



***Connecticut Swimming, Inc. Open Water Championship
June 29, 2013***

MEET ANNOUNCEMENT

Lake Quassapaug in Middlebury, CT

Hosted by: Hamden Hall Aquatic Club

Held under sanction of Connecticut Swimming Inc./USA Swimming #TBA

IMPORTABLE MEET EVENTS

Name: CT Open Water Championship in honor of Dave Parcels – JUNE 29, 2013

2 Events: A: 1 Mile Open Water Championship in Lake Quassapaug (Ages 11 +)
B: Mini Mile Open Water Swim (approx 500yds) (Ages 9-12)

Entry Fee:

- A: \$45 Entry for all USA Swimming members (this includes food pass and t-shirt only)
- B: \$50 Entry for all 12 and Under USA Swimming members (this includes t-shirt, park pass & food)
- C: \$45 Entry for USMS members, one-day USMS members \$60 (this includes food pass and t-shirt only)

Age Limits: A: One Mile Championship (Minimum age of 11)
B: Mini Mile (Minimum age of 9 – Max age of 12)

Awards: A: USA Swimmers: 1st place for both Male and Female (11-12,13-14,15-16, 17-18, 19+) for 1 Mile Championship. Top 3 for both Male and Female (9-10, 11-12) for Mini Mile.
B: USMS Swimmers: Overall 1st place for both Male and Female

Rules: Current USMS and USA Swimming open water swimming rules will govern this event. A one-hour cutoff time will be strictly enforced. Wetsuits are permitted but swimmers are ineligible for awards.

Disabled Swimmers: We encourage the participation of disabled swimmers. Each disabled swimmer should contact Jen Lyman at 203-464-6903 in advance in order to plan for any special arrangements necessary for your participation in this event.

Date: Saturday June 29, 2013
Mini Mile 9:00 am
One Mile Championship 9:20 am

Time: Registration Check in: 7:45 am
Warm –up: 7:45– 8:50 am
Briefing: 8:50 am
Mini Mile Start: 9:00 am (all Swimmers)
Championship Race Start:

Wave 1 – 9:20 USA Male Swimmers Ages 15+
Wave 2 - 9:25 USA Female Swimmers Ages 15+
Wave 3 - 9:30 USA Male Swimmers Ages 11-14
Wave 4 - 9:35 USA Female Swimmers Ages 11-14
Wave 5 – 9:40 USMS Male Swimmers
Wave 6 – 9:45 USMS Female Swimmers
Wave 7 – 9:50 USMS Wetsuit Swimmers
(Waves subject to change based upon entries)

Timing: Electronic CHAMPIONCHIP TIMING will be used. Each swimmer will wear an electronic timing chip secured by an ankle bracelet to automatically record their time as they run across the finish line. The timing chip must be returned or a \$30 charged will be assessed to the swimmer for failing to return the chip.

Location: Lake Quassapaug in Middlebury, CT

Facility Description: 60 Foot Deep, Spring Fed, Fresh Water Lake No need to worry about jellyfish, horseshoe crabs or salt water. Safety Kayaks will line the race course.

Volunteers: Each CSI Team sending 5 or more swimmers will be required to provide one adult volunteer for the event.

Race Director: Jen Lyman 203-464-6903 coachlyman@hotmail.com

Safety Chairman: Becky Gilman

Event Referee: Karen Barber

Entry Chairman: Jen Lyman

Entry Deadline: CSI Team entries due by June 21, 2013. (There will be **NO** race day entries)

Entry Format: Open to all USA registered swimmers and USMS masters swimmers.
NON USMS swimmers over age 18 must pay 1-day membership fee for USMS to obtain insurance coverage. Non USA registered swimmers under age 18 are not permitted.

How to enter:

USA Swimming athletes can enter in three different ways:

TEAM ENTRY: USA Swimming clubs can enter as a group by submitting a print-out of all entrants (with name, age and USA #) using meet software. Meet files are posted on ctswim.org. Mail the print-out and club check to: Hamden Hall attn: Jen Lyman, 1108 Whitney Ave, Hamden, CT, 06517. If you enter in this manner you do not need to fill out separate application forms for each swimmer. Please no discs or emails.

INDIVIDUAL ONLINE ENTRY: Each swimmer can register individually online through www.active.com.

INDIVIDUAL MAIL ENTRY: Each swimmer can register individually by completing the event application and sending it via regular mail. Photo copies of the application form are permitted.

Checks Payable: HHAC

Beneficiary: HHAC

Refreshments: Refreshments to be provided after the event.

Directions:

From I-84 heading West:

(From Hartford, Bristol, Cheshire, Waterbury) I-84 West to exit 17. Go straight off the exit onto Rt. 64. Continue on Rt. 64 for approximately four miles and the park will be on the right.

From I-84 heading East:

(From Westchester, Danbury, Newtown) I-84 East to exit 16 take a right off the exit and follow Rt. 188 to the Rt. 188 / Rt. 64 intersection (approximately two miles). Take a Left turn onto Rt. 64 and continue for approximately one mile and the park will be on the right.

From Rt. 8 North:

(Bridgeport, Stratford, Seymour) Rt. 8 North to I-84 West and then follow the directions from I-84 West.

From Rt. 8 South:

(From Torrington, Winsted, Litchfield) Rt. 8 South to I-84 West and then follow the directions from I-84 West.

From New Haven:

Take Whalley Avenue. It turns into Rt. 63. Follow Rt. 63 all the way to Middlebury. At the intersection of Rt. 63 and Rt.64 take a left onto Rt. 64 heading West. Continue on Rt. 64 for approximately four miles and the park is on the right side.

From New London, Groton, Mystic:

95 South to Rt. 9 North. In Middletown take Rt. 66 West to I-691 West. Then take I-84 West. Follow the directions from I-84 West to the park.

From Stamford, Norwalk:

- 1.) Take Rt.7 North to Danbury. Then follow the directions from I-84 East to the park.
- 2.) I-95 North to Bridgeport. Then follow the directions from Bridgeport (Rt. 8 North) to the park.

From New York City:

Hutchinson River Parkway North to I-684 North. Pick up I-84 East toward Danbury. Once on I-84 follow the directions from I-84 East