

**ZEUS Heat Wave Meet**  
**Wesleyan University**  
**June 17 - 19, 2011**

Wesleyan University Freeman Athletic Building  
161 Cross Street, Middletown, CT 06457

Held under sanction of USA Swimming and Connecticut Swimming #L11-19

**EVENTS**

**IMPORTABLE MEET EVENTS**

<b>Meet Director:</b>	Eric Baritz	<a href="mailto:byte1inc@optonline.net">byte1inc@optonline.net</a>	203-838-5836
<b>Meet Referee:</b>	Nancy Wargo	<a href="mailto:nwargo@optonline.net">nwargo@optonline.net</a>	203-838-5836
<b>Entry Chair:</b>	Eric Baritz	<a href="mailto:byte1inc@optonline.net">byte1inc@optonline.net</a>	203-838-5836
<b>Safety Chair:</b>	Dennis Flores	<a href="mailto:denswimusa@yahoo.com">denswimusa@yahoo.com</a>	203-838-5836
<b>Officials Contact:</b>	Nancy Wargo	<a href="mailto:nwargo@optonline.net">nwargo@optonline.net</a>	203-838-5836

**WEBSITE:** [www.zeuswimteam.org](http://www.zeuswimteam.org)

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

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

- Senior 1500, 15/O 400 IM and 400 Freestyles, and 13/14 400 IM and 400 Freestyles will run fastest to slowest alternating women and men.
- 11/12 and 10/U 200 IM will be run as a mixed event.
- 12/U 400 Freestyle will be run as a mixed event, fastest to slowest.
- 12/U 200 Freestyle will be run as a mixed event, fastest to slowest.

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

**SCRATCH PROCEDURES:** Scratches are due 30 minutes before the start of the session.

**FACILITY:** Freeman Athletic Center on the Wesleyan University campus.

- The pool is 50 meters by 25 yards – providing eight 9' wide lanes. The starting end of the pool is 14.5' 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 assure a quality timing system display of events. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. There is limited spectator seating.
- Locker rooms:
  - o No locks may be left on Wesleyan lockers.
  - o No shaving on premises is permitted.
  - o No access to faculty locker rooms is permitted.
  - o Failure to comply may result in expulsion from the meet.

**DISABLED ACCESS:** Handicap accessibility throughout the facility.

**COURSE:** LCM

**EVENTS:** See attached list

**SESSION TIMES:**

**Friday Evening:** 5:00 p.m. warm up, 5:45 p.m. start

**Saturday and Sunday:**

- 15/O: 7:00 a.m. warm up, 8:00 a.m. start
- 13/14: 11:15 a.m. warm up, 12:15 p.m. start
- 12/U: 3:30 p.m. warm up, 4:30 p.m. 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.

**EVENT INFORMATION:** In the event of under-subscription the meet committee will combine the 13/14 and 15/O sessions.

**ENTRY LIMITATIONS:** Maximum of 3 events per session.

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

**DEADLINES:** Entry deadline is Friday, June 3, 2011.

Mail hardcopy and payment to the entry chairperson by the above date:

Eric Baritz

501 Westport Avenue, #272

Norwalk, CT 06854

All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Receipt of entry will be determined by the date and time of the emailed entry.

Payment must be received by Friday, June 3, 2011.

**CONNECTICUT-ONLY DEADLINE:** June 3, 2011, determined by the date of the emailed entry. 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 [byte1inc@optonline.net](mailto:byte1inc@optonline.net). Please check that your team name, address, and contact information are listed correctly in this file. There will be a \$5.00 surcharge for all manual entries in addition to the entry fee for the event.

**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 are \$6.50 per event, and \$12 for the Senior 1500 freestyle. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. There will be a \$5.00 surcharge for all manual entries in addition to the entry fee for the event.

**PAYMENT INSTRUCTIONS:**

Please make checks payable to: NAC

Mail to: ZEUS Swimming  
c/o Eric Baritz  
501 Westport Avenue, #272  
Norwalk, CT 06854

Payment must be received by 6/3/2011.

**CUT PROTOCOL:** Should the meet be oversubscribed the cut protocol is as follows:

- Eliminate all 8/U swimmers;
- Move the start time of each session to accommodate as many entries as possible;
- Heat limit the 400 Freestyle and 400 IM events;
- Cut teams in inverse order of the receipt of their entry and payment

Teams whose entries cannot be accepted will be notified as soon as the meet is full. The host team reserves the right to not cut any of its swimmers from the meet to insure adequate number of volunteers.

**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:** There are no relays.

**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 \$6.50 for individual events and \$12.00 for the 800 Freestyle and 1500 Freestyle. Time trial events count toward the total number of event limitations per session.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Volunteers will be based on the number of swimmers in the meet. Swimmers need to provide their own timer and counter for the 1500 freestyle, and timer for all 400 IM's and 400 Freestyles.

**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 be scored. Scoring will be the standard first through sixteenth place.

**AWARDS:** None

**CONCESSIONS:** Small

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes.

**PARKING:** Ample parking

**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.

**LODGING:**

The following hotels and motels are in the area:

Crown Plaza  
100 Berlin Road  
Cromwell, CT  
(860) 635-2000

Courtyard by Marriott  
4 Sebeth Drive  
Cromwell, CT  
(860) 635-1001

Comfort Inn  
Route 372  
Cromwell, CT  
(860) 635-4100

Super 8 Motel  
1 Industrial Drive  
Cromwell, CT  
(860) 843-1991

Marriott – Rocky Hill  
I-91 – Exit 23  
Rocky Hill, CT  
(860) 257-6000

Inn at Middletown  
70 Main Street  
Middletown, CT 06457  
(860) 854-6300

**2011 ZEUS Heat Wave Meet - 6/17/2011 to 6/19/2011****Session Report**

Session: 1 Friday night Distance session

Day of Meet: 1 Starts at 05:05 PM Heat Interval: 20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Girls 1500 Freestyle	0	0	05:05 PM _____
Finals	2 Boys 1500 Freestyle	0	0	05:05 PM _____
	Finish Time			05:05 PM _____

Session: 2 Saturday morning Senior Session

Day of Meet: 2 Starts at 08:05 AM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	3 Girls 15 & Over 200 Freestyle	0	0	08:05 AM _____
Finals	4 Boys 15 & Over 200 Freestyle	0	0	08:05 AM _____
Finals	5 Girls 15 & Over 100 Butterfly	0	0	08:05 AM _____
Finals	6 Boys 15 & Over 100 Butterfly	0	0	08:05 AM _____
Finals	7 Girls 15 & Over 200 Backstroke	0	0	08:05 AM _____
Finals	8 Boys 15 & Over 200 Backstroke	0	0	08:05 AM _____
Finals	9 Girls 15 & Over 100 Breaststroke	0	0	08:05 AM _____
Finals	10 Boys 15 & Over 100 Breaststroke	0	0	08:05 AM _____
Finals	11 Girls 15 & Over 100 Freestyle	0	0	08:05 AM _____
Finals	12 Boys 15 & Over 100 Freestyle	0	0	08:05 AM _____
Finals	13 Girls 15 & Over 400 IM	0	0	08:05 AM _____
Finals	14 Boys 15 & Over 400 IM	0	0	08:05 AM _____
	Finish Time			08:05 AM _____

Session: 3 Saturday afternoon 13/14 Session

Day of Meet: 2 Starts at 12:20 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	15 Girls 13-14 200 Freestyle	0	0	12:20 PM _____
Finals	16 Boys 13-14 200 Freestyle	0	0	12:20 PM _____
Finals	17 Girls 13-14 100 Butterfly	0	0	12:20 PM _____
Finals	18 Boys 13-14 100 Butterfly	0	0	12:20 PM _____
Finals	19 Girls 13-14 200 Backstroke	0	0	12:20 PM _____
Finals	20 Boys 13-14 200 Backstroke	0	0	12:20 PM _____
Finals	21 Girls 13-14 100 Breaststroke	0	0	12:20 PM _____
Finals	22 Boys 13-14 100 Breaststroke	0	0	12:20 PM _____
Finals	23 Girls 13-14 100 Freestyle	0	0	12:20 PM _____
Finals	24 Boys 13-14 100 Freestyle	0	0	12:20 PM _____
Finals	25 Girls 13-14 400 IM	0	0	12:20 PM _____
Finals	26 Boys 13-14 400 IM	0	0	12:20 PM _____
	Finish Time			12:20 PM _____

**2011 ZEUS Heat Wave Meet - 6/17/2011 to 6/19/2011****Session Report**

Session: 4 Saturday evening 12 and under Session

Day of Meet: 2 Starts at 04:35 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	27 Mixed 11-12 200 IM	0	0	04:35 PM _____
Finals	28 Mixed 10 & Under 200 IM	0	0	04:35 PM _____
Finals	29 Girls 11-12 100 Freestyle	0	0	04:35 PM _____
Finals	30 Boys 11-12 100 Freestyle	0	0	04:35 PM _____
Finals	31 Girls 10 & Under 100 Freestyle	0	0	04:35 PM _____
Finals	32 Boys 10 & Under 100 Freestyle	0	0	04:35 PM _____
Finals	33 Girls 11-12 100 Butterfly	0	0	04:35 PM _____
Finals	34 Boys 11-12 100 Butterfly	0	0	04:35 PM _____
Finals	35 Girls 10 & Under 100 Butterfly	0	0	04:35 PM _____
Finals	36 Boys 10 & Under 100 Butterfly	0	0	04:35 PM _____
Finals	37 Girls 11-12 50 Backstroke	0	0	04:35 PM _____
Finals	38 Boys 11-12 50 Backstroke	0	0	04:35 PM _____
Finals	39 Girls 10 & Under 50 Backstroke	0	0	04:35 PM _____
Finals	40 Boys 10 & Under 50 Backstroke	0	0	04:35 PM _____
Finals	41 Girls 11-12 50 Breaststroke	0	0	04:35 PM _____
Finals	42 Boys 11-12 50 Breaststroke	0	0	04:35 PM _____
Finals	43 Girls 10 & Under 50 Breaststroke	0	0	04:35 PM _____
Finals	44 Boys 10 & Under 50 Breaststroke	0	0	04:35 PM _____
Finals	45 Mixed 12 & Under 400 Freestyle	0	0	04:35 PM _____
	Finish Time			04:35 PM _____

Session: 5 Sunday morning Senior Session

Day of Meet: 3 Starts at 08:05 AM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	46 Girls 15 & Over 200 IM	0	0	08:05 AM _____
Finals	47 Boys 15 & Over 200 IM	0	0	08:05 AM _____
Finals	48 Girls 15 & Over 100 Backstroke	0	0	08:05 AM _____
Finals	49 Boys 15 & Over 100 Backstroke	0	0	08:05 AM _____
Finals	50 Girls 15 & Over 200 Butterfly	0	0	08:05 AM _____
Finals	51 Boys 15 & Over 200 Butterfly	0	0	08:05 AM _____
Finals	52 Girls 15 & Over 200 Breaststroke	0	0	08:05 AM _____
Finals	53 Boys 15 & Over 200 Breaststroke	0	0	08:05 AM _____
Finals	54 Girls 15 & Over 50 Freestyle	0	0	08:05 AM _____
Finals	55 Boys 15 & Over 50 Freestyle	0	0	08:05 AM _____
Finals	56 Girls 15 & Over 400 Freestyle	0	0	08:05 AM _____
Finals	57 Boys 15 & Over 400 Freestyle	0	0	08:05 AM _____
	Finish Time			08:05 AM _____

**2011 ZEUS Heat Wave Meet - 6/17/2011 to 6/19/2011****Session Report**

Session: 6 Sunday afternoon 13/14 Session

Day of Meet: 3 Starts at 12:20 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	58 Girls 13-14 200 IM	0	0	12:20 PM _____
Finals	59 Boys 13-14 200 IM	0	0	12:20 PM _____
Finals	60 Girls 13-14 100 Backstroke	0	0	12:20 PM _____
Finals	61 Boys 13-14 100 Backstroke	0	0	12:20 PM _____
Finals	62 Girls 13-14 200 Butterfly	0	0	12:20 PM _____
Finals	63 Boys 13-14 200 Butterfly	0	0	12:20 PM _____
Finals	64 Girls 13-14 200 Breaststroke	0	0	12:20 PM _____
Finals	65 Boys 13-14 200 Breaststroke	0	0	12:20 PM _____
Finals	66 Girls 13-14 50 Freestyle	0	0	12:20 PM _____
Finals	67 Boys 13-14 50 Freestyle	0	0	12:20 PM _____
Finals	68 Girls 13-14 400 Freestyle	0	0	12:20 PM _____
Finals	69 Boys 13-14 400 Freestyle	0	0	12:20 PM _____
	Finish Time			12:20 PM _____

Session: 7 Sunday evening 12 and Under Session

Day of Meet: 3 Starts at 04:35 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	70 Girls 11-12 50 Freestyle	0	0	04:35 PM _____
Finals	71 Boys 11-12 50 Freestyle	0	0	04:35 PM _____
Finals	72 Girls 10 & Under 50 Freestyle	0	0	04:35 PM _____
Finals	73 Boys 10 & Under 50 Freestyle	0	0	04:35 PM _____
Finals	74 Girls 11-12 50 Butterfly	0	0	04:35 PM _____
Finals	75 Boys 11-12 50 Butterfly	0	0	04:35 PM _____
Finals	76 Girls 10 & Under 50 Butterfly	0	0	04:35 PM _____
Finals	77 Boys 10 & Under 50 Butterfly	0	0	04:35 PM _____
Finals	78 Girls 11-12 100 Backstroke	0	0	04:35 PM _____
Finals	79 Boys 11-12 100 Backstroke	0	0	04:35 PM _____
Finals	80 Girls 10 & Under 100 Backstroke	0	0	04:35 PM _____
Finals	81 Boys 10 & Under 100 Backstroke	0	0	04:35 PM _____
Finals	82 Girls 11-12 100 Breaststroke	0	0	04:35 PM _____
Finals	83 Boys 11-12 100 Breaststroke	0	0	04:35 PM _____
Finals	84 Girls 10 & Under 100 Breaststroke	0	0	04:35 PM _____
Finals	85 Boys 10 & Under 100 Breaststroke	0	0	04:35 PM _____
Finals	86 Mixed 12 & Under 200 Freestyle	0	0	04:35 PM _____
	Finish Time			04:35 PM _____