 AM _____ |

Session: 2 Saturday p.m. Session

Day of Meet: 1 Starts at 02:35 PM Heat Interval: 25 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------|-------------------------------------|---------|-------|----------------|
| Finals | 31 Girls 10 & Under 500 Freestyle | 0 | 0 | 02:35 PM _____ |
| Finals | 32 Boys 10 & Under 500 Freestyle | 0 | 0 | 02:35 PM _____ |
| Finals | 33 Girls 10 & Under 50 Freestyle | 0 | 0 | 02:35 PM _____ |
| Finals | 34 Boys 10 & Under 50 Freestyle | 0 | 0 | 02:35 PM _____ |
| Finals | 35 Girls 10 & Under 50 Backstroke | 0 | 0 | 02:35 PM _____ |
| Finals | 36 Boys 10 & Under 50 Backstroke | 0 | 0 | 02:35 PM _____ |
| Finals | 37 Girls 10 & Under 50 Breaststroke | 0 | 0 | 02:35 PM _____ |
| Finals | 38 Boys 10 & Under 50 Breaststroke | 0 | 0 | 02:35 PM _____ |
| Finals | 39 Girls 10 & Under 50 Butterfly | 0 | 0 | 02:35 PM _____ |
| Finals | 40 Boys 10 & Under 50 Butterfly | 0 | 0 | 02:35 PM _____ |

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Session Report

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|--------|----|--------------------------------------|---|---|----------|-------|
| Finals | 41 | Girls 8 & Under 100 IM | 0 | 0 | 02:35 PM | _____ |
| Finals | 42 | Boys 8 & Under 100 IM | 0 | 0 | 02:35 PM | _____ |
| Finals | 43 | Girls 10 & Under 200 IM | 0 | 0 | 02:35 PM | _____ |
| Finals | 44 | Boys 10 & Under 200 IM | 0 | 0 | 02:35 PM | _____ |
| Finals | 45 | Girls 10 & Under 200 Freestyle Relay | 0 | 0 | 02:35 PM | _____ |
| Finals | 46 | Boys 10 & Under 200 Freestyle Relay | 0 | 0 | 02:35 PM | _____ |
| | | Finish Time | | | 02:35 PM | _____ |

Session: 3 Sunday a.m. session

Day of Meet: 2 Starts at 09:20 AM Heat Interval: 25 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | | |
|--------|-------|------------------------------|-------|-----------|----------|-------|
| Finals | 47 | Girls 400 IM | 0 | 0 | 09:20 AM | _____ |
| Finals | 48 | Boys 400 IM | 0 | 0 | 09:20 AM | _____ |
| Finals | 49 | Girls 11-12 100 IM | 0 | 0 | 09:20 AM | _____ |
| Finals | 50 | Boys 11-12 100 IM | 0 | 0 | 09:20 AM | _____ |
| Finals | 51 | Girls 200 Butterfly | 0 | 0 | 09:20 AM | _____ |
| Finals | 52 | Boys 200 Butterfly | 0 | 0 | 09:20 AM | _____ |
| Finals | 53 | Girls 11-12 50 Butterfly | 0 | 0 | 09:20 AM | _____ |
| Finals | 54 | Boys 11-12 50 Butterfly | 0 | 0 | 09:20 AM | _____ |
| Finals | 55 | Girls 200 Backstroke | 0 | 0 | 09:20 AM | _____ |
| Finals | 56 | Boys 200 Backstroke | 0 | 0 | 09:20 AM | _____ |
| Finals | 57 | Girls 11-12 50 Backstroke | 0 | 0 | 09:20 AM | _____ |
| Finals | 58 | Boys 11-12 50 Backstroke | 0 | 0 | 09:20 AM | _____ |
| Finals | 59 | Girls 200 Breaststroke | 0 | 0 | 09:20 AM | _____ |
| Finals | 60 | Boys 200 Breaststroke | 0 | 0 | 09:20 AM | _____ |
| Finals | 61 | Girls 11-12 50 Breaststroke | 0 | 0 | 09:20 AM | _____ |
| Finals | 62 | Boys 11-12 50 Breaststroke | 0 | 0 | 09:20 AM | _____ |
| Finals | 63 | Girls 200 Medley Relay | 0 | 0 | 09:20 AM | _____ |
| Finals | 64 | Boys 200 Medley Relay | 0 | 0 | 09:20 AM | _____ |
| Finals | 65 | Girls 11-12 200 Medley Relay | 0 | 0 | 09:20 AM | _____ |
| Finals | 66 | Boys 11-12 200 Medley Relay | 0 | 0 | 09:20 AM | _____ |
| Finals | 67 | Girls 500 Freestyle | 0 | 0 | 09:20 AM | _____ |
| Finals | 68 | Boys 500 Freestyle | 0 | 0 | 09:20 AM | _____ |
| Finals | 69 | Girls 1650 Freestyle | 0 | 0 | 09:20 AM | _____ |
| Finals | 70 | Boys 1650 Freestyle | 0 | 0 | 09:20 AM | _____ |
| | | Finish Time | | | 09:20 AM | _____ |

Session: 4 Sunday p.m. session

Day of Meet: 2 Starts at 02:35 PM Heat Interval: 25 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | | |
|--------|-------|--------------------------------------|-------|-----------|----------|-------|
| Finals | 71 | Girls 10 & Under 400 Freestyle Relay | 0 | 0 | 02:35 PM | _____ |
| Finals | 72 | Boys 10 & Under 400 Freestyle Relay | 0 | 0 | 02:35 PM | _____ |
| Finals | 73 | Girls 10 & Under 100 IM | 0 | 0 | 02:35 PM | _____ |
| Finals | 74 | Boys 10 & Under 100 IM | 0 | 0 | 02:35 PM | _____ |
| Finals | 75 | Girls 10 & Under 100 Backstroke | 0 | 0 | 02:35 PM | _____ |
| Finals | 76 | Boys 10 & Under 100 Backstroke | 0 | 0 | 02:35 PM | _____ |
| Finals | 77 | Girls 10 & Under 100 Freestyle | 0 | 0 | 02:35 PM | _____ |
| Finals | 78 | Boys 10 & Under 100 Freestyle | 0 | 0 | 02:35 PM | _____ |

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Session Report

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|--------|----|-----------------------------------|---|---|----------|-------|
| Finals | 79 | Girls 10 & Under 100 Breaststroke | 0 | 0 | 02:35 PM | _____ |
| Finals | 80 | Boys 10 & Under 100 Breaststroke | 0 | 0 | 02:35 PM | _____ |
| Finals | 81 | Girls 10 & Under 100 Butterfly | 0 | 0 | 02:35 PM | _____ |
| Finals | 82 | Boys 10 & Under 100 Butterfly | 0 | 0 | 02:35 PM | _____ |
| Finals | 83 | Girls 10 & Under 200 Freestyle | 0 | 0 | 02:35 PM | _____ |
| Finals | 84 | Boys 10 & Under 200 Freestyle | 0 | 0 | 02:35 PM | _____ |
| Finals | 85 | Girls 10 & Under 200 Medley Relay | 0 | 0 | 02:35 PM | _____ |
| Finals | 86 | Boys 10 & Under 200 Medley Relay | 0 | 0 | 02:35 PM | _____ |
| | | Finish Time | | | 02:35 PM | _____ |