

SHARK Distance Meet

June 7, 2011

Westhill HS Pool

125 Roxbury Rd.

Stamford, CT 06902

Held under sanction of USA Swimming and Connecticut Swimming #L11-3

EVENTS

IMPORTABLE MEET EVENTS

	Name	Email	Phone
Meet Director:	Rosemary Bittel	c/o lewisshark@aol.com	814-769-0656
Meet Referee:	Rick Lewis	lewisshark@aol.com	203-912-9385
Entry Chair:	Rick Lewis	lewisshark@aol.com	203-912-9385
Safety Chair:	Jim Bowser	bowershark@yahoo.com	203-637-9385
Officials Contact	Rick Lewis	lewisshark@aol.com	203-912-9385

WEBSITE: <http://www.sharksswimming.com>

POOL EMERGENCY NUMBER: 203-912-9385

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

MEET FORMAT: The meet will be swum as: Timed-Final. Events will be swum fast-to-slow, alternating heats of women and men.

SCRATCH PROCEDURES: Scratch Sheet due 30 before the beginning of each session.

FACILITY: The Westhill High School Pool is a 6-lane, 25-yard pool. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is: 48 in. Water depth at turn end is: 48 in. Full Colorado timing system with spectator seating for 400.

DISABLED ACCESS: The pool is handicapped accessible. If you are in need of assistance contact a custodian or meet management.

COURSE: SCY

EVENTS: See attached list.

SESSION TIMES: Session 1 (1650 free – Warm-up 7:30 am; Start 8:00). Session 2 (500 free and 400 IM – Warm-up 9 am, start 9:30 or immediately following 1650. Session will not begin prior to 9:30 am)

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

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. 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 or CT 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: Athletes need to supply their own timer and counter.

ENTRY LIMITATIONS: Athletes can enter up to three events

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Entry deadline is May 1, 2011. Mail hardcopy and payment to the entry chairperson: Rick Lewis, 212 Palmer Hill Rd; Old Greenwich, CT 06870. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be considered received when the entry file is received (email or mail).

CONNECTICUT-ONLY DEADLINE: CT deadline is April 25, 2011. Entries will be considered received when the entry file is received (email or mail).
CT clubs meeting this deadline will be entered before out of state clubs.

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 lewisshark@aol.com Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received by May 4, 2011.

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 distance events. Manual entries: \$8.00 for individual 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 Sharks Swim Team and mail to: Rick Lewis, 212 Palmer Hill Rd, Old Greenwich, CT 06870 Payment must be received by May 4, 2011.

CUT PROTOCOL for INVITATIONALS: If over subscribed, cuts will be made based upon date received. Clubs will be notified of cuts 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 cuts no later than Monday before the meet.

RELAYS: No

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. 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: Swimmers need to supply their own timers and counters

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: None

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Minimal

PARKING: Park in a legal space. Plenty of parking is available.

DIRECTIONS: The Westhill High School Pool is located at 125 Roxbury Rd in Stamford, CT . Take the Merritt Pkwy to exit 34 (Long Ridge) Turn left. Go one mile and take a sharp right onto Roxbury Rd. Go ¼ mile. The school will be on the right. Pool is in the rear.

Sharks Distance Meet - 5/7/2011
Session Report

Session: 1 1650 free

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 1650 Freestyle	0	0	08:00 AM _____
Finals	2 Boys 1650 Freestyle	0	0	08:00 AM _____
	Finish Time			08:00 AM _____

Session: 2 500 free and 400 IM

Day of Meet: 1 Starts at 09:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	3 Girls 500 Freestyle	0	0	09:30 AM _____
Finals	4 Boys 500 Freestyle	0	0	09:30 AM _____
Finals	5 Girls 400 IM	0	0	09:30 AM _____
Finals	6 Boys 400 IM	0	0	09:30 AM _____
	Finish Time			09:30 AM _____