

# The 10<sup>th</sup> Annual Kamana- Wanna- Swim Invitational

## July 7-8, 2012

Odessa Terry Pool, Hockanum Park  
310 High Street, East Hartford CT, 06108

Held under sanction of USA Swimming and Connecticut Swimming #L12-26

### MEET EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Deb Lessard	<a href="mailto:drlessard@yahoo.com">drlessard@yahoo.com</a>	860-529-2845
<b>Meet Referee:</b>	David Heller	HellerD@nationwide.com	914-593-7986
<b>Entry Chair:</b>	Rick Lessard	<a href="mailto:drlessard@yahoo.com">drlessard@yahoo.com</a>	860-529-2845
<b>Safety Chair:</b>	Peggy Thomesen	<a href="mailto:dmekt@sbcglobal.net">dmekt@sbcglobal.net</a>	860-632-2124
<b>Officials Contact:</b>	Deb Lessard	<a href="mailto:drlessard@yahoo.com">drlessard@yahoo.com</a>	860-529-2845

**WEBSITE:** <http://ghymca.org>

**POOL EMERGENCY NUMBER:** 860-291-7442

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

**MEET FORMAT:** The meet will be swum as Timed-Finals. Please note the cut-off times for the 400m Freestyle and the 400m Individual Medley events.

**SCRATCH PROCEDURES:** Scratch sheets will be provided in the coaches packets. These sheets must be returned 20 minutes after warm-up begins with scratched swimmers clearly identified. Please be sure the bull pen is able to read the event and name of swimmer being scratched. USA Swimming Rulebook 102.3

**FACILITY:** The Odessa Terry Pool is an 8 lane, 50 meter pool with a depth of 10+ feet at the blocks. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming; or The competition course has not been certified in accordance with 104.2.2C(4). Colorado Timing System with touch pads for 100 meters, or more, will be used. 2 button electronic timing will be used for the 50 meter events. Seating for spectators is outside the fence. Bring your own chairs. No spectators, unless they are actively working at the meet, will be allowed inside the fence during the meet.

**DISABLED ACCESS:** The facility is handicapped accessible. For more information call Deb Lessard at (860) 529-2845.

**COURSE:** LCM.

**SESSION TIMES:** Morning Sessions Only. All Swimmers 7:00 am warm up, 8:00 am 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. 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:** The meet theme is Hawai'ian. Special Awards will be given to the swimmers whose attire best represents the theme. A special prize will also be awarded to the team that has the best decorated tent! Prizes will be awarded at the conclusion of Saturday's session. All attending are asked to participate. Our Meet Manager will be on the lookout for the best attire. Be creative and have some Fun!

**ENTRY LIMITATIONS:** Swimmers may enter up to three (3) scheduled individual events and up to one (1) time trial event (if time allows) per day.

**ENTRY TIMES:** Submit entry times in LCM. Cut – off times for the 400m IM and the 400m Freestyle as stated in the event file will be strictly adhered to. No times (NT) are discouraged.

**DEADLINES:** Entry deadline is June 13, 2012. Mail hardcopy and payment to the entry chairperson: Rick Lessard, 15 Minnie Lane, Wethersfield, CT 06109. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries via E-mail are encouraged but final date of entry is not posted until payment is received.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is June 5, 2012. Entries via e-mail are encouraged but final date of entry is not posted until payment is received. 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 [drlessard@yahoo.com](mailto:drlessard@yahoo.com). Please check that your team name, address, and contact information are listed correctly in this file. Payment is due by June 13, 2012. Your team is not officially entered into the meet until payment has been received. Please send payments to the entry chair listed above immediately after sending electronic entry to ensure entry into the meet.

**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, \$7.50 for distance events. Manual entries: \$10.00 for individual events, \$11.00 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 Laurel East Hartford YMCA and mail to: Rick Lessard, 15 Minnie Lane, Wethersfield, CT 06109. Payment must be received by 06/13/12.

**CUT PROTOCOL for INVITATIONALS:** In the event of over subscription, first 8 and under swimmers will be cut, and then 400m Freestyle and 400m Individual Medley will be limited to 4 heats each. Clubs will be notified of changes no later than Monday before the meet. Entry will be based on a first come, first served basis. The sponsor reserves the right to make adjustments based on the time study and other factors. Teams will be notified no later than Monday July 2, 2012.

**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. 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 \$7.00 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. Requests for time trials must be handed in to the meet manager before 9:00am. Time trial requests will be offered on a first come, first served basis and will be limited to 1 event per swimmer per day.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Swim teams will be required to supply timers based on their entry for Saturday and Sunday sessions. When submitting your entry, please supply names of parents willing to officiate. Participating clubs must 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:** Ribbons will be awarded to the top 8 finishers in each individual event. Heat winners will receive an award. Coaches must pick up awards at end of meet on Sunday; they will not be mailed.

**CONCESSIONS:** Yes.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes. Coaches and Officials may go to concessions and get anything offered free of charge.

**PARKING:** NO STREET PARKING IS ALLOWED. Parking on the grassy areas is prohibited. If the Pool Parking lot is full, park in the school lot adjacent to the Pool. Illegally parked cars will be ticketed and towed. This area is strictly enforced.

**DIRECTIONS:**

**I-91 North**, take Exit 25 (route 3). Take first exit after the bridge (Glastonbury). Turn left at first traffic light. Turn left onto Main Street (north) continue north on Main past large shopping center to first light. Turn left onto Broad Street. Broad Street becomes High Street at Naubuc Avenue. Continue 300 yards, pool is on right.

**From Route 2 West**, take Hebron Avenue exit. At exit proceed to Main Street (Glastonbury). Turn right onto Main Street (north) and follow directions above.

**I-84 East or West**, take exit to CT Route 2 East to East Hartford. Take High Street exit. At bottom of the ramp, turn right. Proceed onto High Street for 300 yards. Pool is on the left.

**LODGING:**

Courtyard by Marriott: 225 Slater Street, Manchester, CT 06040]

Days Inn: 333 Roberts Street, East Hartford, CT 06108

Hilton Garden Inn: 85 Glastonbury Blvd, Glastonbury, CT 06033

Homewood Suites by Hilton, 65 Glastonbury Blvd, Glastonbury, CT 06033

Residence Inn by Marriott: 201Hale Road, Manchester, CT 06040

Sheraton Hartford Hotel: 100 East River Drive, East Hartford, CT 06108

**2012 Kamana-Wanna Swim Invitational - 7/7/2012 to 7/8/2012****Session Report**

Session: 1 Sat

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>Meet Qualifying</b>	<b>Starts at</b>	
Finals	1 Girls 12 & Under 400 Freestyle	0	0		08:00 AM	_____
	10 & Under			6:15.00		
	11-12			6:15.00		
Finals	2 Boys 12 & Under 400 Freestyle	0	0		08:00 AM	_____
	10 & Under			6:15.00		
	11-12			6:15.00		
Finals	3 Girls 13 & Over 400 Freestyle	0	0		08:00 AM	_____
	13-14			5:45.00		
	15 & Over			5:45.00		
Finals	4 Boys 13 & Over 400 Freestyle	0	0		08:00 AM	_____
	13-14			5:45.00		
	15 & Over			5:45.00		
Finals	5 Girls 12 & Under 50 Breaststroke	0	0		08:00 AM	_____
Finals	6 Boys 12 & Under 50 Breaststroke	0	0		08:00 AM	_____
Finals	7 Girls 13 & Over 100 Breaststroke	0	0		08:00 AM	_____
Finals	8 Boys 13 & Over 100 Breaststroke	0	0		08:00 AM	_____
Finals	9 Girls 12 & Under 100 Backstroke	0	0		08:00 AM	_____
Finals	10 Boys 12 & Under 100 Backstroke	0	0		08:00 AM	_____
Finals	11 Girls 13 & Over 200 Backstroke	0	0		08:00 AM	_____
Finals	12 Boys 13 & Over 200 Backstroke	0	0		08:00 AM	_____
Finals	13 Girls 12 & Under 100 Freestyle	0	0		08:00 AM	_____
Finals	14 Boys 12 & Under 100 Freestyle	0	0		08:00 AM	_____
Finals	15 Girls 13 & Over 100 Freestyle	0	0		08:00 AM	_____
Finals	16 Boys 13 & Over 100 Freestyle	0	0		08:00 AM	_____
Finals	17 Girls 12 & Under 50 Butterfly	0	0		08:00 AM	_____
Finals	18 Boys 12 & Under 50 Butterfly	0	0		08:00 AM	_____
Finals	19 Girls 13 & Over 100 Butterfly	0	0		08:00 AM	_____
Finals	20 Boys 13 & Over 100 Butterfly	0	0		08:00 AM	_____
Finals	21 Girls 12 & Under 200 IM	0	0		08:00 AM	_____
Finals	22 Boys 12 & Under 200 IM	0	0		08:00 AM	_____
Finals	23 Girls 13 & Over 200 IM	0	0		08:00 AM	_____
Finals	24 Boys 13 & Over 200 IM	0	0		08:00 AM	_____
	Finish Time				08:00 AM	_____

**2012 Kamana-Wanna Swim Invitational - 7/7/2012 to 7/8/2012****Session Report**

Session: 2 Sun

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>Meet Qualifying</b>	<b>Starts at</b>
Finals	25 Girls 13 & Over 400 IM	0	0		08:00 AM
	13-14			6:30.00	
	15 & Over			6:30.00	
Finals	26 Boys 13 & Over 400 IM	0	0		08:00 AM
	13-14			6:30.00	
	15 & Over			6:30.00	
Finals	27 Girls 12 & Under 50 Backstroke	0	0		08:00 AM
Finals	28 Boys 12 & Under 50 Backstroke	0	0		08:00 AM
Finals	29 Girls 13 & Over 100 Backstroke	0	0		08:00 AM
Finals	30 Boys 13 & Over 100 Backstroke	0	0		08:00 AM
Finals	31 Girls 12 & Under 200 Freestyle	0	0		08:00 AM
Finals	32 Boys 12 & Under 200 Freestyle	0	0		08:00 AM
Finals	33 Girls 13 & Over 200 Freestyle	0	0		08:00 AM
Finals	34 Boys 13 & Over 200 Freestyle	0	0		08:00 AM
Finals	35 Girls 12 & Under 100 Breaststroke	0	0		08:00 AM
Finals	36 Boys 12 & Under 100 Breaststroke	0	0		08:00 AM
Finals	37 Girls 13 & Over 200 Breaststroke	0	0		08:00 AM
Finals	38 Boys 13 & Over 200 Breaststroke	0	0		08:00 AM
Finals	39 Girls 12 & Under 50 Freestyle	0	0		08:00 AM
Finals	40 Boys 12 & Under 50 Freestyle	0	0		08:00 AM
Finals	41 Girls 13 & Over 50 Freestyle	0	0		08:00 AM
Finals	42 Boys 13 & Over 50 Freestyle	0	0		08:00 AM
Finals	43 Girls 12 & Under 100 Butterfly	0	0		08:00 AM
Finals	44 Boys 12 & Under 100 Butterfly	0	0		08:00 AM
Finals	45 Girls 13 & Over 200 Butterfly	0	0		08:00 AM
Finals	46 Boys 13 & Over 200 Butterfly	0	0		08:00 AM
	Finish Time				08:00 AM