

The 2008 9/U Short Course Meet

Hosted by: Water Rat Swim Team – Westport Weston Family Y

Held under the sanction of USA Swimming/Connecticut Swimming, Inc. Sanction # L08-22

Date: Thursday, June 19, 2008 **Location:** Westport Weston Family Y – Stauffer Pool

YMCA Emergency #: (203) 226-8981

Times: Warm up: 4:00pm Start: 4:45pm

Connecticut Swimming warm up procedures will be used. No diving will be permitted in the pool during warm up. During the last 10 minutes of warm up, designated sprint lanes will be available.

Eligibility: All swimmers must be 2008 registered members of USA Swimming. Coaches must present current USA Swimming coaches card.

Entries: All entries should be submitted via e-mail on Hy-Tek or other SDIF entry file. Please list the club contact, telephone number and e-mail address for contact purposes. Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team. Electronic entries are preferred, hand written entries add \$2 surcharge per swimmer. Entries will be handled on a first come first serve basis.

Swimmers may enter three (3) individual events and a relay.

Deadline: Entries must be received no later than 6:00pm on Tuesday, June 10, 2008.

Meet Manager: Elise Russi

Entry Chair: Ellen Johnston
(203) 226-8981 Ext. 110
wratadmin@westport.org

Referee: Monica Pranglely

mhpranglely@aol.com

Safety Chair: Nicole Donovan

Mail To: WRAT Team Office
Westport Weston Family Y
P.O. Box 190
Westport, CT 06881

FEDEX To: WRAT Team Office
Westport/Weston YMCA
59 Post Road East
Westport, CT 06880

Fees: Entry Fees: \$4.00 per individual event \$8.00 per relay

Checks payable to: WRAT Parents Club

Cut Off Times: None

Awards: Ribbons for 1st through 6th place for individual and 1st through 3rd place for relays. Heat winner awards will also be presented at the meet.

Meet Limit: We will limit the meet to a certain number of swimmers for a safe warm-up and manageable meet. Teams will be notified by Friday, June 13 if an over subscribed situation occurs.

- Timers:** The host team will require timers from teams in proportion to the size of their entry.
- 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.
- Officials:** Please submit the names of any officials/official trainees willing to work this meet. Have them contact Monica Prangley at mhprangley@aol.com
- Handicap Access:** Handicap access to the bleachers and pool deck through the main entrance. An elevator is available from second floor (rear) entrance.

Refreshments: Refreshments and concessions will be available.

Directions: **Merritt Parkway to Exit 42.** Head south at the end of the exit ramp (right from New Haven, left from New York). Bear right at the fork in the road to Main Street/Route 57. Stay on this road for 1.5 miles, through 4 traffic lights (at second light bear to the left). When Main Street becomes one way, turn left onto Elm Street. Proceed for about 100 yards, turn left into the municipal lot. Entrance to the YMCA is across Elm St. and in the back of the smaller parking lot.

I-95 to Exit 17. At end of ramp turn left onto Route 33 north for 1.5 miles. Turn right onto the Post Road (Rte. 1). At second traffic light after the bridge, turn left onto Main Street. Take your first right on Elm Street and proceed as above.

ORDER OF EVENTS

Girls	Age	Event	Boys
1	9	100 yd Ind. Medley	2
3	8/U	100 yd Ind. Medley	4
5	9/U	50 yd Freestyle	6
7	6/U	25 yd Freestyle	8
9	7	25 yd Freestyle	10
11	8	25 yd Freestyle	12
13	9/U	50 yd Breaststroke	14
15	6/U	25 yd Breaststroke	16
17	7	25 yd Breaststroke	18
19	8	25 yd Breaststroke	20
21	9/U	50 yd Butterfly	22
23	6/U	25 yd Butterfly	24
25	7	25 yd Butterfly	26
27	8	25 yd Butterfly	28
29	9/U	50 yd Backstroke	30
31	6/U	25 yd Backstroke	32
33	7	25 yd Backstroke	34
35	8	25 yd Backstroke	36
37	9/U	100 yd Freestyle Relay	38

Use short course yard times for seeding. In order to run a more efficient meet, please estimate times in events that swimmers have not previously raced in competition. Relays must be entered with seed times which cannot be changed.