

The Eleventh Annual
Swim For Hunger Invitational
December 15-17, 2006

Held under sanction by USA Swimming and Connecticut Swimming, Inc. # **SO6-36**

Hosted by: **Cougar Aquatic Team**

Freeman Athletic Center, Wesleyan University
Middletown, Connecticut

Our goal for this meet is to involve U.S.A. swimmers in the collection of food and hygiene items to help those in need. These donations will be collected as part of the entry fee. They will then be distributed to the various food banks in Hartford and Middlesex Counties. In previous years we were able to raise approximately 2000 pounds of much needed items. After the holidays, shelters supplies are very low, so please join us to swim, share, have fun, and show how U.S.A. swimmers care!

MEET MANAGER: Robert Schnitman

56 Parkside Drive Colchester, CT 06415
(860) 267-6761 e-mail: lungguy@mac.com

MEET REFEREE: Mike Huffman

61 Robbins Street
Wethersfield, CT 06109
michael.huffman@thehartford.com

ENTRY CHAIR : Stephanie Jordan

187 Williams Street
Meriden, CT 06450
203-494-7673 e-mail: sjordan@peco1938.com

SAFETY CHAIR: Jeff Mackiewicz

203-269-8977
J.mackiewicz@snet.net

Pool/Facility: One 9-lane, 25-yard course with electronic timing. Should the size of the meet warrant it, two six-lane courses will be used. Additional lanes will be available for warm-up and cool down. **Handicap/Elderly Access:** Handicapped parking is available behind the athletic center. Use main entrance. Spectator area is accessible from main entrance. Elevator in lobby will take swimmers to the pool deck.

Eligibility: Only 2006 or 2007 USA Swimming registered swimmers are eligible and must be registered prior to the entry deadline. USA Swimming rules will govern the meet. 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 approval from CSI Program Operations. 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.

Events: Events on Saturday will be Trials and Finals for 11/12, and 13/O events, except for the 500yd Free and 11/12 200Y Back, which will be swum as a timed final in the morning session. All 10/U events and all other events on Friday and Sunday will be timed finals. The top two heats will return for finals. The 500yd Free and 400yd IM events will be swum fastest to slowest. Entries are to be submitted in best yard times. Swimmers can enter and compete in 3 events for Saturday's finals and trials events, and enter and compete in 4 events for all timed final events on Saturday and Sunday. All 10/U's may enter 4 events. The 4th event must be circled in **red**. Please note that there are qualifying times for the 11/12, and Senior 500yd Free, and the Senior 400yd I.M.

Entry Format: Open to all 2006 or 2007 USA Swimming registered swimmers. Please include USA registration numbers and age of all swimmers. Identify unattached swimmers with **red ink**. **No time (NT) entries are discouraged.** Teams are encouraged to submit entries either via e-mail to sjordan@peco1938.com if attached in a zip file OR a computer disk using LSA swim team program or any other program in the USA SWIMMING .SD3. An original computer generated copy of the entry with all pertinent team information and entry totals must be included. The name, phone number, email address and mailing address of a club contact must be included with the entry. Any computer-generated entry may be **submitted by either e-mail or on a disk.**

Official CSI entry form must be submitted in lieu of a disk. Non-CSI registered teams must supply the name and phone number of the LSC registration chairperson.

Entry Deadline: December 1st, 2006. Formal entry is determined by the date of receipt of hard copy of the entry and entry fee. If using Express mail, remember to sign the waiver so package will be left. Clubs will cut first based on date and time received. Entries will be accepted on a first come first served basis.

Entry Fees: Individual events are \$4.00. **One food or hygiene item is requested per event entered.** Please make checks payable to C.A.T. and include with entry form.

Cut/Changes procedure: All entries are first come first serve basis. If cuts are necessary swimmers will be limited to three events on Friday and Sunday. All teams will be notified no later than December 12, 2006 of any cuts or changes. Meet Management reserves the right to limit heats or adjust warm-up/start times upon the approval of CT Swimming Operations.

Scratches: Coaches will receive a scratch sheet for session of the meet In the coaches package. Coaches must return all scratch sheets 20 minutes after the start of warm-ups. Scratches for Saturday's Finals events are due at the appointed scratch deadline during the trial session according to CT Swim rules.

Work Assignments: Teams will be required to provide timers and workers based on size of entry. Teams must provide their own timers and counters for 500yd FREE and 400yd I.M. events.

If your team has an official who would be able to assist with the meet, please submit their name with the entry.

Attention Coaches: Please be sure that your credentials are up to date. Only coaches that are USA certified with current credentials will be allowed to pick up their coach's packet. The Meet Manager of the Cougar Aquatic Team will ask to see your USA registration card before giving you your coach's packet and scratch sheets. 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. Your swimmers must be a USA Swimming registered athletes in order to participate in this meet.

Awards: To be given 1st-3rd place.

Concessions: Wesleyan University will operate the concessions.

Directions: *From South:* From I-91 or the Merritt Parkway, follow signs to 66 East (initially I-691) and proceed to Middletown. At light (by graveyard) turn right on to Vine. At next light, turn right and pool is on left. *From North:* Take I-91 south to exit 22S (Rt. 9 South) to Exit 15 (Washington St.) At the 5th light make a left on to Vine St. At light, turn right, pool is on left.

Information: Remember we are guests of Wesleyan University and therefore all swimmers, coaches and guests are expected to treat the facility with respect. It is the responsibility of each team to supervise their swimmers when they are not swimming. Any violations of the CT. Code of Conduct will result in expulsion of swimmer and or team.

Parking: Parking is limited. Please park in the tennis court lots on Vine Street or the lot directly across from the firehouse and athletic center. Any illegally parked vehicles will be towed at the owner's expense.

Suggested Food and Hygiene Items :

Canned food such as tuna, soups, vegetables, fruit, and meats are preferred. Cereal, rice, pasta, peanut butter, and basic staples are useful as well. There are special needs for hygiene items such as soap, shampoo, diapers, razors, toothpaste, and infant formula. Please, no glass containers. **Any and all nonperishable food and hygiene items are welcome and needed.**

Join us in showing that USA swimmers care!

**SWIM FOR HUNGER INVITATIONAL
SHORT COURSE
DECEMBER: 15th, 16th, and 17th 2006**

Friday Session I

Timed Finals: 10/u, 11/12

Warm-ups: 4:00pm

Start: 5:00pm

Girls	Events	Boys
1	11/12 200yd Free	2
3	10/U 200yd Free	4
5	11/12 200yd I.M.	6
7	10/U 200yd I.M.	8
9 7:15	12/U 500yd Free	10 7:15

Saturday Session II
Trials:13/14, 15/O, & Senior
Women

Warm-ups: 7:15am

Start: 8:10am

11	
13	
15	
17	
19	
21	
23	
25	
27	
29	
31	
33	
35	(Timed Final/Cut time 6:10) Event swum fastest to slowest

Events

13/14 100yd Free
15/O 100yd Free
13/14 200yd Back
15/O 200yd Back
13/14 50yd Free
15/O 50yd Free
13/14 200yd I.M.
15/O 200yd I.M.
13/14 100yd Fly
15/O 100yd Fly
13/14 100yd Breast
15/O 100yd Breast
Senior 500yd Free

Men

(Timed Final/Cut time 6:05)
vent swum fastest to slowest

12
14
16
18
20
22
24
26
28
30
32
34
36

Saturday Session III
Timed Finals 10/U's
Trials 11/12

Warm-ups: 12:00pm Start: 1:00pm

Girls

37	
39	
41	
43	
45	
47	
49	
51	
53	Timed Final

Events

10/U 50yd Back
11/12 50yd Back
10/U 100yd Free
11/12 100yd Free
10/U 100yd Breast
11/12 100yd Breast
10/U 50yd Fly
11/12 50yd Fly
11/12 200yd Back

Timed Final

Boys

38
40
42
44
46
48
50
52
54

Saturday Session IV
Finals: 11/12, 13/14/, 15/0

Warm-ups: 5:30pm Start: 6:15pm

Girls

11
13
43
15
17
39
19
21
47
23
25
51
27
29
31
33

Events

13/14 100yd Free
15/O 100yd Free
11/12 100yd Free
13/14 200yd Back
15/O 200yd Back
11/12 50yd Back
13/14 50yd Free
15/O 50yd Free
11/12 100yd Breast
13/14 200yd I.M.
15/O 200yd I.M.
11/12 50yd Fly
13/14 100yd Fly
15/O 100yd Fly
13/14 100yd Breast
15/O 100yd Breast

Boys

12
14
44
16
18
40
20
22
48
24
26
52
28
30
32
34

Sunday Session V**Timed Final:13/14, 15/O, & Seniors**

Warm-ups: 8:00am Start: 9:15am

Women		Events		Men
55		13/14 200yd Free		56
89		15/O 200yd Free		90
91		13/14 100yd Back		92
93		15/O 100yd Back		94
95		13/14 200yd Breast		96
97		15/O 200yd Breast		98
99		13/14 200yd Fly		100
101		15/O 200yd Fly		102
103	5:10	Senior 400yd I.M.	5:05	104

Sunday Session VI**Timed Final:10/U & 11/12**

Warm-ups: 1:45pm Start: 2:45pm

Girls		Events		Boys
105		10/U 100yd Back		106
107		11/12 100yd Back		108
109		10/U 50yd Breast		110
111		11/12 50yd Breast		112
113		10/U 100yd Fly		114
115		11/12 100yd Fly		116
117		10/U 50yd Free		118
119		11/12 50yd Free		120
121		10/U 100yd I.M.		122
123		11/12 100yd I.M.		124
125		11/12 200yd Fly		126