

HMST LONG COURSE QUALIFIER

June, 1 - 3, 2012

Wesleyan University Freeman Athletic Center Pool, Middletown, CT 06457
161 Cross Street, Middletown, CT. 06457

Held under sanction of USA Swimming and Connecticut Swimming #L12-14

MEET EVENTS

	Name	Email	Phone
Meet Director:	Lisa Earley	Learley851@aol.com	203-389-1474
Meet Referee:	Rich DuFour	richdufour@comcast.net	
Entry Chair:	Lisa Earley	Learley851@aol.com	203-398-1474
Safety Chair:	Bob Pimer	rmpimer@aol.com	
Officials Contact:	Lisa Earley	Learley851@aol.com	203-389-1474

WEBSITE: www.hmst.org

POOL EMERGENCY NUMBER: Facility Monitor: 860-685-2690; Pool Deck: 860-685-2915

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

MEET FORMAT: The meet will be swum as Timed-Finals. The 400 IM and the 800 free on Friday evening will be swum fastest to slowest alternating girls and boys heats; all other events will be swum slowest to fastest with the girls event preceding the boys event.

SCRATCH PROCEDURES: Scratch sheets are due to the computer desk no later than 20 minutes after the start of the session warm-up. If a scratch sheet is not turned in, it will be assumed that the team is not in attendance and the entire team will be scratched from that session.

FACILITY: The Wesleyan University Freeman Athletic Center Pool is an 8-lane, 50-meter pool. Water depth at start end is: 14 feet. Water depth at turn end is 5 feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The timing system is a Colorado Time System with full display, and there is limited spectator seating.

DISABLED/ELDERLY ACCESS: Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator is in front lobby to locker rooms and pool deck. Spectator area is to the left of front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: LCM.

SESSION TIMES: Friday warm-up 4:00pm, start 5:00pm
Saturday and Sunday 12/under warm-up 7:30am, start 8:30am
Saturday and Sunday 13/over warm-up 1:00pm, start 2:00pm

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

ENTRY LIMITATIONS: Swimmers may enter and compete in a maximum of two events on Friday, and a maximum of four events on each Saturday and Sunday.

ENTRY TIMES: Submit entry times in: SCY.

DEADLINES: Entry deadline is Tuesday, May 15, 2012. 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. An entry will be officially considered in the meet when the entry and fees have been received.

CONNECTICUT-ONLY DEADLINE: CT deadline is May 8, 2012. CT clubs meeting this deadline will be entered before out of state clubs. Should space still be available after May 8, out-of-state teams will be admitted based on when their entry and payment was 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. An entry is considered complete, and the team entered in the meet, when the entry and payment are received.

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 on Saturday and Sunday, \$6.00 for events on Friday. Manual entries: \$6.00 for individual events on Saturday and Sunday, \$7.00 for Friday events. No refunds will be given for entries once they are accepted.

PAYMENT INSTRUCTIONS: Please make checks payable to HMST and mail to: Lisa Earley 846 Beechwood Road, Orange, CT, 06477. Payment must be received by 05/08/12.

CUT PROTOCOL: Entries will be taken first come first serve. Should the meet reach capacity, no additional entries will be accepted. All clubs will be notified of any 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.

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: Yes. Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$6.00 for individual events. Time trial events count toward the total number of event limitations per session. Time Trial events are limited to those events published in this meet announcement.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Each swimmer in the 800 free is responsible for their own timer and lap counter. Teams will be responsible for back-up timing assignments based on the size of their entry. Participating clubs will be notified of work assignments by the Monday before the meet.

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: Distinctive ribbons will be awarded to the top 8 finishers in each 12/under individual event. A representative from each team must pick up the awards at the end of the meet. Awards will not be saved and mailed out.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: No parking will be permitted on the street directly in front of the Athletic Center or on any practice field. Wesleyan will tow illegally parked cars. Please plan to park in the lot next to the tennis courts on Vine Street.

DIRECTIONS:

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

LODGING:

Marriott Courtyard
Contact: Linda Fish

4 Sebeth Dr
Cromwell, CT 06416
860-635-1001
\$89 rate until February 9

Comfort Inn
Route 372
Cromwell, CT 06416
860-635-4100

Hampton Inn
Contact: Melroy D'Costa

20 Waterchase Dr.
Rocky Hill, CT 06067
860-563-7877
buffet breakfast,
refrig/microwave, free internet

Ramada Plaza Hotel
275 Research Parkway
Meriden, CT 06450
203-238-2380

Inn at Middletown
Contact: Mention CT
Swimming
70 Main Street
Middletown, CT 06457
860-854-6300
www.innatmiddletown.com

Radisson Hotel
100 Berlin Road
Cromwell, CT 06416
860-635-2000

2012 HMST Summer Invitational - 6/1/2012 to 6/3/2012**Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 400 IM	0	0	05:00 PM _____
Finals	2 Boys 400 IM	0	0	05:00 PM _____
Finals	3 Girls 12 & Under 200 Freestyle	0	0	05:00 PM _____
Finals	4 Boys 12 & Under 200 Freestyle	0	0	05:00 PM _____
Finals	5 Girls 800 Freestyle	0	0	05:00 PM _____
Finals	6 Boys 800 Freestyle	0	0	05:00 PM _____
	Finish Time			05:00 PM _____

Session: 2 Session 2

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

Round	Event	Entries	Heats	Starts at
Finals	7 Girls 11-12 200 Breaststroke	0	0	08:30 AM _____
Finals	8 Boys 11-12 200 Breaststroke	0	0	08:30 AM _____
Finals	9 Girls 10 & Under 50 Breaststroke	0	0	08:30 AM _____
Finals	10 Boys 10 & Under 50 Breaststroke	0	0	08:30 AM _____
Finals	11 Girls 11-12 50 Backstroke	0	0	08:30 AM _____
Finals	12 Boys 11-12 50 Backstroke	0	0	08:30 AM _____
Finals	13 Girls 10 & Under 100 Backstroke	0	0	08:30 AM _____
Finals	14 Boys 10 & Under 100 Backstroke	0	0	08:30 AM _____
Finals	15 Girls 11-12 100 Freestyle	0	0	08:30 AM _____
Finals	16 Boys 11-12 100 Freestyle	0	0	08:30 AM _____
Finals	17 Girls 10 & Under 100 Freestyle	0	0	08:30 AM _____
Finals	18 Boys 10 & Under 100 Freestyle	0	0	08:30 AM _____
Finals	19 Girls 11-12 200 Butterfly	0	0	08:30 AM _____
Finals	20 Boys 11-12 200 Butterfly	0	0	08:30 AM _____
Finals	21 Girls 10 & Under 50 Butterfly	0	0	08:30 AM _____
Finals	22 Boys 10 & Under 50 Butterfly	0	0	08:30 AM _____
Finals	23 Girls 11-12 200 Backstroke	0	0	08:30 AM _____
Finals	24 Boys 11-12 200 Backstroke	0	0	08:30 AM _____
	Finish Time			08:30 AM _____

2012 HMST Summer Invitational - 6/1/2012 to 6/3/2012**Session Report**

Session: 3 Session 3

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	25 Girls 13 & Over 200 Breaststroke	0	0	02:00 PM _____
Finals	26 Boys 13 & Over 200 Breaststroke	0	0	02:00 PM _____
Finals	27 Girls 13 & Over 200 Backstroke	0	0	02:00 PM _____
Finals	28 Boys 13 & Over 200 Backstroke	0	0	02:00 PM _____
Finals	29 Girls 13 & Over 100 Freestyle	0	0	02:00 PM _____
Finals	30 Boys 13 & Over 100 Freestyle	0	0	02:00 PM _____
Finals	31 Girls 13 & Over 200 Butterfly	0	0	02:00 PM _____
Finals	32 Boys 13 & Over 200 Butterfly	0	0	02:00 PM _____
Finals	33 Girls 400 Freestyle	0	0	02:00 PM _____
Finals	34 Boys 400 Freestyle	0	0	02:00 PM _____
	Finish Time			02:00 PM _____

Session: 4 Session 4

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	35 Girls 11-12 200 IM	0	0	08:30 AM _____
Finals	36 Boys 11-12 200 IM	0	0	08:30 AM _____
Finals	37 Girls 10 & Under 200 IM	0	0	08:30 AM _____
Finals	38 Boys 10 & Under 200 IM	0	0	08:30 AM _____
Finals	39 Girls 11-12 100 Breaststroke	0	0	08:30 AM _____
Finals	40 Boys 11-12 100 Breaststroke	0	0	08:30 AM _____
Finals	41 Girls 10 & Under 100 Breaststroke	0	0	08:30 AM _____
Finals	42 Boys 10 & Under 100 Breaststroke	0	0	08:30 AM _____
Finals	43 Girls 11-12 100 Backstroke	0	0	08:30 AM _____
Finals	44 Boys 11-12 100 Backstroke	0	0	08:30 AM _____
Finals	45 Girls 10 & Under 50 Backstroke	0	0	08:30 AM _____
Finals	46 Boys 10 & Under 50 Backstroke	0	0	08:30 AM _____
Finals	47 Girls 11-12 50 Freestyle	0	0	08:30 AM _____
Finals	48 Boys 11-12 50 Freestyle	0	0	08:30 AM _____
Finals	49 Girls 10 & Under 50 Freestyle	0	0	08:30 AM _____
Finals	50 Boys 10 & Under 50 Freestyle	0	0	08:30 AM _____
Finals	51 Girls 11-12 100 Butterfly	0	0	08:30 AM _____
Finals	52 Boys 11-12 100 Butterfly	0	0	08:30 AM _____
Finals	53 Girls 10 & Under 100 Butterfly	0	0	08:30 AM _____
Finals	54 Boys 10 & Under 100 Butterfly	0	0	08:30 AM _____
	Finish Time			08:30 AM _____

2012 HMST Summer Invitational - 6/1/2012 to 6/3/2012**Session Report**

Session: 5 Session 5

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	55 Girls 13 & Over 50 Freestyle	0	0	02:00 PM	_____
Finals	56 Boys 13 & Over 50 Freestyle	0	0	02:00 PM	_____
Finals	57 Girls 13 & Over 200 IM	0	0	02:00 PM	_____
Finals	58 Boys 13 & Over 200 IM	0	0	02:00 PM	_____
Finals	59 Girls 13 & Over 100 Breaststroke	0	0	02:00 PM	_____
Finals	60 Boys 13 & Over 100 Breaststroke	0	0	02:00 PM	_____
Finals	61 Girls 13 & Over 100 Backstroke	0	0	02:00 PM	_____
Finals	62 Boys 13 & Over 100 Backstroke	0	0	02:00 PM	_____
Finals	63 Girls 13 & Over 100 Butterfly	0	0	02:00 PM	_____
Finals	64 Boys 13 & Over 100 Butterfly	0	0	02:00 PM	_____
Finals	65 Girls 13 & Over 200 Freestyle	0	0	02:00 PM	_____
Finals	66 Boys 13 & Over 200 Freestyle	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____