

**THE WILTON Y WAHOO
LONG COURSE AA INVITATIONAL
AND
LONG COURSE SENIOR QUALIFIER**

JUNE 22-24, 2007

HOSTED BY THE WILTON Y WAHOO SWIM CLUB

Held under sanction of USA Swimming and CT Swimming: #L07-19, #L07-18

WILTON FAMILY YMCA

404 DANBURY RD.

WILTON, CONNECTICUT 06897

Meet Manager

LeAnn Abbott
96 Turtlehead Rd.
Wilton, CT 06897
203-210-5197
email: jabbott6@aol.com

Entry Chairman

Marie Blackwood/Wilton Y Wahoos
404 Danbury Rd.
Wilton, CT 06897
203-762-8384 x290
email: wywahoos@msn.com

Safety Chairman: Pat Rappa **Meet Referee:** Helene Kramer-Gnerre **Pool Emergency Number:** 203-762-8384

The meet will be run in accordance with USA swimming rules unless otherwise noted. The meet referee reserves the right to make any adjustments to the provisions of the meet announcement necessary to ensure the fair and efficient running of 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. Meet management reserves the right to limit heats, adjust warm-up, and/or start times, or make other changes to ensure a quality meet. All changes are subject to approval by CSI Program Operations.

Pool: The Melissa Nickel Pool at the Wilton Family Y pool is a 6-lane by 50 meter facility with non-turbulent lane lines and electronic timing. Adequate seating and parking is available. Parking is available across the street at the Wilton High School. The Kiddy Pool is not available to Meet Participants. It is for the use of the Wilton Y Members and their guests. **No children under 12 years should be anywhere in the Wilton YMCA unsupervised by an adult.** Handicap/Elderly accessibility to Pool deck and spectator area is accessible through men's and women's locker rooms.

Events: All events will be deck seeded according to the swimmers best AA **meter** times, AA yard times will be accepted and seeded after the meter times. All events on Friday are timed finals. Preliminary heats, distance events, and relays in the AA session will be swum in Long Course Meters. **(The meet management reserves the right to use Short Course Meters for preliminaries and timed final events of the AA if we are oversubscribed)** 3 heats of evening finals will be swum in Long Course Meters. Relays will be swum during the preliminary session, except if session is full and time is a factor; the fastest heat may be swum at finals. The **Senior Qualifier (PM session)** will be timed finals and swum as long course meters. Time trials may be available if time permits.

Eligibility: Only 2007 USA-registered swimmers are eligible and must be registered prior to the entry deadline. The swimmer's age as of June 22, 2007 will determine the age for the meet. USA 2004 "AA" National Time Standards for 15-16 are used as requirements for the "AA" session. ***Times must be slower than a "15-16 AA" time to swim that event in the Senior Qualifier (PM session). Swimmers must be 11/over to participate in the Senior Qualifier.***

Entry Limitations: Swimmers may enter any events for which they qualify but are limited to **3** individual events for the AA session per day and **4** events for the Senior Qualifier per day including time trials. If a swimmer is swimming in **both** sessions that swimmer may not swim any more than 3 events per day combined. Please remember a swimmer cannot swim the Senior Qualifier (PM session) if he/she has an AA cut in that event. **If a swimmer has 2 AA events for that day, they may enter a third as a bonus event. Please mark on original copy bonus events in RED. Enter the bonus events with swimmers best meter or yard time.** The Wilton Y Wahoos reserve the right to enter our swimmers to assure adequate staffing of our meets.

Entry forms: If entering both meets please make sure to send the entries in separate subdirectories or separate disks. Teams are encouraged to submit their entries on a disk using the LSA Swim Team program or any program which produces the USA standard Data Interchange Format SDIF. An original paper copy of the entry must accompany all entries on disk. You may also submit your entry by email in SDIF format. Please **ZIP** your entry and attach it to an Email note to Wywahoos@msn.com. Mail your entry to Barb Prue at the above address. Please send your original entry, not a photocopy. The **phone number** (and where possible, a **fax number** and/or **E-mail address**) of a club representative that can be reached in the evening, must be included on the form as well as a club mailing address. If any of your swimmers are swimming the meet Unattached please mark **UNAT** clearly in **RED** along side of the swimmer's name on the entry sheet. Note that each relay team must be indicated on a separate line at the bottom of the entry form. Relays must be entered with seed times, which may not be changed. NT entries will not be accepted for relays. In case of dispute, the official entry form will be considered the master form and only official document of entry.

Entry Fees: AA session: Individual events are \$4.50 and relays are \$9.00 each.

Qualifier: Individual events are \$4.00. Make checks payable to Wahoo Swim Club and mail the check with the entry forms to the entry chairman. If you send your entry by express mail, please sign the waiver so the package will be delivered even if no one is there to sign for it. **There will be a \$1.00 charge per swimmer for 5 or more swimmers on hand entered entries.**

Entry Deadline: **Entries** are accepted on a first come first serve basis until the meet is full. CT. teams that enter by June 4, 2007 will be entered first. Final deadline for entries will be Wednesday June 5, 2007. Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team. Teams will be notified as soon as meet is full but no later than June 14, 2007. No changes may be made after the entry is received. Any entry received after the above date will be returned. The meet management reserves the right to cut relays, limit heats, adjust warm-up and/or start times subject to approval of CT Swimming program operations.

Cut Protocol: Entries are accepted on a first come first serve basis until the meet is full. Connecticut teams that enter by June 4, 2007 will be entered before out-of-state teams. If oversubscribed, the meet management may cut relays, adjust warm-up/start times, move AA prelim sessions to short course meters in order to ensure the majority of teams being included. If the Friday qualifier sessions are oversubscribed, a Thursday evening session may be added for the qualifier overflow. Teams will be notified of any cuts or changes as soon as possible after the entry deadline but no later than June 18, 2007.

Timers and Officials: The host team may require timers from teams in proportion to the size of their entries. Teams must provide their own timers and counters for the distance events. Officials will also be needed. Please contact Helene Kramer-Gnerre, Head Referee if you will be able to assist, 203-733-4590 or email helene.kramer@ge.com.

Scratches: Coaches will receive a scratch sheet for each session of the meet in their information packet, listing all of their swimmers and events for that session. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table within **one-half hour after** the beginning of warm-ups.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet.

Exceptions for Failure to Compete in Finals: No penalty shall apply for failure to compete in finals if:

1. The Referee is notified in the event of injury of illness and accepts the proof thereof.
2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within **30 minutes** after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within **30 minutes** following his last individual preliminary event.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Meet Schedule

Friday afternoon (AA)	Warm-up 1 pm	Start 2:30 pm
Friday evening (Qualifier)	Warm-up 5:30 pm	Start 6:30 pm
AA Session (Saturday/Sunday)	Warm-up 7:00a.m.	Start 8:30 a.m.
Senior Qualifier (Saturday/Sunday)	Warm-up 12:30 p.m.	Start 1:30 p.m.
Final AA Session (Sat./Sun.)	Warm-up 5:00 p.m.	Start 6:00 p.m.

**Warm-up and start times for the sessions and finals are subject to change depending on the size of the meet. Teams will be notified of any changes by June 15, 2007 or as soon as possible thereafter.*

**The meet management may need to add a Thursday evening session for overflow of the Friday Qualifier Session.*

Awards: There will be no awards.

Food: Food and beverages will be available during the meet. However, food will not be allowed in any areas of the building other than the food concession area.

Information: Please direct all questions regarding entries to the chairman and all other questions to the meet director. Since we are the guests of the Wilton Family Y, all swimmers, coaches, and guests are expected to treat the facility with respect. It is the responsibility of each team to provide supervision for the swimmers when they are not swimming. **Any violations of the rules of sportsmanship and common courtesy could result in the expulsion of a swimmer and/or team from the meet.**

Information Updates, Meet Announcement, Psych Sheets and Meet Results: Available on the Wahoo's home page on the World Wide Web at:

<http://wywahoos.org>

Hotels

Courtyard by Marriott 474 Main Ave Norwalk, CT 203-849-9111	Double Tree Hotel 789 Connecticut Ave. Norwalk, CT 203-853-3477	Sheraton Four Pointe 426 Main Ave. Norwalk, CT 203-849-9828
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Norwalk Inn and Conf. Center 99 East Ave. Norwalk, CT 203-838-5531	Hilton Garden Inn 560 Main Street Norwalk, CT 203-523-4000
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There are numerous restaurants along Main Street and Route 7 and in conjunction with the motels.

Directions: Wilton Family Y

Merritt Parkway from New Haven: Take exit 41(RT. 33) at end of the ramp turn left (north) onto RT. 33. Go 5.0 miles to the sixth traffic light. The Wilton Family Y is on the right, and the Wilton High School is on the left. Turn into the parking lot. Additional parking is available across the street at the high school if needed.

Merritt Parkway from New York: Take exit 39B. Follow the Route 7 North freeway to its end and turn right at the light. Turn left onto Rt. 7 north. Go 4.4 miles and turn right into the Y parking lot. The Wilton Family Y is on the right, and the Wilton High School is on the left. Additional parking is available across the street from the Y at the high school if needed.

Connecticut Turnpike I95: Take exit 15 to route 7 north. Follow Route 7 freeway to the end and turn right at the light. At the end of the road turn left onto old Route 7 and go about 3 miles to the Wilton Y as above.

POLAND SPRING AA LONG COURSE INVITATIONAL

Schedule of Events and Time Standards

Friday June 22, 2007

Warm-Up 1 pm Start 2:30 pm

WOMEN	SCY	LCM	EVENT	LCM	SCY	MEN
1	5:35.39	4:59.79	*400 M FREE	4:41.09	5:11.69	2
3	5:00.99	5:42.69	*400 M IM	5:16.19	4:37.09	4

*Events seeded
fastest to
slowest

Saturday June 23, 2007

Warm-Up 7 am Start 8:30 am

5	222.39	241.09	200 M IM	230.69	209.99	6
7	113.59	124.09	100 M Breast	117.19	106.29	8
9	221.19	237.29	200 M Fly	225.89	208.99	10
11	58.89	107.19	100 M Free	101.39	53.09	12
13	220.49	240.59	200 M Back	228.49	207.09	14
15		-	400 M Free Relay	-		16

Sunday June 24, 2007

Warm-Up 7 am Start 8:30 am

17	238.39	300.59	200 M Breast	246.99	223.89	18
19	27.19	30.99	50 M Free	28.09	24.49	20
21	104.49	112.89	100 M Fly	106.19	58.29	22
23	206.99	223.19	200 M Free	213.39	155.79	24
25	105.29	115.39	100 M Back	108.99	59.19	26
27			400 M Med. Relay			28

FINALS AA

WARM-UP 5:00 P.M. START AT 6:00 P.M.

Order of events will follow AM session order

POLAND SPRING SENIOR QUALIFIER
PM SESSION
SCHEDULE OF EVENTS

Friday June 22, 2007

Warm-Up 5 pm Start 6 pm

WOMEN

1 400 M FREESTYLE
3 400 M IM

MEN

2
4

Events in this session seeded fastest to slowest, alternating women and men.

Saturday June 23, 2007

Warm-Up 12:30 pm Start 1:30 pm

5	200 M IM	6
7	100 M Breast	8
9	200 M Fly	10
11	100 M Free	12
13	200 M Back	14

Sunday June 24, 2007

Warm-Up 12:30 pm Start 1:30 pm

15	200 M Breast	16
17	50 M Free	18
19	100 M Fly	20
21	200 M Free	22
23	100 M Back	24

**IF A SWIMMER HAS "AA" 15-16 TIME CUT HE/SHE CAN NOT
SWIM THAT EVENT IN THIS Meet!!!**

Complete this summary for each meet

POLAND SPRING AA 2007

Swimmers	Individual Events	Relay Events
Senior Women		
Senior Men		
Total Events		
	x \$ 4.50	x \$9.00
Total Entry fees		
Hand entered entries \$1.00 per swimmer, 5 or more		----- -
Total Amount of check		

Make checks payable to the Wahoo Swim Club

Team Name: _____ Initials: _____

Team Town and State (for program): _____ Coach _____

Team Contact: _____

Contact phone (including area code): Daytime: _____ Evening: _____

Email _____ Fax number _____

Complete this summary for each meet

SENIOR QUALIFIER 2007

Swimmers	Individual Events
Senior Women	
Senior Men	
Total Events	
	x \$4.00
Total Entry fees	
Hand entered entries \$1.00 per swimmer, 5 or more	
Total Amount of check	

Make checks payable to the Wahoo Swim Club

Team Name: _____ Initials: _____

Team Town and State (for program): _____ Coach _____

Team Contact: _____

Contact phone (including area code): Daytime: _____ Evening: _____

Email _____ Fax number _____