

2007 Water Rat Long Course Invitational

June 9-10, 2007

Held under sanction of USA Swimming and CT Swimming - #L07-12

Hosted by:

Water Rat Swim Team
Westport Weston Family Y

Location:

Wesleyan University – Middletown, CT

The Water Rat Long Course Invitational will be held at the Freeman Athletic Center on the Wesleyan University campus.

FACILITY: The pool is 50meters by 25yards – providing eight 9’ wide lanes. The starting end of the pool is 14.5’ and gradually slopes to a depth of 8’ over most of the racing course. Colorado Timing System computer, touch pads and eight lane score board assures a quality timing system display of events.

ENTRIES: Swimmers may enter and swim three (3) events each day. All events are timed finals. Please submit entry times in LCM. Please convert SCY times or estimate a time for seeding purposes. NT entries are discouraged. All participants must be 2007 USA Swimming registered. Out of state teams must submit a verified USA Swimming membership roster.

To enter, please submit a computer generated form. [Handwritten entries are acceptable with an additional \$2.00 surcharge per swimmer.] Please be sure to include: coaches name, telephone numbers, team address, contact person and summary of entries. Teams should submit their entry via email on Hy-TEK or other SDIF entry file. Entry is officially accepted upon receipt of paper copy and payment.

MEET MANAGER: Jeanne Bowles

ENTRY CHAIRMAN: Bill Krumm

bkrumm@westport.org / 203-226-8981 x117

SAFETY DIRECTOR: Jim Miccio

REFEREE: Monica Prangley – mhprangley@aol.com

ENTRY DEADLINE: CT-LSC entries must be received by **Monday, May 28th**. And will be entered first.

Out-of-State entries will be accepted in order of date received beginning Tuesday, May 29, if room exists.

Entries will be handled on a first come first serve basis.

Please mail to: Westport Weston Family Y

Swim Team

PO Box 190

Westport, CT 06881

Street Address: Westport Weston Family Y

Swim Team

59 Post Road East

Westport, CT 06880

ENTRY FEE: \$4.50 per individual event. Checks are payable to: WRAT Parents Club

STARTING TIMES:

		<u>Warm-up</u>	<u>Start</u>
Saturday:	Session I:	7:30am	8:45am
	Session II:	1:00pm	2:00pm
Sunday:	Session III:	7:30am	8:45am
	Session IV:	1:00pm	2:00pm

EMERGENCY PHONE:

Facility Monitor: (860) 685-2886
Pool Deck: (860) 685-2915

OFFICIALS and TIMERS: We will need help with officiating and timing. We would greatly appreciate any teams with officials to please help whenever possible throughout the course of the meet. Please submit names with entry form or contact Bill Krumm at (203) 226-8981 ext. 117 or e-mail at bkrumm@westport.org. Teams will be required to supply timers and will be notified the week of the meet.

COACHES: 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.

WARM UP INFORMATION: General warm up procedures will be conducted with the USA/CT Swimming, Inc. rules for the safety of the participants. Please refer to your coach's packet for more information. Should time permit, a warm-up will be available during the course of the session.

SCRATCHES: Coaches will receive a scratch sheet in their packet, which must be turned in at the designated time prior to the start of each session.

CONDUCT OF 400m Free & 400m IM: These events will be heat limited if necessary based on the size of the meet. Swimmers in these events must supply their own timer. Teams will be notified by 6/2/07 by e-mail of any changes.

AWARDS: Heat winners awards will be supplied.

OVER/UNDER SUBSCRIPTION: The meet manager reserves the right to make any adjustments deemed necessary to ensure fair and efficient running of the meet, such as adjusting warm-up and start times, or combining sessions. This will be done with approval of CSI. Teams will be notified by 6/2/07 by e-mail of any changes. Be sure to include an accurate e-mail address of the team contact. 400IM/400FR events will be heat limited if necessary based on the size of the meet. Entry is officially accepted upon receipt of paper copy and payment.

DIRECTIONS: FROM THE SOUTH – North on I-91 or the Merritt Parkway. Follow signs for Route 66 east and proceed to the intersection of Route 66 and Route 3 – turn right onto Vine Street. Parking is available next to the tennis courts – athletic complex is at end of road.

FROM THE NORTH – Follow I-91 to Route 9 and proceed to the Middletown exit. Take a right at the light directing to 66 west – which is Washington Street. Drive up hill to the Wesleyan campus and turn left onto High Street. Proceed until Church Street and turn right at the light. Proceed approximately 1000 yards to athletic center.

DISABLED/ELDERLY ACCESS: Limited handicap parking is available. Disabled access is through the front entrance only. An elevator is in the front lobby to the locker rooms and pool deck. Spectator seating is to the left of the lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

HOTELS:	Crowne 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	

Event Format – Water Rat Long Course Invitational

SATURDAY, June 9

Session 1: Warm up: 7:30am

Start: 8:45am

Girls' Event #	Event	Boys' Event #
1	13/over 100 FL	2
3	13/over 200 BR	4
5	13/over 200 FR	6
7	13/over 100BK	8
9	13/over 50 FR	10
11	13/over 400 IM	12

Session 2: Warm up: 1:00pm

Start: 2:00pm

Girls' Event #	Event	Boys' Event #
13	12/under 100 BR	14
15	12/under 200 FR	16
17	12/under 100 FL	18
19	12/under 50 BK	20
21	12/under 50 FR	22
23	12/under 200 BK	24
25	12/under 200 IM	26

SUNDAY, June 10

Session 3: Warm up: 7:30am

Start: 8:45am

Girls' Event #	Event	Boys' Event #
27	13/over 200 FL	28
29	13/over 100 FR	30
31	13/over 200 IM	32
33	13/over 100BR	34
35	13/over 200 BK	36
37	13/over 400 FR	38

Session 4: Warm up: 1:00pm

Start: 2:00pm

Girls' Event #	Event	Boys' Event #
39	12/under 100 FR	40
41	12/under 200 FL	42
43	12/under 100 BK	44
45	12/under 50 BR	46
47	12/under 50 FL	48
49	12/under 200 BR	50
51	12/under 400 FR	52

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