

LRAC Long Course Invitational

June 11-12, 2011

Wolff-Zakin Natatorium, 2095 Hillside Road, University of Connecticut, Storrs, CT 06269

Held under sanction of USA Swimming and Connecticut Swimming #L11-33

EVENTS

IMPORTABLE MEET EVENTS

	Name	Email	Phone
Meet Director:	John O'Neill	swimjto@gmail.com	401.447.9004
Meet Referee:	Greg Lamoreaux	Glamoreaux1@aol.com	401.884.4411
Entry Chair:	John O'Neill	swimjto@gmail.com	401.447.9004
Safety Chair:	John O'Neill	swimjto@gmail.com	401.447.9004
Officials Contact:	Greg Lamoreaux	Glamoreaux1@aol.com	401.884.4411

WEBSITE: <http://LRACSwim.com>

POOL EMERGENCY NUMBER: In emergency, contact campus police at (860) 486-4800.

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

MEET FORMAT: The meet will be swum as Timed-Final.

SCRATCH PROCEDURES: The meet will be swum as timed-finals. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session, which must be returned no later than 30 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the control office.

FACILITY: The UConn Competition Pool is a six-lane, 50-Meter pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Water depth at start end is 5 Feet. Water depth at turn end is 14 Feet. Full Colorado Electronic Timing and Scoreboard will be available. Spectator seating is available for 400. There is no standing along the railing and glass.

DISABLED ACCESS: Handicapped parking, handicapped entrances and pool, locker rooms and spectator areas are accessible. The Meet Director should be contacted for more information and special arrangements.

COURSE: LCM.

EVENTS: See attached list.

SESSION TIMES: Morning Warm-up 7:30 AM/8:30 Meet Start; Afternoon Warm-up 1:15 PM, 2:15 PM Meet Start.

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. 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: 4 Events per day.

ENTRY TIMES: Submit entry times in: LCM.

DEADLINES: Entry deadline is May 10, 2011. Mail hardcopy and payment to the entry chairperson: John O'Neill, LRAC, 3 Ridgewood Road, Cumberland, RI 02864. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. The date an entry hardcopy and payment is received determines its date of receipt.

CONNECTICUT-ONLY DEADLINE: CT deadline is May 5, 2011. The date an entry hardcopy and payment is received determines its date of receipt. CT clubs meeting this deadline will be entered before out of state clubs.

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 swimjto@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Please note: Mail hardcopy and payment to the entry chairperson: John O'Neill, LRAC, 3 Ridgewood Road, Cumberland, RI 02864. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. The date an entry hardcopy and payment is received determines its date of receipt.

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: \$5.00 for individual events, \$6.00 for distance events. Manual entries: \$6.00 for individual events, \$7.00 for distance 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 LRAC and mail to: John O'Neill, LRAC, 3 Ridgewood Road, Cumberland, RI 02864. Payment must be received by May 10, 2011.

CUT PROTOCOL: Teams must send a hard copy of their entry (by athlete), with their payment. On the hard copy, the event to scratch, if necessary, should be circled in RED ink. This will be the event that the Entry Chair will scratch if over-subscribed. If you fail to send in a hard copy, the Entry Chair will choose the event to cut

based on times. If deck scratches allow a reasonable time-line, the swimmers can be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet. Distance events may be cut by time. The Little Rhody Aquatic Club will limit the number of swims in the meet to session times of 4.5 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.

RELAYS: None

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: Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$10.00 for individual events. Time trial events count toward the total number of event limitations per session.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Teams will be asked to provide back-up timers to lanes for the sessions. Officials can contact the Meet Referee directly.

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: None

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Ample parking is available adjacent to the pool in the parking garage.

DIRECTIONS: <http://www.uconnhuskies.com/facilities/directions.htm>

Licensed to Providence College

HY-TEK's MEET MANAGER 3.0 3/24/2011

LRAC Long Course Invite - 6/11/2011 to 6/12/2011

University of Connecticut, Sanction #: L-11-33

Storrs, CT

Session Report

Session: 1 Saturday AM

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seco

Round	Event	Entries	Heats	Starts at
Finals	1 Women 200 IM	0	0	08:30 AM
Finals	2 Men 200 IM	0	0	08:30 AM
Finals	3 Women 100 Butterfly	0	0	08:30 AM
Finals	4 Men 100 Butterfly	0	0	08:30 AM
Finals	5 Women 200 Backstroke	0	0	08:30 AM
Finals	6 Men 200 Backstroke	0	0	08:30 AM
Finals	7 Women 200 Breaststroke	0	0	08:30 AM
Finals	8 Men 200 Breaststroke	0	0	08:30 AM
Finals	9 Women 50 Freestyle	0	0	08:30 AM
Finals	10 Men 50 Freestyle	0	0	08:30 AM
Finals	11 Women 400 Freestyle	0	0	08:30 AM
Finals	12 Mixed 400 Freestyle	0	0	08:30 AM
	Finish Time			08:30 AM

Session: 2 Saturday PM

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

Round	Event	Entries	Heats	Starts at
Finals	13 Women 11-12 200 IM	0	0	02:15 PM
Finals	14 Men 11-12 200 IM	0	0	02:15 PM
Finals	15 Women 10 & Under 200 IM	0	0	02:15 PM
Finals	16 Men 10 & Under 200 IM	0	0	02:15 PM
Finals	17 Men 11-12 100 Butterfly	0	0	02:15 PM
Finals	18 Women 11-12 100 Butterfly	0	0	02:15 PM
Finals	19 Women 10 & Under 100 Butterf	0	0	02:15 PM
Finals	20 Men 10 & Under 100 Butterfly	0	0	02:15 PM
Finals	21 Women 11-12 100 Backstroke	0	0	02:15 PM
Finals	22 Men 11-12 100 Backstroke	0	0	02:15 PM
Finals	23 Women 10 & Under 100 Backstr	0	0	02:15 PM
Finals	24 Men 10 & Under 100 Backstro	0	0	02:15 PM
Finals	25 Women 11-12 100 Breaststroke	0	0	02:15 PM
Finals	26 Men 11-12 100 Breaststroke	0	0	02:15 PM
Finals	27 Women 10 & Under 100 Breasts	0	0	02:15 PM
Finals	28 Men 10 & Under 100 Breaststr	0	0	02:15 PM
Finals	29 Women 11-12 50 Freestyle	0	0	02:15 PM
Finals	30 Men 11-12 50 Freestyle	0	0	02:15 PM
Finals	31 Women 10 & Under 50 Freestyl	0	0	02:15 PM
Finals	32 Men 10 & Under 50 Freestyle	0	0	02:15 PM
Finals	33 Women 11-12 400 Freestyle	0	0	02:15 PM
Finals	34 Men 11-12 400 Freestyle	0	0	02:15 PM
	Finish Time			02:15 PM

Session: 3 Sunday AM

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seco

Round	Event	Entries	Heats	Starts at
Finals	35 Women 200 Freestyle	0	0	08:30 AM
Finals	36 Men 200 Freestyle	0	0	08:30 AM
Finals	37 Women 200 Butterfly	0	0	08:30 AM
Finals	38 Men 200 Butterfly	0	0	08:30 AM

Finals	39	Women 100 Backstroke	0	0	08:30 AM
Finals	40	Men 100 Backstroke	0	0	08:30 AM
Finals	41	Women 100 Breaststroke	0	0	08:30 AM
Finals	42	Men 100 Breaststroke	0	0	08:30 AM
Finals	43	Women 100 Freestyle	0	0	08:30 AM
Finals	44	Men 100 Freestyle	0	0	08:30 AM
Finals	45	Women 400 IM	0	0	08:30 AM
Finals	46	Men 400 IM	0	0	08:30 AM
		Finish Time			08:30 AM

Session: 4 Sunday PM

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

Round	Event	Entries	Heats	Starts at	
Finals	47	Women 11-12 200 Freestyle	0	0	02:15 PM
Finals	48	Men 11-12 200 Freestyle	0	0	02:15 PM
Finals	49	Women 10 & Under 200 Freesty	0	0	02:15 PM
Finals	50	Men 10 & Under 200 Freestyle	0	0	02:15 PM
Finals	51	Women 11-12 50 Butterfly	0	0	02:15 PM
Finals	52	Men 11-12 50 Butterfly	0	0	02:15 PM
Finals	53	Women 10 & Under 50 Butterfl	0	0	02:15 PM
Finals	54	Men 10 & Under 50 Butterfly	0	0	02:15 PM
Finals	55	Women 11-12 50 Backstroke	0	0	02:15 PM
Finals	56	Men 11-12 50 Backstroke	0	0	02:15 PM
Finals	57	Women 10 & Under 50 Backstro	0	0	02:15 PM
Finals	58	Men 10 & Under 50 Backstroke	0	0	02:15 PM
Finals	59	Women 11-12 50 Breaststroke	0	0	02:15 PM
Finals	60	Men 11-12 50 Breaststroke	0	0	02:15 PM
Finals	61	Women 10 & Under 50 Breastst	0	0	02:15 PM
Finals	62	Men 10 & Under 50 Breaststro	0	0	02:15 PM
Finals	63	Mixed 11-12 200 Butterfly	0	0	02:15 PM
Finals	64	Men 11-12 200 Butterfly	0	0	02:15 PM
Finals	65	Women 10 & Under 100 Freesty	0	0	02:15 PM
Finals	66	Men 10 & Under 100 Freestyle	0	0	02:15 PM
Finals	67	Women 11-12 200 Backstroke	0	0	02:15 PM
Finals	68	Men 11-12 200 Backstroke	0	0	02:15 PM
Finals	69	Women 11-12 100 Freestyle	0	0	02:15 PM
Finals	70	Men 11-12 100 Freestyle	0	0	02:15 PM
		Finish Time			02:15 PM