

2010 WATER RAT PENTATHLON
Invitational
January 23-24, 2010
Hosted by the Water Rat Swim Team
Stauffer Pool – Westport Weston Family Y – Westport, CT
Held under the sanction of USA Swimming and Connecticut Swimming #S09-52

EVENTS

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Meet Director:	Adrienne Williams	scooterrad1@yahoo.com	(203) 227-7196
Meet Referee:	Barbara Wiederecht	bwiedere@optonline.net	(203) 454-1363
Entry Chair:	Mark Sedlak	msedlak@westporty.org	(203) 226-8981 x 121
Safety Chair:	Uwe Wanner	uwe-wanner@chemtura.com	(203) 256-2721
Officials Contact:	Barbara Wiederecht	bwiedere@optonline.net	(203) 454-1363

WEBSITE: <http://www.westporty.org/wrats>

POOL EMERGENCY NUMBER: (203) 226-8981

MEET CLASSIFICATION: This meet is open to all 2010 USA Swimming swimmers and clubs.

MEET FORMAT: This meet will be timed finals.

SCRATCH PROCEDURES: Coaches packets will contain scratch sheets for each session and a time line for when scratches are due. Please refer to USA Swimming Rulebook 102.3 for general meet guidelines.

FACILITY: The Westport Weston Family Y Stauffer Pool is a 6-lane, 25-yard pool with a depth of 13 feet at the start end. The timing system is a Colorado Timing System with Mercury 16 Scoreboard. Bleacher seating for spectators is located along the side of the pool and also above the start end of the pool. A designated area for swimmers will be cordoned off if necessary.

DISABLED ACCESS: Handicapped parking is located in front of the Family Y on Church Lane, and also behind the Family Y, immediately outside the rear entrance. Access is available to the pool deck via a ramp through the locker rooms. The spectator level is also accessible from an outside rear entrance or via an elevator. Contact 203-226-8981 x110 for further information.

COURSE: SCY

EVENTS: See attached list

SESSION TIMES:	Session I – 9/10 Girls and Boys:	Warm-up:	800am
		Meet Start:	900am
	Session II - 11/12 Girls and Boys:	Warm-up:	100pm
		Meet Start:	200pm
	Session III – 13/14 Girls and Boys:	Warm-up:	730am
		Meet Start:	845am
	Session IV – 15/O Girls and Boys:	Warm-up:	100pm
		Meet Start:	215pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect

ELIGIBILITY: All entered swimmers must be current 2010 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. Swimmers are eligible for all events. There are no cut off times. Any swimmer that is entered and is unregistered will be scratched from the meet until registration is completed. 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.

EVENT INFORMATION: Pentathlon

ENTRY LIMITATIONS: Five (5) events per day.

ENTRY TIMES: Entry times are to be submitted in SCY. No times (NT) are discouraged.

DEADLINES: All entries are due by 9 pm Wednesday, January 13, 2010 and are accepted on a first come first served basis. Mail hardcopy and payment to the entry chairperson: Mark Sedlak, Water Rat Swim Team, Westport Weston Family Y, PO Box 190, Westport, CT 06881. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. The date an entry is received will be determined by the email receipt.

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 msedlak@westporty.org. Please check that your team name, address, and contact information are listed correctly in this file. All entries must include swimmers full name and USA Swimming registration number. Payment must be received by Tuesday, January 19, 2010.

ENTRY FEES: Electronic entries: \$5.00 for individual events. Non-electronic entries: \$7.00 for individual 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 WRAT Parents Club and mail to: Water Rat Swim Team, Westport Weston Family Y, PO Box 190, Westport, CT 06881 or 59 Post Road East, Westport, CT 06880. Payment must be received by Tuesday, January 19, 2010.

CUT PROTOCOL: Entries are on a first come first served basis. Clubs will be notified of cuts no later than Monday, January 18, 2010.

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 cuts no later than Monday, January 18, 2010.

SAFETY: Please make note of the following:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes.
2. There will be no diving in the warm-up and warm-down areas at any time.

3. No shaving is permitted at the competition site.
4. No glass containers are permitted within the facility.
5. 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.
6. No electronic devices with cameras are permitted in the locker rooms

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: No

TIMERS, OFFICIALS or WORK ASSIGNMENTS: Timers will be required from teams in proportion to the size of their entry.

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: Trophies will be awarded to the top 12 overall finishers (combined score from all 5 events). There will be Heat Winner awards.

CONCESSIONS: No

HOSPITALITY for COACHES and OFFICIALS: Yes

PARKING: Parking is available in the municipal lot on Elm Street, behind the Family Y. Please observe parking restrictions.

DIRECTIONS: Merritt Parkway (Rte. 15): Take exit 42. Go south at end of ramp (right from New Haven, left from New York). Bear right at first intersection to Main St. and follow for one mile to center of town where you must make a left turn (street become one-way). Just after left turn on Elm St., the Y is on your right. Long term parking is in the lot on the left of Elm St. Please observe parking restrictions.

I-95: Take exit 17. Left off exit. Continue north on Rte 33 to Rte 1 (Post Road). Take right onto Rte. 1, go over bridge and take left at second stop light onto Main St. Take first right onto Elm St. Y is on right, parking on left. Please observe parking restrictions.

2010 WRAT Pentathlon - 1/23/2010 to 1/24/2010

Session Report

Session: 1 9/10 Girls & Boys

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 9-10 50 Butterfly	0	0	09:00 AM _____
Finals	2 Boys 9-10 50 Butterfly	0	0	09:00 AM _____
Finals	3 Girls 9-10 50 Backstroke	0	0	09:00 AM _____
Finals	4 Boys 9-10 50 Backstroke	0	0	09:00 AM _____
Finals	5 Girls 9-10 50 Breaststroke	0	0	09:00 AM _____
Finals	6 Boys 9-10 50 Breaststroke	0	0	09:00 AM _____
Finals	7 Girls 9-10 50 Freestyle	0	0	09:00 AM _____
Finals	8 Boys 9-10 50 Freestyle	0	0	09:00 AM _____
Finals	9 Girls 9-10 100 IM	0	0	09:00 AM _____
Finals	10 Boys 9-10 100 IM	0	0	09:00 AM _____
	Finish Time			09:00 AM _____

Session: 2 11/12 Girls & Boys

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	11 Girls 11-12 50 Butterfly	0	0	02:00 PM _____
Finals	12 Boys 11-12 50 Butterfly	0	0	02:00 PM _____
Finals	13 Girls 11-12 50 Backstroke	0	0	02:00 PM _____
Finals	14 Boys 11-12 50 Backstroke	0	0	02:00 PM _____
Finals	15 Girls 11-12 50 Breaststroke	0	0	02:00 PM _____
Finals	16 Boys 11-12 50 Breaststroke	0	0	02:00 PM _____
Finals	17 Girls 11-12 50 Freestyle	0	0	02:00 PM _____
Finals	18 Boys 11-12 50 Freestyle	0	0	02:00 PM _____
Finals	19 Girls 11-12 100 IM	0	0	02:00 PM _____
Finals	20 Boys 11-12 100 IM	0	0	02:00 PM _____
	Finish Time			02:00 PM _____

Session: 3 13/14 Girls & Boys

Day of Meet: 2 Starts at 08:45 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	21 Girls 13-14 100 Butterfly	0	0	08:45 AM _____
Finals	22 Boys 13-14 100 Butterfly	0	0	08:45 AM _____
Finals	25 Girls 13-14 100 Backstroke	0	0	08:45 AM _____
Finals	26 Boys 13-14 100 Backstroke	0	0	08:45 AM _____
Finals	29 Girls 13-14 100 Breaststroke	0	0	08:45 AM _____
Finals	30 Boys 13-14 100 Breaststroke	0	0	08:45 AM _____
Finals	33 Girls 13-14 100 Freestyle	0	0	08:45 AM _____
Finals	34 Boys 13-14 100 Freestyle	0	0	08:45 AM _____
Finals	37 Girls 13-14 200 IM	0	0	08:45 AM _____
Finals	38 Boys 13-14 200 IM	0	0	08:45 AM _____
	Finish Time			08:45 AM _____

2010 WRAT Pentathlon - 1/23/2010 to 1/24/2010

Session Report

Session: 4 15&O Girls & Boys

Day of Meet: 2 Starts at 02:15 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	23 Girls 15 & Over 100 Butterfly	0	0	02:15 PM _____
Finals	24 Boys 15 & Over 100 Butterfly	0	0	02:15 PM _____
Finals	27 Girls 15 & Over 100 Backstroke	0	0	02:15 PM _____
Finals	28 Boys 15 & Over 100 Backstroke	0	0	02:15 PM _____
Finals	31 Girls 15 & Over 100 Breaststroke	0	0	02:15 PM _____
Finals	32 Boys 15 & Over 100 Breaststroke	0	0	02:15 PM _____
Finals	35 Girls 15 & Over 100 Freestyle	0	0	02:15 PM _____
Finals	36 Boys 15 & Over 100 Freestyle	0	0	02:15 PM _____
Finals	39 Girls 15 & Over 200 IM	0	0	02:15 PM _____
Finals	40 Boys 15 & Over 200 IM	0	0	02:15 PM _____
	Finish Time			02:15 PM _____