

2020 CT Long Course Senior Invitational

Sponsored by CT Swimming & Hosted by Sacred Heart University

Welcome to the 2020 CT Swimming Long Course Senior Invitational. We are excited to partner with Wesleyan University again to offer this opportunity to swim a long course meet not only to our LSC but to other surrounding LSC's.

Here are a few reminders for the weekend: We will have a coach's meeting at 8:10am on **Friday 3/6/2020**

- No deck chairs permitted on the pool deck. We must follow all USA swimming MAAPP rules.
- Please make sure all High School or College athletes that need to be unattached are done so.
- Worker Assignments, Please make sure your teams are covering the assignments. Sessions are small, we do need all the help.
- For Finals work assignments: We will post on the wall and we will try and email out to the teams in between sessions as well.
- Scratches are due no later than 7:45am. Relay positive check ins are due by the end of the Prelim session of that day.
- For the 400IM, 400 Free, 800 Free, 1500 Free you must provide your own timer during the preliminary sessions. All relays you must provide your own timer for the Finals Session.
- Sunday distance positive check in is due no later than 7pm on Saturday March 7th
- REMINDER Sunday is daylight savings.
- There will be a 5 min break after every Men's event in the Preliminary Sessions & 10 Minute Break after every Men's event during Finals.
- Awards- We will do the awards at the conclusion of the Men's A Final. The winning coach event (Women & Men) will present the top 3 medals during the 10-minute break.
- Distance High Point award will be awarded to the top Female and Top Male after the awards of the 800/1500 on Sunday.
- Overall High Point will be awarded to the Top Female and Top Male at the conclusion of the meet.

On behalf of the Senior Committee, we hope the 2020 CT Senior Invite fulfills your seasonal swimming needs and we are happy we can provide this opportunity for your athletes. Good Luck to Everyone.

John Spadafina- Meet Director

Sacred Heart University & Park City Wolfpack