

# SWIM FOR OUR TROOPS DISTANCE MEET

Formally known as Swim For Hunger

December 17th, 2010

Hosted by: The Central Connecticut Aquatics  
Wesleyan University, Freeman Athletic Center, Middletown, Connecticut

Held under sanction of USA Swimming and Connecticut Swimming #S10-39

## EVENTS

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The Swim For Our Troops Meet is to involve U.S.A. swimmers in the collection of items to help bring a little bit of home to our troops serving in combat. These donations will be collected as part of the entry fee. They will be donated to **The Shoreline Community Women's Soldier Box Project**. During the holidays let us all remember those making sacrifices to protect our freedoms! So please join us to swim, share, have fun, and show how U.S.A. and Connecticut swimmers care for our troops!

The following items are the **specific** donations requested from the organization and will be collected in the lobby during the meet. Please keep your donations within these guidelines so that they can be used:

**Requested Items:** national and international phone cards, hand wipes, hand sanitizer, disposable cameras, sunscreen (SPF 15 or above) sunglasses, lip balm, shampoo, non-aerosol shaving cream, toothbrushes, toothpaste, floss, band-aids, Advil, Tylenol, Kleenex, deodorant. Also needed are individually wrapped snacks such as power bars, granola bars, protein bars, beef jerky, microwave popcorn, wrapped candies (no chocolate candy allowed!) Hot chocolate/ice tea/coffee instant powders or bags. Puzzle books, playing cards, stationary, batteries (AA, C) and magazines are also greatly needed.

\* please do not bring donations in glass containers\*

	Name	E mail	Phone
Meet Director:	George Bradner	<a href="mailto:georgebradner@comcast.net">georgebradner@comcast.net</a>	860-367-1023
Meet Referee:	Santos Carvajal	<a href="mailto:santoscag@hotmail.com">santoscag@hotmail.com</a>	
Entry Chair:	Stephanie Jordan	<a href="mailto:sjordan@peco1938.com">sjordan@peco1938.com</a>	203-237-8497
Safety Chair:	Sarah Massa	<a href="mailto:Smassa@comcast.net">Smassa@comcast.net</a>	203-607-2000

WEBSITE: [http:// www.swimccat.com](http://www.swimccat.com)

POOL EMERGENCY NUMBER: 860-367-1023 (day of meet only)

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

MEET FORMAT: The meet will be swum as timed-finals; Event will be run fastest to slowest, alternating girls and boys. The 1000 free events will be swum first, followed by the 12/U 500 free.

**SCRATCH PROCEDURES:** Coaches will receive a list of their swimmers and the events in which they are entered at each session. All scratches for that session will be due at the main desk 20 minutes before the start of the session. Swimmers who fail to appear for the start of their race shall be disqualified from that race.

**FACILITY:** One 9-lane, 25-yard course with electronic timing. Additional lanes will be available for warm-up and cool down. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado electronic timing system. Water depth at start end and turn end 7.5 to 14 ft. There is sufficient deck space with limited spectator seating.

**DISABLED ACCESS:** Handicapped Parking is available behind the athletic center. An elevator, located to the right as you enter the Freeman Athletic Center main lobby. The elevator will provide access to the swim deck. If special assistance is required by athletes, coaches or spectators, please contact the meet director.

**COURSE:** SCY.

**EVENTS:** See attached list.

**SESSION TIMES:** Warm-ups: 5:00pm      Start time: 6:10pm

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. There will be warm-up lanes available during the meet and an additional 15 minute warm-up for prior to the start of the 12/U 500 free events.

**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.

**ENTRY LIMITATIONS** Entries will be limited only to accommodate time line. Session will be limited to 3 hours.

**ENTRY TIMES:** Submit entry times in: SCY. If there are no official times for an athlete, please submit estimated times. No Times (NT) will not be accepted.

**DEADLINES:** Entry deadline is December 10<sup>th</sup>, 2010. Mail hardcopy and payment to the entry chairperson:  
Stephanie Jordan  
187 Williams Street  
Meriden CT 06450.

Entries will be handled on a first come first served basis; however, Connecticut teams will be given priority over out-of-state teams. The date the entry is received shall be determined by the email date and time.

**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 Stephanie Jordan: [sjordan@peco1938.com](mailto:sjordan@peco1938.com). Please check that your team name, address, and contact information are listed correctly in this file. Connecticut teams will be given priority over out-of-state teams. The date the entry is received shall be determined by the email date and time. Meet Managers reserves the right to limit heats, adjust warm-up and/or start times or make other changes to ensure a quality meet. All accepted

will be notified as soon as the meet is full, but not later than December 13th, 2010. If cuts or changes are made, the contact person listed on the entry will be notified.

**ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION:** Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

**ENTRY FEES:** Electronic entries: \$8.00 for individual events, Manual entries: \$12.00 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 Central Connecticut Aquatics Team and mail to: Stephanie Jordan  
187 Williams Street  
Meriden CT 06450  
Payment must be received by December 13, 2010

**CUT PROTOCOL for INVITATIONALS:** Entries will be accepted in order of receipt until the meet is full. Session will be limited to 3 hours. 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:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Swimmers will be required to provide their own timers and counters.

We would greatly appreciate any team with officials that could help throughout the course of the meet. Please contact the Head Referee: Santos Carvajal-Gonzalez: santoscag@hotmail.com

**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: No.

CONCESSIONS: No (Not by CCAT, but may be offered by Wesleyan University if concession stand is open)

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

MISCELLANEOUS:

PARKING: Directly across and adjacent to the Middletown firehouse. Please do not park on the street, especially if snow removal parking is in effect for Middletown, CT.

LODGING: The following hotels and motels are in the Middletown area: Inn at Middletown, Wesley Inn Cromwell, Ct: Comfort Inn Holiday Inn of Cromwell Courtyard by Marriott.

DIRECTIONS: Are available at the following link on the CT swim web site: [www.ctswim.org](http://www.ctswim.org)  
Go to directions on the left hand side of the web page and look up Wesleyan University Freeman Athletic Center

**Swim For Our Troops Distance Meet - 12/17/2010**  
**Session Report**

Session: 1 Distance Session

Day of Meet: 1 Starts at 06:10 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 Women 12 & Over 1000 Freestyle	0	0	06:10 PM	_____
Finals	2 Men 12 & Over 1000 Freestyle	0	0	06:10 PM	_____
Finals	3 Girls 12 & Under 500 Freestyle	0	0	06:10 PM	_____
Finals	4 Boys 12 & Under 500 Freestyle	0	0	06:10 PM	_____
	Finish Time			06:10 PM	_____