

**Cheshire Y/Sea Dog Swim Club**  
**June 12 & Under Invite**  
**June 23-24, 2012**

Cheshire Community Pool  
520 South Main Street (Rt 10), Bartlem Park  
Cheshire, CT 06410

Held under sanction of USA Swimming and Connecticut Swimming #L12-21

**MEET EVENTS**

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Liz Longmore	<a href="mailto:elongmore@optonline.net">elongmore@optonline.net</a>	
<b>Meet Referee:</b>	Mike Smalec	<a href="mailto:msmalec@cox.net">msmalec@cox.net</a>	
<b>Entry Chair:</b>	Amy Straub	<a href="mailto:Straub101@comcast.net">Straub101@comcast.net</a>	203-288-1055
<b>Safety Chair:</b>	Jim Neri		

**WEBSITE:** <http://www.c-dog.net>

**POOL EMERGENCY NUMBER:** 203-271-3208

**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:** Scratch sheets will be provided in the Coaches' Packets. These sheets **MUST** be returned 20 minutes after the first warm-up begins with the scratched swimmers names clearly identified.

**FACILITY:** The Cheshire Community Pool is an 8-lane, 50-meter pool.

The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is: 6ft-12ft. Water depth at turn end is: 4ft. 10-line Daktronics Scoreboard and Electronic Timing System. Deck Seating will be available, bring deck chairs.

**DISABLED ACCESS:** The facility is accessible to the disabled. Please contact the Meet Director with questions.

**COURSE:** LCM.

**SESSION TIMES:** Warm Up – 7:00 am  
Meet Start – 8:00 am

**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. 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. Adapted athletes may direct questions to [Mark Kinne](#), Adapted Athlete Committee Chair.

**EVENT INFORMATION:** Events 23 (12/U 400 Free) and 48 (12/U 400 IM) are mixed gender events and will be seeded solely by time.

**ENTRY LIMITATIONS:** Swimmers may be entered in a maximum of 3 events per day and a total of 6 events for the meet.

**ENTRY TIMES:** Submit entry times in: LCM. NT's are STRONGLY discouraged.

**DEADLINES:** Entry deadline is Friday, June 15, 2012. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Date of entry is based on receipt of Electronic Copy of entry.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is Tuesday, June 12, 2012. Date of entry is based on receipt of Electronic Copy of 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 [straub101@comcast.net](mailto:straub101@comcast.net). Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received by Friday, June 15, 2012

**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: \$6.00 for individual events. Manual entries: \$7.00 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 "STPA" and put "12/Under Invite" on the memo line. Checks should be mailed to: Jane Barlok, 360 North Brooksvale Road, Cheshire, CT 06410. Payment must be received by Friday, June 15, 2012.

**CUT PROTOCOL for INVITATIONALS:** Team entries will be accepted on a first-come, first-served basis. The Meet Director reserves the right to make any adjustments deemed necessary to ensure fair and efficient running of the meet, such as adjusting warm-up and start times. Due to session time constraints the Meet Director will first cut 7/Under swimmers, then limit heats in the 12/U 200 fly, back, breast, 400 free and IM events, then cut clubs, subject to approval of CSI. Clubs will be notified of changes 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. Electronic audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, or locker rooms.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Teams will be required to supply timers for the duration of the meet. Timer assignments will be based on the size of the team's entry.

**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:** Ribbons will be awarded to the top 8 finishers in each individual event. Cheshire Y/Sea Dog Swim Club will not mail awards after the fact. Please make sure that your club has a representative to claim your team's awards at the end of the meet.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** You may use any of the several lots at Bartlem Park surrounding the Cheshire Community Pool. Overflow parking is available across the street at Cheshire High School.

## **DIRECTIONS:**

**FROM 91 NORTH:** To exit 10 (Rt.40 ext). Follow to end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the High School.

**FROM 91 SOUTH:** To 691 West. Take exit 3 off 691, Cheshire. At light at the end of ramp, go left, heading south on Rt. 10. Follow Rt. 10 south through Cheshire. Pool is on the left across from the High School.

**FROM 84 WEST:** To 691 East, take the Cheshire exit. Take a right at the end of the ramp onto Rt. 10 South through Cheshire. Pool is on the left across from the High School.

**FROM 84 EAST:** To exit 26 (rt. 70). Follow Rt. 70 into Cheshire. At Rt. 10 intersection, take a right, heading South on Rt. 10 through Cheshire Pool is on the left across from the High School.

**2012 CDOG 12/U June Invite - 6/23/2012 to 6/24/2012****Session Report**

Session: 1 Saturday AM

Day of Meet: 1 Starts at 08:00 AM 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 Girls 10 & Under 50 Freestyle	0	0	08:00 AM	_____
Finals	2 Boys 10 & Under 50 Freestyle	0	0	08:00 AM	_____
Finals	3 Girls 11-12 50 Freestyle	0	0	08:00 AM	_____
Finals	4 Boys 11-12 50 Freestyle	0	0	08:00 AM	_____
Finals	5 Girls 12 & Under 200 Butterfly	0	0	08:00 AM	_____
Finals	6 Boys 12 & Under 200 Butterfly	0	0	08:00 AM	_____
Finals	7 Girls 9-10 100 Breaststroke	0	0	08:00 AM	_____
Finals	8 Boys 9-10 100 Breaststroke	0	0	08:00 AM	_____
Finals	9 Girls 11-12 100 Breaststroke	0	0	08:00 AM	_____
Finals	10 Boys 11-12 100 Breaststroke	0	0	08:00 AM	_____
Finals	11 Girls 10 & Under 50 Butterfly	0	0	08:00 AM	_____
Finals	12 Boys 10 & Under 50 Butterfly	0	0	08:00 AM	_____
Finals	13 Girls 11-12 50 Butterfly	0	0	08:00 AM	_____
Finals	14 Boys 11-12 50 Butterfly	0	0	08:00 AM	_____
Finals	15 Girls 10 & Under 100 Backstroke	0	0	08:00 AM	_____
Finals	16 Boys 10 & Under 100 Backstroke	0	0	08:00 AM	_____
Finals	17 Girls 11-12 100 Backstroke	0	0	08:00 AM	_____
Finals	18 Boys 11-12 100 Backstroke	0	0	08:00 AM	_____
Finals	19 Girls 10 & Under 200 IM	0	0	08:00 AM	_____
Finals	20 Boys 10 & Under 200 IM	0	0	08:00 AM	_____
Finals	21 Girls 11-12 200 IM	0	0	08:00 AM	_____
Finals	22 Boys 11-12 200 IM	0	0	08:00 AM	_____
Finals	23 Mixed 12 & Under 400 Freestyle	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

**2012 CDOG 12/U June Invite - 6/23/2012 to 6/24/2012****Session Report**

Session: 2 Sunday AM

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	24 Girls 12 & Under 200 Backstroke	0	0	08:00 AM	_____
Finals	25 Boys 12 & Under 200 Backstroke	0	0	08:00 AM	_____
Finals	26 Girls 10 & Under 50 Breaststroke	0	0	08:00 AM	_____
Finals	27 Boys 10 & Under 50 Breaststroke	0	0	08:00 AM	_____
Finals	28 Girls 11-12 50 Breaststroke	0	0	08:00 AM	_____
Finals	29 Boys 11-12 50 Breaststroke	0	0	08:00 AM	_____
Finals	30 Girls 10 & Under 100 Freestyle	0	0	08:00 AM	_____
Finals	31 Boys 10 & Under 100 Freestyle	0	0	08:00 AM	_____
Finals	32 Girls 11-12 100 Freestyle	0	0	08:00 AM	_____
Finals	33 Boys 11-12 100 Freestyle	0	0	08:00 AM	_____
Finals	34 Girls 12 & Under 200 Breaststroke	0	0	08:00 AM	_____
Finals	35 Boys 12 & Under 200 Breaststroke	0	0	08:00 AM	_____
Finals	36 Girls 10 & Under 100 Butterfly	0	0	08:00 AM	_____
Finals	37 Boys 10 & Under 100 Butterfly	0	0	08:00 AM	_____
Finals	38 Girls 11-12 100 Butterfly	0	0	08:00 AM	_____
Finals	39 Boys 11-12 100 Butterfly	0	0	08:00 AM	_____
Finals	40 Girls 10 & Under 200 Freestyle	0	0	08:00 AM	_____
Finals	41 Boys 10 & Under 200 Freestyle	0	0	08:00 AM	_____
Finals	42 Girls 11-12 200 Freestyle	0	0	08:00 AM	_____
Finals	43 Boys 11-12 200 Freestyle	0	0	08:00 AM	_____
Finals	44 Girls 10 & Under 50 Backstroke	0	0	08:00 AM	_____
Finals	45 Boys 10 & Under 50 Backstroke	0	0	08:00 AM	_____
Finals	46 Girls 11-12 50 Backstroke	0	0	08:00 AM	_____
Finals	47 Boys 11-12 50 Backstroke	0	0	08:00 AM	_____
Finals	48 Mixed 12 & Under 400 IM	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____