

LRAC Long Course Invite

June 9-10, 2012

Wolff-Zakin Natatorium, 2095 Hillside Road, Storrs CT 06269

Held under sanction of USA Swimming and Connecticut Swimming #L12-17

MEET EVENTS

	Name	Email	Phone
Meet Director:	John ONeill	swimjto@gmail.com	401.447.9004
Meet Referee:	Greg Lamoreaux	Glamoreaux1@aol.com	401.884.4411
Entry Chair:	John ONeill	swimjto@gmail.com	401.447.9004
Safety Chair:	John ONeill	swimjto@gmail.com	401.447.9004
Officials Contact:	Greg Lamoreaux	Glamoreaux1@aol.com	401.884.4411

WEBSITE: LRACSwim.com

POOL EMERGENCY NUMBER: 860.486.4800

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

MEET FORMAT: The meet will be swum as Timed-Final.

SCRATCH PROCEDURES: The meet will be swim as timed-finals. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session which must be returned no later than 30 minutes before the beginning of each session. Heat sheets will be posted around the pool deck, distributed to coaching staffs, and will be available at the control desk.

FACILITY: Wolff-Zakin Natatorium is a 6-lane, 50 Meter pool. Water depth at start end is: 5 Feet. Water depth at turn end is: 14 Feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Time Systems electronic timing and scoreboard display will be available. Spectator seating is available for 400. There is no standing along the railing and glass.

DISABLED ACCESS: Handicapped parking, handicapped entrances and pool, locker rooms and spectator areas are accessible. The Meet Director should be contacted for more information and special arrangements.

COURSE: LCM.

SESSION TIMES: Morning: Warm-up 7:30 AM/ Meet Start 8:45 AM. **Afternoon:** Warm-up 1:15 PM/Meet Start 2:30 PM.

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. 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 4 events per day. Swimmers may elect to enter as many events as they wish and scratch down to 4 events per day.

ENTRY TIMES: Submit entry times in LCM.

DEADLINES: Entry deadline is May 15, 2012. Mail hardcopy and payment to the entry chairperson: John O'Neill, LRAC, 3 Ridgewood Road, Cumberland, RI 02864. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. If needed, date of entry will be determined by date of receipt of payment.

CONNECTICUT-ONLY DEADLINE: CT club deadline is May 5, 2012. If needed, date of entry will be determined by date of receipt of payment. 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 swimjto@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Mail hardcopy and payment to the entry chairperson: John O'Neill, LRAC, 3 Ridgewood Road, Cumberland, RI 02864. If needed, date of entry will be determined by date of receipt of payment.

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: \$5.00 for individual events, \$6.00 for distance event. Manual entries: \$6.00 for individual events, \$7.00 for 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 LRAC and mail to: John O'Neill, LRAC, 3 Ridgewood Road, Cumberland, RI 02864. Payment must be received by May 15, 2012.

CUT PROTOCOL for INVITATIONALS: If needed, the distance events (400M Free and 400M IM) will be cut by time to no more than 5 heats each sex. Should further cuts be necessary, teams will be cut in the reverse order of entry receipt. The Little Rhody Aquatic Club will limit the morning senior sessions to no more than 4.5 hours, and the afternoon 12/under sessions to no more than 4 hours. Clubs will be notified of changes no later than Monday before the meet. As a reminder, a Club's date of entry will be determined by date of receipt of payment.

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: None.

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. Electronic audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, or locker rooms.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$10.00 for individual events. Time trial events count toward the total number of event limitations per session. Time Trial events are limited to those events published in this meet announcement.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Swimmers in the 400's should provide their own back-up timer. Clubs will be asked to back-up time. Participating clubs will be notified of work assignments by the Monday before the meet.

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: A basic concession will be available.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Ample parking is available adjacent to the pool in the parking garage.

DIRECTIONS: <http://www.uconnhuskies.com/facilities/directions/htm>

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University of Connecticut, Sanction #: L12-17
Storrs, CT
Session Report

Session: 1 Saturday AM

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 200 IM	0	0	08:45 AM	_____
Finals	2 Men 200 IM	0	0	08:45 AM	_____
Finals	3 Women 100 Butterfly	0	0	08:45 AM	_____
Finals	4 Men 100 Butterfly	0	0	08:45 AM	_____
Finals	5 Women 200 Backstroke	0	0	08:45 AM	_____
Finals	6 Men 200 Backstroke	0	0	08:45 AM	_____
Finals	7 Women 200 Breaststroke	0	0	08:45 AM	_____
Finals	8 Men 200 Breaststroke	0	0	08:45 AM	_____
Finals	9 Women 50 Freestyle	0	0	08:45 AM	_____
Finals	10 Men 50 Freestyle	0	0	08:45 AM	_____
Finals	11 Women 400 Freestyle	0	0	08:45 AM	_____
Finals	12 Men 400 Freestyle	0	0	08:45 AM	_____
	Finish Time			08:45 AM	_____

Session: 2 Saturday PM

Day of Meet: 1 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Women 11-12 200 IM	0	0	02:30 PM	_____
Finals	14 Men 11-12 200 IM	0	0	02:30 PM	_____
Finals	15 Women 10 & Under 200 IM	0	0	02:30 PM	_____
Finals	16 Men 10 & Under 200 IM	0	0	02:30 PM	_____
Finals	17 Men 11-12 100 Butterfly	0	0	02:30 PM	_____
Finals	18 Women 11-12 100 Butterfly	0	0	02:30 PM	_____
Finals	19 Women 10 & Under 100 Butterfly	0	0	02:30 PM	_____
Finals	20 Men 10 & Under 100 Butterfly	0	0	02:30 PM	_____
Finals	21 Women 11-12 100 Backstroke	0	0	02:30 PM	_____
Finals	22 Men 11-12 100 Backstroke	0	0	02:30 PM	_____
Finals	23 Women 10 & Under 100 Backstroke	0	0	02:30 PM	_____
Finals	24 Men 10 & Under 100 Backstroke	0	0	02:30 PM	_____
Finals	25 Women 11-12 100 Breaststroke	0	0	02:30 PM	_____
Finals	26 Men 11-12 100 Breaststroke	0	0	02:30 PM	_____
Finals	27 Women 10 & Under 100 Breaststroke	0	0	02:30 PM	_____
Finals	28 Men 10 & Under 100 Breaststroke	0	0	02:30 PM	_____
Finals	29 Women 11-12 50 Freestyle	0	0	02:30 PM	_____
Finals	30 Men 11-12 50 Freestyle	0	0	02:30 PM	_____
Finals	31 Women 10 & Under 50 Freestyle	0	0	02:30 PM	_____
Finals	32 Men 10 & Under 50 Freestyle	0	0	02:30 PM	_____
Finals	33 Women 11-12 400 Freestyle	0	0	02:30 PM	_____
Finals	34 Men 11-12 400 Freestyle	0	0	02:30 PM	_____
	Finish Time			02:30 PM	_____

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Session: 3 Sunday AM

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

Round	Event	Entries	Heats	Starts at	
Finals	35 Women 200 Freestyle	0	0	08:45 AM	_____
Finals	36 Men 200 Freestyle	0	0	08:45 AM	_____
Finals	37 Women 200 Butterfly	0	0	08:45 AM	_____
Finals	38 Men 200 Butterfly	0	0	08:45 AM	_____
Finals	39 Women 100 Backstroke	0	0	08:45 AM	_____
Finals	40 Men 100 Backstroke	0	0	08:45 AM	_____
Finals	41 Women 100 Breaststroke	0	0	08:45 AM	_____
Finals	42 Men 100 Breaststroke	0	0	08:45 AM	_____
Finals	43 Women 100 Freestyle	0	0	08:45 AM	_____
Finals	44 Men 100 Freestyle	0	0	08:45 AM	_____
Finals	45 Women 400 IM	0	0	08:45 AM	_____
Finals	46 Men 400 IM	0	0	08:45 AM	_____
	Finish Time			08:45 AM	_____

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Session: 4 Sunday PM

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	47 Women 11-12 200 Freestyle	0	0	02:30 PM	_____
Finals	48 Men 11-12 200 Freestyle	0	0	02:30 PM	_____
Finals	49 Women 10 & Under 200 Freestyle	0	0	02:30 PM	_____
Finals	50 Men 10 & Under 200 Freestyle	0	0	02:30 PM	_____
Finals	51 Women 11-12 50 Butterfly	0	0	02:30 PM	_____
Finals	52 Men 11-12 50 Butterfly	0	0	02:30 PM	_____
Finals	53 Women 10 & Under 50 Butterfly	0	0	02:30 PM	_____
Finals	54 Men 10 & Under 50 Butterfly	0	0	02:30 PM	_____
Finals	55 Women 11-12 50 Backstroke	0	0	02:30 PM	_____
Finals	56 Men 11-12 50 Backstroke	0	0	02:30 PM	_____
Finals	57 Women 10 & Under 50 Backstroke	0	0	02:30 PM	_____
Finals	58 Men 10 & Under 50 Backstroke	0	0	02:30 PM	_____
Finals	59 Women 11-12 50 Breaststroke	0	0	02:30 PM	_____
Finals	60 Men 11-12 50 Breaststroke	0	0	02:30 PM	_____
Finals	61 Women 10 & Under 50 Breaststroke	0	0	02:30 PM	_____
Finals	62 Men 10 & Under 50 Breaststroke	0	0	02:30 PM	_____
Finals	63 Mixed 11-12 200 Butterfly	0	0	02:30 PM	_____
Finals	64 Men 11-12 200 Butterfly	0	0	02:30 PM	_____
Finals	65 Women 10 & Under 100 Freestyle	0	0	02:30 PM	_____
Finals	66 Men 10 & Under 100 Freestyle	0	0	02:30 PM	_____
Finals	67 Women 11-12 200 Backstroke	0	0	02:30 PM	_____
Finals	68 Men 11-12 200 Backstroke	0	0	02:30 PM	_____
Finals	69 Women 11-12 100 Freestyle	0	0	02:30 PM	_____
Finals	70 Men 11-12 100 Freestyle	0	0	02:30 PM	_____
	Finish Time			02:30 PM	_____