

SUMMER 9&under SHORT COURSE “QUADRATHON”

Hosted by: The Hopkins Mariner Swim Team

Held under the sanction of USA Swimming and Connecticut Swimming Inc. Sanction #L05-29

Date: Tuesday, July 12, 2005

Location: Hopkins School

Time: warm-up 5:00pm

Start: 6:00pm

Connecticut Swimming warm up procedures will be used. No diving will be permitted during the general warm up period. The final 10 minutes of warm up will be designated as a sprint warm up.

Eligibility: All swimmers must be 2005 registered members of USA Swimming. Coaches must present current USA Swimming coaches card in order to be allowed on the pool deck.

Entries: All entries must be submitted on Hy-Tek disk or other SDIF. Please include a hard copy of the entries. Also, please list the club official, telephone number and mailing address where results are to be sent. Use short course times for seeding. Please estimate times in events that swimmers have not previously raced in competition. Relays must be entered with seed times.

In order for a swimmer to be considered for the “Quadrathon” awards he/she must complete all four individual events legally.

Deadline: Entries must be received no later than 6:00pm on Thursday, June 30, 2005.

Mail Entries To: Chuck Elrick
Hopkins School
986 Forest Road
New Haven, CT. 06515

Fees: Entry fees: \$4.00 per individual event \$7.00 per relay

Make checks payable to Hopkins

Cut Off Times: none

Awards: Ribbons for 1st through 6th place for individual events and 1st through 3rd place in relays. Medals will be awarded for the top 6 places in each age group of the “Quadrathon” scoring.

Timers: Back up timers will be requested based on the size of a team’s entry.

Officials: Please submit the names of any officials willing to work the meet.

Handicap Access: Handicap access to the bleachers by the upper level entrance.

Meet Manager: Chuck Elrick

Referee: Karen Barber (203) 795-0107
Karen_jubanyik@yahoo.com

Entry Chair: Chuck Elrick

Safety Chair: Cindy Kett

Pool Emergency phone number: (203)397-1001 ext. 524

Directions: *From Rte. 15 (Wilbur Cross Parkway, Exit 59, South from Hartford):* At the end of the exit ramp, turn right. Rte. 63 (Amity Road) and Rte. 69 (Litchfield Turnpike) merge to form Whalley Ave. Approximately $\frac{3}{4}$ of a mile from that intersection, turn right onto Rte. 122 (Dayton Street). After traveling one block, follow Rte. 122 through the traffic signal onto Forest Road. The Hopkins School driveway is on the right immediately after the next traffic signal.

From Rte. 34 or 15 (Wilbur Cross Parkway, Exit 57 North, from NYC): From Rte. 15, take Rte. 34 (Derby Turnpike) east for 2-1/2 miles, turn left onto Rte. 122 (Forest Road). Hopkins is on the left after approximately $\frac{1}{2}$ mile.

From I-91 or I-95 North (New London – Hartford): Exit onto the Oak Street Connector-Downtown Rte. 34 (which is Exit #1 on I-91 and Exit #47 on I-95). Proceed to the end of the connector and then exit straight ahead onto the parallel Frontage Road (Rte. 34). Continue on this road about a mile until you reach the Boulevard. Take a right and get into the far left lane. At the light take a left – all the while remaining on Rte. 34. Continue until you come to Rte. 122 (Forest Road). Take a right and Hopkins will be on the left after traveling about $\frac{1}{2}$ mile.

From Rte. 95 (North from NYC): Use Exit #43 (Rte. 122, Campbell Ave. West Haven). Turn left at the end of the ramp. Follow Rte. 122 for 2 miles across both Rte. 1 (Boston Post Road) and Rte. 34 (Derby Turnpike), at which point it becomes Forest Road. Hopkins is on the left about $\frac{1}{2}$ mile ahead.

ORDER OF EVENTS

<i>Girls</i>	<i>Age</i>	<i>Event</i>	<i>Boys</i>
1	8&9	100 yard Medley Relay	2
3	7 & U	100 yard Medley Relay	4
5	9	50 yard Freestyle	6
7	8	25 yard Freestyle	8
9	7	25 yard Freestyle	10
11	6 & U	25 yard Freestyle	12
13	9	50 yard Backstroke	14
15	8	25 yard Backstroke	16
17	7	25 yard Backstroke	18
19	6 & U	25 yard Backstroke	20
21	9	100 yard Ind. Medley	22
23	8	25 yard Butterfly	24
25	7	25 yard Butterfly	26
27	6 & U	25 yard Butterfly	28
29	9	50 yard Breaststroke	30
31	8	25 yard Breaststroke	32
33	7	25 yard Breaststroke	34
35	6 & U	25 yard Breaststroke	36
37	8 & 9	100 yard Freestyle Relay	38
39	7 & U	100 yard Freestyle Relay	40