

LONG COURSE DISTANCE MEET

Friday, May 27, 2011

Freeman Athletic Center, Wesleyan University
161 Cross Street, Middletown, CT

Held under sanction of USA Swimming and Connecticut Swimming #L11-OC1

EVENTS

IMPORTABLE MEET EVENTS

	Name	Email	Phone
Meet Director:	Lisa Earley	Learley851@aol.com	203-389-1474
Meet Referee:	Rich Dufour		860-841-0069
Entry Chair:	Lisa Earley	Learley851@aol.com	203-389-1474
Safety Chair:	Bob Pimer		
Officials Contact:	Lisa Earley	Learley851@aol.com	203-389-1474

WEBSITE: <http://www.hmst.org>

POOL EMERGENCY NUMBER: (860) 685-2915 – Pool Deck **Facility Monitor:** (860) 685-2690

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

MEET FORMAT: The meet will be swum as Timed-Final. All events will be swum fastest to slowest alternating heats of women and men.

SCRATCH PROCEDURES: A scratch sheet can be picked up at the computer table prior to warm-up. Failure to turn in the scratch sheet upon final request will result in the swimmers being scratched from the meet.

FACILITY: The Freeman Athletic Center at Wesleyan University Pool is an 8 -lane, 50-meter pool with nine foot wide lanes. The competition course has been certified in accordance with 104.2.2c(4). The starting end of the pool is 14.5' deep and gradually slopes to a depth of 8' over most of the racing course. Colorado Timing System computer, touch pads and eight-lane score board assures a quality timing system display of events.

DISABLED ACCESS: Limited handicap parking is available. Disabled access is through the front entrance only. An elevator is available in the front lobby for access to the locker rooms and pool deck. Spectator seating is to the left of the lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: LCM.

EVENTS: See attached list.

SESSION TIMES: General warm-up 4:00 pm – 4:50 pm; Meet start at 5:00 pm. The session will be limited to 3 hours and 30 minutes of competition.

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 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. See CT Swimming athlete registration procedures. Registrations will not be processed at the meet. 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: An athlete may enter a maximum of 2 events.

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

DEADLINES: Entry deadline is **Friday, May 20, 2011**. Mail hardcopy and payment to the entry chairperson: Lisa Earley, 846 Beechwood Road, Orange, CT, 06477. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come – first serve basis, determined by the date the check is received.

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 learley851@aol.com. Please check that your team name, address, and contact information are listed correctly in this file.

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: \$7.00 for individual events. Manual entries: \$8.00 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 HMST and mail to: Lisa Earley, 846 Beechwood Road, Orange, CT, 06477. Payment must be received by 05/23/11.

CUT PROTOCOL: Events will be filled on a first come first serve basis based on the time limitations for the meet. Once the three and one half hour limit is reached no more entries will be accepted. 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.

RELAYS: No

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: All swimmers are required to supply their own timers and lap counters.

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 awards.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: No.

PARKING: Please park in one of the Wesleyan parking lots near the pool.

DIRECTIONS:

From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take a right onto Rt. 66W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left.

From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left.

EVENTS

Girls

Boys

1

Senior 1500 Free

2

3

12/under 400 Free

4

5

Senior 800 Free

6