

**CHESHIRE Y/SEA DOG SWIM CLUB
JUNE 12 & UNDER INVITE**

Saturday-Sunday June 21-22, 2008

HELD UNDER THE SANCTION OF USA SWIMMING AND CONNECTICUT
SWIMMING.
SANCTION # L08-28

NAME: SEA DOG SWIM CLUB JUNE 12 & UNDER INVITE

DATE: SATURDAY-SUNDAY JUNE 21-22, 2008

LOCATION: CHESHIRE COMMUNITY POOL, 520 South Main Street (RT 10) Cheshire, CT 06410

SPONSORED BY: Cheshire Y/Sea Dog Swim Club

MEET CLASSIFICATION: Open

MEET DIRECTOR: Judy Senft 203-451-1444 senft5@sbcglobal.net

REFEREE: Bill Broadbridge 203-250-0764 bbroadbridge@gmail.com

ENTRY CHAIR: Janine Koukos 203-250-0420 jkoukos@cox.net

SAFETY CHAIR: Liz Aylward 203-464-8811 eaylward@yahoo.com

FACILITY/POOL DESCRIPTION: 8 Lane, 50 meter pool.
Daktronics Electronic Timing System
Deck Seating Limited, bring deck chairs
Overflow parking available across the street
at Cheshire High School.

EMERGENCY PHONE: 203-271-3208

DISABLED ACCESS: The facility is accessible to the disabled. Please contact
the Meet Director with questions.

SPLASH FEE: \$5.00/event

MANUAL ENTRY FEE: \$1.00 per swimmer for teams with more than 5 swimmers.

MAIL ONE CHECK PER TEAM, PAYABLE TO "STPA" AND FORMS TO:

**Ms. Janine Koukos
579 Higgins Road
Cheshire, CT 06410**

Teams using express mail, please waive signature requirement.

ENTRY DEADLINE: Entries will be accepted on a first-come first-served basis. Date of receipt is based on Hard Copy and Payment received by Entry Chair. Deadline for CT teams is Tuesday, June 10, 2008 at 6:00 pm. If there is still room in the meet, Out of State teams will have until Friday, June 13, 2008 at 6:00 pm or until the meet is full.

ENTRY FORMAT: Teams may email entry to entry chair or submit entries on disk using LSA, Hy-Tek or SDIF software. A paper copy must be sent either way with check. Entries must include name, phone number, email & mailing address of team contact. Also include meet entry fee report for Hy-Tek entries. Unattached swimmers must be clearly marked in RED. NT entries are **STRONGLY DISCOURAGED**. Entry times should be in Long Course Meters. If sent overnight mail, please sign "waiver of signature". Entries will be accepted on a first-come first-served basis.

SWIMMER ELIGIBILITY: Swimmers must be 2008 registered members of USA Swimming.

COACH ELIGIBILITY: Coaches must be 2008 registered members of USA Swimming. All coaches must present a valid USA Swimming Coach Card to the Meet Director prior to commencement of any sanctioned swim meet and must have this card with them while on deck.

ENTRY LIMITATIONS: 4 individual events per day

CUT PROTOCOL: Team entries will be accepted on a first-come first-serve basis until sessions are full. Meet Director 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. Due to session time constraints the Meet Director will cut swimmers 4th event, then limit heats in the 11-12 & 10/U 200 fly, back, breast and all 400 free and IM events, then cut clubs, subject to approval of CSI. Circle in RED the 4th event to be scratched in case of over subscription. Teams will be notified in advance by email of any changes. Be sure to include an accurate email address of the team contact.

SCRATCH PROCEDURE: Scratch sheets will be provided in the Coaches' Packets. These sheets **MUST** be returned 40 minutes before the session begins with the scratched swimmers names clearly identified.

WARM UPS: Connecticut Swimming, Inc. warm-up guidelines will be observed. The Meet Director reserves the right to assign general warm-ups by team rather than by age or sex, if the size of the entry and considerations to safety so require. Details and lane assignments will be made available with the Coaches' Packets.

SCHEDULE: 7:00 am Warm-Up
8:00 am Start

- AWARDS:** Ribbons will be awarded 1st-8th place
- REFRESHMENTS/
CONCESSIONS:** Available throughout warm-ups and competitive sessions.
- TIMERS/COUNTERS:** **Participants in the 400M Freestyle and the 400M IM will be required to provide their own timers.** Teams will be required to supply timers based on their entry for the duration of the meet.
- RESULTS:** Electronic results will be emailed to attending teams if an email address is provided. Paper results will be sent to participating clubs upon request.
- DIRECTIONS:**
- FROM 91 NORTH:** To exit 10 (Rt.40 ext). Follow to end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the High School.
- FROM 91 SOUTH:** To 691 West. Take exit 3 off 691, Cheshire. At light at the end of ramp, go left, heading south on Rt. 10. Follow Rt. 10 south through Cheshire. Pool is on the left across from the High School.
- FROM 84 WEST:** to 691 East, take the Cheshire exit. Take a right at the end of the ramp onto Rt. 10 South through Cheshire. Pool is on the left across from the High School.
- FROM 84 EAST:** To exit 26 (rt. 70). Follow Rt. 70 into Cheshire. At Rt. 10 intersection, take a right, heading South on Rt. 10 through Cheshire. Pool is on the left across from the High School.

SEA DOG SWIM CLUB JUNE 12 & UNDER INVITE

Saturday, June 21, 2008

7:00 am Warm-ups; 8:00 am Start

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	10/Under 50 Free	2
3	11-12 50 Free	4
5	12/Under 200 Fly	6
7	10/Under 100 Breast	8
9	11-12 100 Breast	10
11	10/Under 50 Fly	12
13	11-12 50 Fly	14
15	10/Under 100 Back	16
17	11-12 100 Back	18
19	10/Under 200 IM	20
21	11-12 200 IM	22
23	12/Under 400 Free	24

Sunday, June 22, 2008

7:00 am Warm-ups; 8:00 am Start

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
25	12/Under 200 Back	26
27	10/Under 50 Breast	28
29	11-12 50 Breast	30
31	10/Under 100 Free	32
33	11-12 50 100 Free	34
35	12/Under 200 Breast	36
37	10/Under 100 Fly	38
39	11-12 100 Fly	40
41	10/Under 200 Free	42
43	11-12 200 Free	44
45	10/Under 50 Back	46
47	11-12 50 Back	48
49	12/Under 400 IM	50