



## 13<sup>th</sup> Annual Pat Spinola Invitational January 9-10, 2016

[Map - Norwalk High School](#)

Held under sanction of USA Swimming and Connecticut Swimming, Inc #S15-64. 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

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
Meet Director:	Omar Cruz	<a href="mailto:Omar.cruz@zeusswimteam.org">Omar.cruz@zeusswimteam.org</a>	203-838-5836
Meet Referee:	Michelle Muller	<a href="mailto:sailonimaginer@gmail.com">sailonimaginer@gmail.com</a>	203-838-5836
Entry Chair:	Eric Baritz	<a href="mailto:Byte1inc@optonline.net">Byte1inc@optonline.net</a>	203-838-5836
Safety Chair:	Dennis Flores	<a href="mailto:Dennis.flores@zeusswimteam.org">Dennis.flores@zeusswimteam.org</a>	203-838-5836
Officials Contact:	Michelle Muller	<a href="mailto:sailonimaginer@gmail.com">sailonimaginer@gmail.com</a>	203-838-5836

**WEBSITE:** [zeusswimteam.org](http://zeusswimteam.org)

**POOL EMERGENCY NUMBER:** 203-515-8055

**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

- 1650 will be swum fastest to slowest mixed and swimmers will provide their own timer and counter

**SCRATCH PROCEDURES:** Scratches are due 30 minutes before the start of each session.

**FACILITY:** The Norwalk High School Pool is a 6-lane, 25-yard pool. The meet will be run using a timing system for events 50 yards and longer. All 25 yd events will be swum using hand times. The competition course has not been certified in accordance with 104.2.2C (4). Water depth at start end is: 12 feet. Water depth at turn end is: 4.5 feet.

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

**DISABLED ACCESS:** Handicap accessibility throughout the facility

**COURSE:** SCY

## **SESSION TIMES: Subject to Change**

Session 1	10 and under, 13-14	7:15 a.m. Warm-up	8:15a.m. Start
Session 2	11-12 and Open	3 :15 p.m. Warm-up	4:30 p.m. Start
Session 3	10 and under, 13-14	7:15 a.m. Warm-up	8:15a.m. Start
Session 4	11/12 and Open	12:30p.m. Warm-up	1:45 p.m. Start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. All 6 lanes will be in use for warm-up

### **Saturday am session:**

Tier 1, 10 and unders, 7:15 - 7:35am

Tier 2, 13/14's, 7:35 - 8:00am

Tier 3, Sprints and pace, 8:00 - 8:10am

### **Saturday pm session:**

Tier 1, 15 and overs, 3:15 - 3:40pm

Tier 2, 11/12's, 3:40 - 4:00pm

Tier 3, Sprints and Pace, 4:00 - 4:10pm

### **Sunday pm session:**

Tier 1, 13/14's, 7:15 - 7:40am

Tier 2, 10 and unders, 7:40 - 8:00am

Tier 3, Sprints and pace, 8:00 - 8:10am

### **Sunday pm session:**

Tier 1, 15 and overs, 12:30 - 12:55pm

Tier 2, 11/12's, 12:55 - 1:15pm

Tier 3, Sprints and Pace, 1:15 - 1:25pm

**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 swim up to 5 events per session.

**ENTRY TIMES:** Submit entry times in SCY. If there are no official times for an athlete, please submit estimated times. No Times (NT) will not be accepted.

**DEADLINES:** Entry deadline is December 26, 2015. Mail hardcopy and payment to the entry chairperson: **NAC 75 Main St, # 272 Norwalk, CT 06851** All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Emailed entry receipt will be the official determination of the 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 [byte1inc@optonline.net](mailto:byte1inc@optonline.net). Please check that your team name, address, and contact information are listed correctly in this file. Payment is due before the 1st splash.

**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, \$10.00 for relays. Manual entries: \$12.00 for individual events \$10.00 for relays. 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 NAC. Mail to: **NAC 75 Main St, # 272 Norwalk, CT 06851**. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Emailed entry receipt will be the official determination of the entry. Payment is due before the 1st splash.

### **CUT PROTOCOL:**

If the session is oversubscribed the following protocol will be instituted **IN THE ORDER PRESENTED** to reduce the timeline to the required length or participation number:

1. Relays will be eliminated
2. Individual events will be cut from 5 to 4 events
3. Individual events will be cut from 4 to 3 events
4. Visiting teams may be cut based on the date/time of the receipt of the final entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or changes will be made to Program Operations and the attending teams as soon as possible and not later than the Monday before the meet.

**RESERVE THE RIGHT TO MAKE CHANGES:** In accordance with CSI Policies, 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. The Meet Referee will seek Program Operations approval for changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

**RELAYS:** Yes. All relay swimmers must be officially entered in 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. 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:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Timing assignments will be based on the number of swimmers entered in the meet from each team. Participating clubs will be notified of work assignments by the Monday before the meet. Any athlete in the 1650 must provide their own timer.

**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 6 finishers in each individual event, and top 3 finishers in each relay event. Teams are responsible for picking up their own awards. Awards will NOT be mailed to each visiting team.

**CONCESSIONS:** YES

**HOSPITALITY FOR COACHES AND OFFICIALS:** YES

**PARKING:** Ample Parking

**DIRECTIONS:** The Norwalk High School pool is on County Street in Norwalk, CT. Take I – 95 to Exit 16, East Avenue. Go West on East Avenue for 2 lights. Make a right on Sunset Hill Avenue. Go all the way to end (Sunset Hill becomes Tierney Street). At stop sign (Strawberry Hill Avenue) make a left. Take Strawberry to County Street. Make right on County Street. Driveway to High School is on your right. Go all the way up to the top of driveway and look for a spot. Entrance to pool is first door on the right, PAT SPINOLA

**2016 13th Annual ZEUS Pat Spinola Invitational - 1/9/2016 to 1/10/2016**  
**Session Report**

Session: 1 Saturday morning

Day of Meet: 1 Starts at 08:15 AM Heat Interval: 20 Seconds / Back +20 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	08:15 AM	_____
Finals	2 Boys 10 & Under 50 Freestyle	0	0	08:15 AM	_____
Finals	3 Girls 13-14 400 IM	0	0	08:15 AM	_____
Finals	4 Boys 13-14 400 IM	0	0	08:15 AM	_____
Finals	5 Mixed 10 & Under 500 Freestyle	0	0	08:15 AM	_____
Finals	6 Girls 13-14 100 Freestyle	0	0	08:15 AM	_____
Finals	7 Boys 13-14 100 Freestyle	0	0	08:15 AM	_____
Finals	8 Girls 10 & Under 100 Freestyle	0	0	08:15 AM	_____
Finals	9 Boys 10 & Under 100 Freestyle	0	0	08:15 AM	_____
Finals	10 Girls 13-14 100 Butterfly	0	0	08:15 AM	_____
Finals	11 Boys 13-14 100 Butterfly	0	0	08:15 AM	_____
Finals	12 Girls 10 & Under 100 Butterfly	0	0	08:15 AM	_____
Finals	13 Boys 10 & Under 100 Butterfly	0	0	08:15 AM	_____
Finals	14 Girls 13-14 100 Backstroke	0	0	08:15 AM	_____
Finals	15 Boys 13-14 100 Backstroke	0	0	08:15 AM	_____
Finals	16 Girls 10 & Under 100 Backstroke	0	0	08:15 AM	_____
Finals	17 Boys 10 & Under 100 Backstroke	0	0	08:15 AM	_____
Finals	18 Girls 13-14 100 Breaststroke	0	0	08:15 AM	_____
Finals	19 Boys 13-14 100 Breaststroke	0	0	08:15 AM	_____
Finals	20 Girls 10 & Under 100 Breaststroke	0	0	08:15 AM	_____
Finals	21 Boys 10 & Under 100 Breaststroke	0	0	08:15 AM	_____
Finals	22 Girls 13-14 50 Freestyle	0	0	08:15 AM	_____
Finals	23 Boys 13-14 50 Freestyle	0	0	08:15 AM	_____
Finals	24 Mixed 10 & Under 200 IM	0	0	08:15 AM	_____
Finals	25 Girls 10 & Under 200 Freestyle Relay	0	0	08:15 AM	_____
Finals	26 Boys 10 & Under 200 Freestyle Relay	0	0	08:15 AM	_____
Finals	27 Girls 13-14 500 Freestyle	0	0	08:15 AM	_____
Finals	28 Boys 13-14 500 Freestyle	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

**2016 13th Annual ZEUS Pat Spinola Invitational - 1/9/2016 to 1/10/2016**  
**Session Report**

Session: 2 Saturday evening session

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	29 Girls 400 IM	0	0	04:30 PM	_____
Finals	30 Boys 400 IM	0	0	04:30 PM	_____
Finals	31 Girls 11-12 100 IM	0	0	04:30 PM	_____
Finals	32 Boys 11-12 100 IM	0	0	04:30 PM	_____
Finals	33 Girls 100 Freestyle	0	0	04:30 PM	_____
Finals	34 Boys 100 Freestyle	0	0	04:30 PM	_____
Finals	35 Girls 11-12 100 Freestyle	0	0	04:30 PM	_____
Finals	36 Boys 11-12 100 Freestyle	0	0	04:30 PM	_____
Finals	37 Girls 100 Butterfly	0	0	04:30 PM	_____
Finals	38 Boys 100 Butterfly	0	0	04:30 PM	_____
Finals	39 Girls 11-12 100 Butterfly	0	0	04:30 PM	_____
Finals	40 Boys 11-12 100 Butterfly	0	0	04:30 PM	_____
Finals	41 Girls 100 Backstroke	0	0	04:30 PM	_____
Finals	42 Boys 100 Backstroke	0	0	04:30 PM	_____
Finals	43 Girls 11-12 100 Backstroke	0	0	04:30 PM	_____
Finals	44 Boys 11-12 100 Backstroke	0	0	04:30 PM	_____
Finals	45 Girls 100 Breaststroke	0	0	04:30 PM	_____
Finals	46 Boys 100 Breaststroke	0	0	04:30 PM	_____
Finals	47 Girls 11-12 100 Breaststroke	0	0	04:30 PM	_____
Finals	48 Boys 11-12 100 Breaststroke	0	0	04:30 PM	_____
Finals	49 Girls 50 Freestyle	0	0	04:30 PM	_____
Finals	50 Boys 50 Freestyle	0	0	04:30 PM	_____
Finals	51 Girls 11-12 50 Freestyle	0	0	04:30 PM	_____
Finals	52 Boys 11-12 50 Freestyle	0	0	04:30 PM	_____
Finals	53 Girls 11-12 200 Freestyle Relay	0	0	04:30 PM	_____
Finals	54 Boys 11-12 200 Freestyle Relay	0	0	04:30 PM	_____
Finals	55 Girls 500 Freestyle	0	0	04:30 PM	_____
Finals	56 Boys 500 Freestyle	0	0	04:30 PM	_____
	Finish Time			04:30 PM	_____

**2016 13th Annual ZEUS Pat Spinola Invitational - 1/9/2016 to 1/10/2016**  
**Session Report**

Session: 3 Sunday morning session

Day of Meet: 2 Starts at 08:15 AM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	57 Girls 13-14 200 IM	0	0	08:15 AM	_____
Finals	58 Boys 13-14 200 IM	0	0	08:15 AM	_____
Finals	59 Girls 10 & Under 100 IM	0	0	08:15 AM	_____
Finals	60 Boys 10 & Under 100 IM	0	0	08:15 AM	_____
Finals	61 Girls 13-14 200 Butterfly	0	0	08:15 AM	_____
Finals	62 Boys 13-14 200 Butterfly	0	0	08:15 AM	_____
Finals	63 Girls 10 & Under 50 Butterfly	0	0	08:15 AM	_____
Finals	64 Boys 10 & Under 50 Butterfly	0	0	08:15 AM	_____
Finals	65 Girls 13-14 200 Backstroke	0	0	08:15 AM	_____
Finals	66 Boys 13-14 200 Backstroke	0	0	08:15 AM	_____
Finals	67 Girls 10 & Under 50 Backstroke	0	0	08:15 AM	_____
Finals	68 Boys 10 & Under 50 Backstroke	0	0	08:15 AM	_____
Finals	69 Girls 13-14 200 Breaststroke	0	0	08:15 AM	_____
Finals	70 Boys 13-14 200 Breaststroke	0	0	08:15 AM	_____
Finals	71 Girls 10 & Under 50 Breaststroke	0	0	08:15 AM	_____
Finals	72 Boys 10 & Under 50 Breaststroke	0	0	08:15 AM	_____
Finals	73 Girls 13-14 200 Freestyle	0	0	08:15 AM	_____
Finals	74 Boys 13-14 200 Freestyle	0	0	08:15 AM	_____
Finals	75 Mixed 10 & Under 200 Freestyle	0	0	08:15 AM	_____
Finals	76 Girls 10 & Under 200 Freestyle Relay	0	0	08:15 AM	_____
Finals	77 Boys 10 & Under 200 Freestyle Relay	0	0	08:15 AM	_____
Finals	78 Mixed 13-14 1650 Freestyle Relay	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

**2016 13th Annual ZEUS Pat Spinola Invitational - 1/9/2016 to 1/10/2016**  
**Session Report**

Session: 4 Sunday afternoon session

Day of Meet: 2 Starts at 01:45 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	79 Girls 200 IM	0	0	01:45 PM	_____
Finals	80 Boys 200 IM	0	0	01:45 PM	_____
Finals	81 Girls 11-12 200 IM	0	0	01:45 PM	_____
Finals	82 Boys 11-12 200 IM	0	0	01:45 PM	_____
Finals	83 Girls 200 Butterfly	0	0	01:45 PM	_____
Finals	84 Boys 200 Butterfly	0	0	01:45 PM	_____
Finals	85 Girls 11-12 50 Butterfly	0	0	01:45 PM	_____
Finals	86 Boys 11-12 50 Butterfly	0	0	01:45 PM	_____
Finals	87 Girls 200 Backstroke	0	0	01:45 PM	_____
Finals	88 Boys 200 Backstroke	0	0	01:45 PM	_____
Finals	89 Girls 11-12 50 Backstroke	0	0	01:45 PM	_____
Finals	90 Boys 11-12 50 Backstroke	0	0	01:45 PM	_____
Finals	91 Girls 200 Breaststroke	0	0	01:45 PM	_____
Finals	92 Boys 200 Breaststroke	0	0	01:45 PM	_____
Finals	93 Girls 11-12 50 Breaststroke	0	0	01:45 PM	_____
Finals	94 Boys 11-12 50 Breaststroke	0	0	01:45 PM	_____
Finals	95 Girls 200 Freestyle	0	0	01:45 PM	_____
Finals	96 Boys 200 Freestyle	0	0	01:45 PM	_____
Finals	97 Girls 11-12 200 Freestyle	0	0	01:45 PM	_____
Finals	98 Boys 11-12 200 Freestyle	0	0	01:45 PM	_____
Finals	99 Girls 11-12 200 Medley Relay	0	0	01:45 PM	_____
Finals	100 Boys 11-12 200 Medley Relay	0	0	01:45 PM	_____
Finals	101 Mixed 1650 Freestyle Relay	0	0	01:45 PM	_____
	Finish Time			01:45 PM	_____