

SoNoCo Long Course Invite Qualifier
Senior Qualifier
June 13-15, 2014

Wolff-Zackin Natatorium University of Connecticut
3095 Hillside Road, Storrs, CT 06269

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L14-28 In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

EVENTS

IMPORTABLE MEET EVENTS

	Name	Email	Phone
Meet Director:	Bill Ball	sonococoachball@gmail.com	860-305-4559
Meet Referee:	Mike Huffman	Mhuffman99@gmail.com	860-539-9895
Entry Chair:	Bill Ball	sonococoachball@gmail.com	860-305-4559
Safety Chair:	Jaime Krajewski		
Officials Contact:	Mike Huffman	Mhuffman99@gmail.com	860-539-9895

WEBSITE: www.sonocoaquatics.org

POOL EMERGENCY NUMBER: 860-486-4800

MEET TYPE: Sanctioned

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

MEET FORMAT: The meet will be swum as Timed-Final. The 800 Free, 400 Free and 400IM will be swum fastest to slowest alternating Girls and Boys.

SCRATCH PROCEDURES: Scratches will be due 30 Minutes prior to the start of each session.

FACILITY: The Wolff-Zackin Natatorium is home to a 6-lane 50 meter competition venue with Colorado Timing System and touch pads at each end. 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 starting end of the pool is 6' and range in depths of 4' to 12'(turn end) over most of the racing course. The Wolff-Zackin Natatorium has ample spectator seating the length of the 50 meter course and limited concession items will be available for purchase. **No chairs will be permitted on deck.** Locker rooms: No locks may be left on lockers. No shaving on premises is permitted. Access to faculty and varsity locker rooms is not permitted. Failure to comply may result in expulsion from the meet. ***The competition venue will not be open until 15 minutes prior to the start of the sessions and will close no later than 20 minutes.***

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: Handicapped parking and pool deck access is available. If special assistance is required by athletes, coaches or spectators please contact the Meet Director.

COURSE: LCM.

SESSION TIMES: Subject to Change Friday, Saturday and Sunday: General Warm-up 12:15-12:45pm, specific warm-up 12:45-12:55pm, Session start time 1:00pm.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. A 30 minutes general session, all 6 lanes available, followed by 10 minutes specific warm-up (lanes 1 and 6 pace 2 and 5 sprints 3 and 4 circle).

ELIGIBILITY: All athletes must be current athlete members of USA Swimming. This meet is an Open meet and teams outside of Connecticut Swimming are encouraged to enter. 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: Deck entries will not be accepted.

ENTRY LIMITATIONS: Athletes can enter a maximum of 4 events per day

ENTRY TIMES: Submit entry times in: LCM. NT entries are strongly discouraged, please estimate entry times for those athletes without established times.

DEADLINES: Deadline is June 4, 2014. Mail hardcopy and payment to the entry chairperson: Bill Ball 309 Village Hill Road, Willington, CT 06279. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Date of entry will be the date and time email entries are received.

CONNECTICUT-ONLY DEADLINE: CT deadline is May 1, 2014. CT clubs meeting this deadline will be entered before out of state clubs. Email entry date will determine entry date.

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 sonococoachball@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Payments are due upon entry to the meet. Please be reminded in the event of oversubscription the teams whose entry fees have not been received will be cut first. Entry fees are not considered in until received by the entry chair.

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, \$8.00 for distance event. Manual entries: \$9.00 for individual events, \$10.00 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 SoNoCo Swim Club and mail to: Bill Ball 309 Village Hill Road Willington, CT 06279. Payment must be received by June 13, 2014.

CUT PROTOCOL: In the event a session is over subscribed the following will be the cut protocol order:

1. Teams that have not paid their entry fees will be cut.
2. 4th event of the session will be cut.
3. Last teams entered based on date of entry.

Priority will be given to teams entered in the CT Senior Invite. 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 changes no later than Monday before the meet.

RELAYS: No relays will be offered at this 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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following "Non-Camera Zones" shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: Will not be offered at this meet.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Work assignments will be based on team entry size (pre-scratch) all 800 Free, 400 Free and 400IMer's will need to provide their own times. 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: NO awards will be provided.

CONCESSIONS: limited concession items will be available for purchase.

HOSPITALITY FOR COACHES AND OFFICIALS: light snacks will be provided.

PARKING: All vehicles must be parked in the parking garages. No parking is permitted in any surface lots. Any vehicles parked in surface lots are subject to ticketing and towing at the owners expense.

DIRECTIONS:

FROM HARTFORD: The University of Connecticut campus is located 45 minutes driving time from Hartford. Take I-84 east to exit (68). Off the exit take a right on Rte. 195 south and follow signs to the university. Once on the campus go right on North Eagleville Road. Take first left onto Glenbrook Rd. At end of Glenbrook Rd., go left on Hillside Road. At the second stop sign go right on Stadium Road.

FROM BOSTON: The University of Connecticut campus is approximately one and half-hours from Boston. From Mass Pike take I-84 west to exit (68). Off the exit take a left on Rte. 195 south and follow signs to the university. Once on the campus go right on North Eagleville Road. Take first left onto Glenbrook Rd. At end of Glenbrook Rd., go left on Hillside Road. At the second stop sign go right on Stadium Road.

FROM PROVIDENCE: The University of Connecticut is approximately one and one quarter hours from Providence. From Rte. 295 take exit (5-6), following signs to Hartford. Take Rte. 6 west to Rte. 101 west to Rte. 44 west. Take a left onto Rte. 195 south. Once on campus take a right onto North Eagleville Road. Take first left onto Glenbrook Rd. At end of Glenbrook Rd., go left on Hillside Road. At the second stop sign go right on Stadium Road.

FROM NEW YORK: The University of Connecticut is approximately one and one-half to two hours from New York. Take I-95 north to I-91 north to I-84 east. From I-84 east take exit (68). Off the exit take a right on Rte. 195 south and follow signs to the university. Once on the campus take a right on North Eagleville Road. Take first left onto Glenbrook Rd. At end of Glenbrook Rd., go left on Hillside Road. At the second stop sign go right on Stadium Road.

LCM Senior Qualifier - 6/13/2014 to 6/15/2014**Session Report**

Session: 1 Friday Session

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 13 & Over 200 IM	0	0	01:00 PM _____
Finals	2 Boys 13 & Over 200 IM	0	0	01:00 PM _____
Finals	3 Girls 13 & Over 200 Freestyle	0	0	01:00 PM _____
Finals	4 Boys 13 & Over 200 Freestyle	0	0	01:00 PM _____
Finals	5 Girls 13 & Over 200 Breaststroke	0	0	01:00 PM _____
Finals	6 Boys 13 & Over 200 Breaststroke	0	0	01:00 PM _____
Finals	7 Girls 13 & Over 800 Freestyle	0	0	01:00 PM _____
Finals	8 Boys 13 & Over 800 Freestyle	0	0	01:00 PM _____
	Finish Time			01:00 PM _____

Session: 2 Saturday Session

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	9 Girls 13 & Over 50 Freestyle	0	0	01:00 PM _____
Finals	10 Boys 13 & Over 50 Freestyle	0	0	01:00 PM _____
	Break: 2 Minutes			
Finals	11 Girls 13 & Over 200 Butterfly	0	0	01:02 PM _____
Finals	12 Boys 13 & Over 200 Butterfly	0	0	01:02 PM _____
Finals	13 Girls 13 & Over 200 Backstroke	0	0	01:02 PM _____
Finals	14 Boys 13 & Over 200 Backstroke	0	0	01:02 PM _____
Finals	15 Girls 13 & Over 400 Freestyle	0	0	01:02 PM _____
Finals	16 Boys 13 & Over 400 Freestyle	0	0	01:02 PM _____
	Finish Time			01:02 PM _____

Session: 3 Sunday Session

Day of Meet: 3 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	17 Girls 13 & Over 100 Freestyle	0	0	01:00 PM _____
Finals	18 Boys 13 & Over 100 Freestyle	0	0	01:00 PM _____
Finals	19 Girls 13 & Over 100 Backstroke	0	0	01:00 PM _____
Finals	20 Boys 13 & Over 100 Backstroke	0	0	01:00 PM _____
Finals	21 Girls 13 & Over 100 Breaststroke	0	0	01:00 PM _____
Finals	22 Boys 13 & Over 100 Breaststroke	0	0	01:00 PM _____
Finals	23 Girls 13 & Over 100 Butterfly	0	0	01:00 PM _____
Finals	24 Boys 13 & Over 100 Butterfly	0	0	01:00 PM _____
Finals	25 Girls 13 & Over 400 IM	0	0	01:00 PM _____
Finals	26 Boys 13 & Over 400 IM	0	0	01:00 PM _____
	Finish Time			01:00 PM _____