

ZEUS Heat Wave Meet Invitational

June 8 – 10, 2012

Wesleyan University Freeman Athletic Building
161 Cross Street, Middletown, CT 06457

Held under sanction of USA Swimming and Connecticut Swimming #L12-16

MEET EVENTS

	Name	Email	Phone
Meet Director:	Eric Baritz	Byte1inc@optonline.net	203-838-5836
Meet Referee:	Nancy Wargo	nwargo@optonline.net	203-838-5836
Entry Chair:	Eric Baritz	Byte1inc@optonline.net	203-838-5836
Safety Chair:	Dennis Flores	Dennis.flores@zeusswimteam.org	203-838-5836
Officials Contact:	Nancy Wargo	nwargo@optonline.net	203-838-5836

WEBSITE: www.zeusswimteam.org

POOL EMERGENCY NUMBER: (860) 685-2915 – Pool Deck Facility Monitor: (860) 685-2690

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

MEET FORMAT: The meet will be swum as Timed-Final. The Senior 1500 Freestyle will be swum Fastest to Slowest alternating women and men.

SCRATCH PROCEDURES: Scratches are due 30 minutes before the start of each session.

FACILITY: Freeman Athletic Center on the Wesleyan University campus.

- The pool is 50 meters by 25 yards – providing eight 9' wide lanes.
- Water depth at start end is: 14 feet. Water depth at turn end is 5 feet.
- Colorado Timing System computer, touch pads and eight-lane score board assure a quality timing system display of events.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- There is limited spectator seating.
- Locker rooms:
 - o No locks may be left on Wesleyan lockers.
 - o No shaving on premises is permitted.
 - o No access to faculty locker rooms is permitted.
 - o Failure to comply may result in expulsion from the meet.

DISABLED ACCESS: Handicap accessibility throughout the facility.

COURSE: LCM.

SESSION TIMES:

Friday p.m. (1500 Freestyle) 5:00 p.m. warm up and 5:45 p.m. start

Saturday and Sunday a.m. (15 and Overs), 7:00 a.m. warm up and 8:00 a.m. start

Saturday and Sunday p.m. (13/14's), 11:00 a.m. warm up and 12 noon start

Saturday and Sunday evening (12 and unders), 3:00 p.m. warm up and 4:00 p.m. start

The 13/14 and 15 and over sessions may combine based on subscription to the meet. If this does happen, based on the approval of Program Operations, all teams will be notified by email within two days after the entry deadline. Those times for Saturday and Sunday would be:

13 and over: 7:30 a.m. warm up and 8:45 a.m. start

12 and under session: 1:30 p.m. or 2:00 p.m. warm up and 2:30 p.m. or 3:00 p.m. start

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.

EVENT INFORMATION:

- The 13/14 and 15 and over sessions may combine based on subscription to the meet. If this does happen, based on the approval of Program Operations, all teams will be notified by email within two days after the entry deadline. The goal is to have fully subscribed sessions for the 15 and overs, 13/14's, and 12 and unders.
- If the meet sessions do combine, then we will also combine the 13/14 and 15 and over 400 IM and 400 Freestyle into the senior 400 IM and 400 Freestyle.
- Swimmers need to provide their own timers for the 1500 Freestyle, 400 IM and 400 Freestyle for all age groups.

ENTRY LIMITATIONS: Swimmers may enter up to 5 events per session. If the meet is over subscribed we will limit the events to 4 then 3 events. The goal is to have fully subscribed sessions for the 15 and overs, 13/14's, and 12 and unders.

ENTRY TIMES: Submit entry times in [LCM](#).

DEADLINES: Entry deadline is May 24, 2012. Mail hardcopy and payment to the entry chairperson:
Eric Baritz
501 Westport Avenue, #272
Norwalk, CT 06851

All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be determined by the date of the emailed entry.

CONNECTICUT-ONLY DEADLINE: CT deadline is May 23, 2012. Entries will be determined by the date of the emailed entry. CT clubs meeting this deadline will be entered before out of state clubs.

OUT OF STATE DEADLINE: May 24, 2012. Out of state teams sending entries will be based on the subscription of CT teams and taken in order of a received email entry.

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,

Eric Baritz at byte1inc@optonline.net. Please check that your team name, address, and contact information are listed correctly in this file. Payment is due upon the team's 1st splash.

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: \$6.50 for individual events, and \$12.00 for the Senior 1500 freestyle. Manual entries: \$12.00 for individual events, \$12.00 for distance events, \$12.00 for relays. 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 NAC and mail to:

ZEUS Swim Team
501 Westport Avenue, #272
Norwalk, CT 06851

Payment must be received by the 1st splash of the team.

CUT PROTOCOL for INVITATIONALS:

Swimmers may enter up to 5 events per session. If the meet is over subscribed we will:

Limit the events to 4, then to 3 events;

Eliminate 8 and unders from the appropriate sessions;

Heat limit the 400 IM's and 400 freestyles;

Teams will be removed from the meet based on the receipt of their emailed entry.

If necessary, the heat limits for the 400 IM and 400 Free will allow the top 32 swimmers of each sex to swim. In the event that the 13/14 and 15/over sessions are combined, the heat limits for the combined 400 IM and 400 Free races will allow the top 48 swimmers to swim.

ZEUS will not eliminate any of its own swimmers from an event in order to have adequate workers in the sessions of the meet.

Clubs will be notified of changes no later than Monday before the meet. The ZEUS Meet committee will try to notify teams sooner if at all possible.

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 \$6.50 for individual events and \$12.00 for relays. 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: Volunteers will be based on the number of swimmers entered from each team. Swimmers need to provide their own timers for the Senior 1500 freestyle and all 400 IM's and 400 Freestyle. Participating clubs must 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: No Ribbons

CONCESSIONS: Small

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Ample.

DIRECTIONS:

From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take a right onto Rt. 66W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left.

From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left.

LODGING: The following hotels and motels are in the area:

Crown Plaza
100 Berlin Road
Cromwell, CT
(860) 635-2000

Courtyard by Marriott
4 Sebethe Drive
Cromwell, CT
(860) 635-1001

Comfort Inn
Route 372
Cromwell, CT
(860) 635-4100

Super 8 Motel
1 Industrial Drive
Cromwell, CT
(860) 843-1991

Marriott – Rocky Hill
I-91 – Exit 23
Rocky Hill, CT
(860) 257-6000

Inn at Middletown
70 Main Street
Middletown, CT 06457
(860) 854-6300

2012 ZEUS Heat Wave Invitational - 6/8/2012 to 6/10/2012**Session Report**

Session: 1 Friday night 1500 Freestyle

Day of Meet: 1 Starts at 05:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 1500 Freestyle	0	0	05:45 PM _____
Finals	2 Boys 1500 Freestyle	0	0	05:45 PM _____
	Finish Time			05:45 PM _____

Session: 2 Saturday a.m. 15 and over session

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at
Finals	3 Girls 15 & Over 200 Freestyle	0	0	08:00 AM _____
Finals	4 Boys 15 & Over 200 Freestyle	0	0	08:00 AM _____
Finals	5 Girls 15 & Over 100 Butterfly	0	0	08:00 AM _____
Finals	6 Boys 15 & Over 100 Butterfly	0	0	08:00 AM _____
Finals	7 Girls 15 & Over 200 Backstroke	0	0	08:00 AM _____
Finals	8 Boys 15 & Over 200 Backstroke	0	0	08:00 AM _____
Finals	9 Girls 15 & Over 100 Breaststroke	0	0	08:00 AM _____
Finals	10 Boys 15 & Over 100 Breaststroke	0	0	08:00 AM _____
Finals	11 Girls 15 & Over 100 Freestyle	0	0	08:00 AM _____
Finals	12 Boys 15 & Over 100 Freestyle	0	0	08:00 AM _____
Finals	13 Girls 15 & Over 400 IM	0	0	08:00 AM _____
Finals	14 Boys 15 & Over 400 IM	0	0	08:00 AM _____
	Finish Time			08:00 AM _____

Session: 3 Saturday p.m. 13/14 session

Day of Meet: 2 Starts at 12:00 PM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at
Finals	15 Girls 13-14 200 Freestyle	0	0	12:00 PM _____
Finals	16 Boys 13-14 200 Freestyle	0	0	12:00 PM _____
Finals	17 Girls 13-14 100 Butterfly	0	0	12:00 PM _____
Finals	18 Boys 13-14 100 Butterfly	0	0	12:00 PM _____
Finals	19 Girls 13-14 200 Backstroke	0	0	12:00 PM _____
Finals	20 Boys 13-14 200 Backstroke	0	0	12:00 PM _____
Finals	21 Girls 13-14 100 Breaststroke	0	0	12:00 PM _____
Finals	22 Boys 13-14 100 Breaststroke	0	0	12:00 PM _____
Finals	23 Girls 13-14 100 Freestyle	0	0	12:00 PM _____
Finals	24 Boys 13-14 100 Freestyle	0	0	12:00 PM _____
Finals	25 Girls 13-14 400 IM	0	0	12:00 PM _____
Finals	26 Boys 13-14 400 IM	0	0	12:00 PM _____
	Finish Time			12:00 PM _____

2012 ZEUS Heat Wave Invitational - 6/8/2012 to 6/10/2012**Session Report**

Session: 4 Saturday evening 12 and unders session

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at
Finals	27 Mixed 11-12 200 IM	0	0	04:00 PM _____
Finals	28 Mixed 10 & Under 200 IM	0	0	04:00 PM _____
Finals	29 Girls 11-12 100 Freestyle	0	0	04:00 PM _____
Finals	30 Boys 11-12 100 Freestyle	0	0	04:00 PM _____
Finals	31 Girls 10 & Under 100 Freestyle	0	0	04:00 PM _____
Finals	32 Boys 10 & Under 100 Freestyle	0	0	04:00 PM _____
Finals	33 Girls 11-12 100 Butterfly	0	0	04:00 PM _____
Finals	34 Boys 11-12 100 Butterfly	0	0	04:00 PM _____
Finals	35 Girls 10 & Under 100 Butterfly	0	0	04:00 PM _____
Finals	36 Boys 10 & Under 100 Butterfly	0	0	04:00 PM _____
Finals	37 Girls 12 & Under 200 Backstroke	0	0	04:00 PM _____
Finals	38 Boys 12 & Under 200 Backstroke	0	0	04:00 PM _____
Finals	39 Girls 10 & Under 50 Backstroke	0	0	04:00 PM _____
Finals	40 Boys 10 & Under 50 Backstroke	0	0	04:00 PM _____
Finals	41 Girls 11-12 50 Backstroke	0	0	04:00 PM _____
Finals	42 Boys 11-12 50 Backstroke	0	0	04:00 PM _____
Finals	43 Girls 10 & Under 50 Breaststroke	0	0	04:00 PM _____
Finals	44 Boys 10 & Under 50 Breaststroke	0	0	04:00 PM _____
Finals	45 Girls 11-12 50 Breaststroke	0	0	04:00 PM _____
Finals	46 Boys 11-12 50 Breaststroke	0	0	04:00 PM _____
Finals	47 Mixed 12 & Under 400 Freestyle	0	0	04:00 PM _____
	Finish Time			04:00 PM _____

Session: 5 Sunday a.m. 15 and over session

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at
Finals	48 Girls 15 & Over 200 IM	0	0	08:00 AM _____
Finals	49 Boys 15 & Over 200 IM	0	0	08:00 AM _____
Finals	50 Girls 15 & Over 100 Backstroke	0	0	08:00 AM _____
Finals	51 Boys 15 & Over 100 Backstroke	0	0	08:00 AM _____
Finals	52 Girls 15 & Over 200 Butterfly	0	0	08:00 AM _____
Finals	53 Boys 15 & Over 200 Butterfly	0	0	08:00 AM _____
Finals	54 Girls 15 & Over 200 Breaststroke	0	0	08:00 AM _____
Finals	55 Boys 15 & Over 200 Breaststroke	0	0	08:00 AM _____
Finals	56 Girls 15 & Over 50 Freestyle	0	0	08:00 AM _____
Finals	57 Boys 15 & Over 50 Freestyle	0	0	08:00 AM _____
Finals	58 Girls 15 & Over 400 Freestyle	0	0	08:00 AM _____
Finals	59 Boys 15 & Over 400 Freestyle	0	0	08:00 AM _____
	Finish Time			08:00 AM _____

2012 ZEUS Heat Wave Invitational - 6/8/2012 to 6/10/2012**Session Report**

Session: 6 Sunday p.m. 13/14 session

Day of Meet: 3 Starts at 12:00 PM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at
Finals	60 Girls 13-14 200 IM	0	0	12:00 PM _____
Finals	61 Boys 13-14 200 IM	0	0	12:00 PM _____
Finals	62 Girls 13-14 100 Backstroke	0	0	12:00 PM _____
Finals	63 Boys 13-14 100 Backstroke	0	0	12:00 PM _____
Finals	64 Girls 13-14 200 Butterfly	0	0	12:00 PM _____
Finals	65 Boys 13-14 200 Butterfly	0	0	12:00 PM _____
Finals	66 Girls 13-14 200 Breaststroke	0	0	12:00 PM _____
Finals	67 Boys 13-14 200 Breaststroke	0	0	12:00 PM _____
Finals	68 Girls 13-14 50 Freestyle	0	0	12:00 PM _____
Finals	69 Boys 13-14 50 Freestyle	0	0	12:00 PM _____
Finals	70 Girls 13-14 400 Freestyle	0	0	12:00 PM _____
Finals	71 Boys 13-14 400 Freestyle	0	0	12:00 PM _____
	Finish Time			12:00 PM _____

Session: 7 Sunday evening 12 and under session

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at
Finals	72 Girls 11-12 50 Freestyle	0	0	04:00 PM _____
Finals	73 Boys 11-12 50 Freestyle	0	0	04:00 PM _____
Finals	74 Girls 10 & Under 50 Freestyle	0	0	04:00 PM _____
Finals	75 Boys 10 & Under 50 Freestyle	0	0	04:00 PM _____
Finals	76 Girls 11-12 50 Butterfly	0	0	04:00 PM _____
Finals	77 Boys 11-12 50 Butterfly	0	0	04:00 PM _____
Finals	78 Girls 10 & Under 50 Butterfly	0	0	04:00 PM _____
Finals	79 Boys 10 & Under 50 Butterfly	0	0	04:00 PM _____
Finals	80 Girls 12 & Under 200 Breaststroke	0	0	04:00 PM _____
Finals	81 Boys 12 & Under 200 Breaststroke	0	0	04:00 PM _____
Finals	82 Girls 10 & Under 100 Backstroke	0	0	04:00 PM _____
Finals	83 Boys 10 & Under 100 Backstroke	0	0	04:00 PM _____
Finals	84 Girls 11-12 100 Backstroke	0	0	04:00 PM _____
Finals	85 Boys 11-12 100 Backstroke	0	0	04:00 PM _____
Finals	86 Girls 10 & Under 100 Breaststroke	0	0	04:00 PM _____
Finals	87 Boys 10 & Under 100 Breaststroke	0	0	04:00 PM _____
Finals	88 Girls 11-12 100 Breaststroke	0	0	04:00 PM _____
Finals	89 Boys 11-12 100 Breaststroke	0	0	04:00 PM _____
Finals	90 Girls 12 & Under 200 Butterfly	0	0	04:00 PM _____
Finals	91 Boys 12 & Under 200 Butterfly	0	0	04:00 PM _____
Finals	92 Mixed 10 & Under 200 Freestyle	0	0	04:00 PM _____
Finals	93 Mixed 11-12 200 Freestyle	0	0	04:00 PM _____
	Finish Time			04:00 PM _____