

CONNECTICUT YMCA SWIMMING AND DIVING CHAMPIONSHIPS

SPONSORED AND SANCTIONED BY

The Connecticut YMCA Swimming and Diving League

Sanction #CAQ 09-10

Hosted by the Wilton Y Wahoos

Wilton Family YMCA Pool

404 Danbury Road

Wilton, CT. 06897

January 9-10, 2010

MEET MANAGER: Catherine Moss scmoss@optonline.net

ENTRY CHAIR: LeAnn Abbott labbott@wiltonymca.org 203-762-8384x290

Emergency: Emergency only (203) 762-8384

Safety Chairperson: Irene DiGuglielmo

Meet Referee: Dennis Rodney 203-733-4604

Meet Official: Scott Harrington

Date		Warm-up*	Start*
<u>January 9, 2010</u>			
Saturday Morning	13-14 Girls & Boys	8:00 AM	9:00 AM
Saturday Afternoon	15-18 Girls & Boys	no earlier than 1:30pm or 30 minutes after the conclusion of the 13-14 500 free	2:30pm or 1 hour after the start of the warm-up
<u>January 10, 2010</u>			
Sunday AM	13-14 Girls and Boys	8:00 AM	9:00 AM
Sunday Afternoon	15-18 Girls & Boys	no earlier than 1:30pm or 30 minutes after the conclusion of the 13-14 400 IM	2:30pm or 1 hour after the start of the warm-up

****The meet host reserves the right to adjust the warm-up and start times after all the entries are received and accurate timelines can be determined.***

RULES:

2010 USA Swimming Technical Rules

ELIGIBILITY:

Connecticut YMCA Swimming and Diving League and
YMCA National Rules will govern.

ENTRY FEES: \$4.00 per individual event, \$8.00 per relay.

Please make checks payable to "Wilton Y Wahoos" and mail the check with the entry forms. If you send your entry by express mail please sign the waiver so that the package will be delivered even if no one is there to sign for it.

All teams should also include their \$100.00 team dues with their entry fees. Entries will not be accepted without the dues.

Awards:

13/14 1-6 Trophies Individual
 7-12 Ribbons Individual
15/O 1-3 Medals Individual
 4-12 Ribbons Individual
13/O 1-3 Medals Relay
 4-12 Ribbons Relay

Scoring:

Individual Events: 1st-12th place
(16,13,12,11,10,9,7,5,4,3,2,1)
Relay Events: 1st-12th place
(32,26,24,22,20,18,14,10,8,6,4,2)

Entry Deadline:

Entries must be received by 9:00 PM on Tuesday, December 22nd, 2009. No changes may be made after the entry is received. Any entry received after the above date will be returned.

Entry Limitations:

Swimmers may enter and swim a maximum of six (6) individual scoring events and two (2) relay events. A swimmer may swim no more than 4 events each day. High School boys may swim in this meet as Unattached/Exhibition. If the Boys have or will swim two dual meets the week before or after they can not swim in the meet. Please mark your HS boys as Unattached on your entries. They will be swam as exhibition.

Entry Forms:

1. Teams are encouraged to submit their entries via email using the Hy-tek Swim Program. Please ZIP your entry and attach it to an email note to labbott@wiltonymca.org. Meet entries may be submitted on the official entry form or a computer generated facsimile. All entries via email must be followed up with or accompanied by an original paper copy of the entry. **Your entry will not be considered final until we receive your entry fee by mail.**

2. Mail your entry to:
LeAnn Abbott
c/o Wilton Y Wahoos
404 Danbury Rd
Wilton CT. 06897

Please send your original entry, not a photocopy. The phone number (and where possible, fax number and/or E-Mail address) of a club official must be included on the form as well as a club mailing address

Scratches:

1. Coaches will receive a scratch sheet for each session in their information packet at the meet. These sheets will list all swimmers and events for that session at the pool. Coaches must indicate all scratches on these

sheets (or if there are no scratches) and turn them in within one half hour after the beginning of warm-up.

2. A swimmer who fails to compete in an individual event he has been entered and from which he has not been scratched will be barred from competing in his next event.

Work Assignments:

All teams are required to provide timers and officials in proportion to the size of their entry. Teams will be notified as to the number of timers needed as soon as possible after the entries are received. Please send the names of officials with preferred sessions with your entry.

Facility:

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. We will be running events in both 25-yard courses. **NO FOLDING CHAIRS WILL BE ALLOWED WITHIN THE BUBBLE AREA.** Swimmers they are more than welcome to bring extra towels or blankets to spread out on the pool deck as well as utilizing the bleachers. There will be **NO chairs allowed in the Wilton Y hallways.** The Y gym will be available for all spectators and swimmers to relax in.

Directions:

From New Haven: Merritt Parkway Exit 41 (Route 33) Turn left at end of exit, North onto Route 33. Go five (5) miles to 6th traffic light. The Y is on the right. Parking is at the Wilton High School across the street.

From New York:

Merritt Parkway Exit 39B (Route 7) Turn right at the first traffic light and then left onto old route 7 North. Go 5.2 miles to the Wilton Y on the Right. Parking is at the Wilton High School across the street.

Connecticut Turnpike I 95 North or South

Take exit 15 Route 7 and follow Route 7 freeway to the end. Turn right at the light. At end of road turn left at light and follow old Route North for 5.2 miles Wilton u is on the right. Parking is at the Wilton High School Across the street.

Parking: You may drop off swimmers at drop off spot at the Wilton Y and them Park at the Wilton High School across the street.

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

Hilton Garden Inn*
560 Main Avenue
Norwalk, CT
203-523-4000

Courtyard by Marriott*
474 Main Ave.
Norwalk, CT
203-849-9111

Four Points Sheraton*
426 Main Ave.
Norwalk, CT
203-849-9828

Ethan Allen Inn
21 Lake Ave. Exit
Danbury, CT.
203-744-1776

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ORDER OF EVENTS

Saturday, January 9th, AM

Girls Events #			Boys Event #
1	13/14	200 Free Relay	2
3	13/14	100 Backstroke	4
5	13/14	200 Butterfly	6
7	13/14	100 Breaststroke	8
9	13/14	200 IM	10
11	13/14	100 Freestyle	12
		10 Minute Warm-up	
13	13/14	500 Freestyle	14

***Swimmers must supply their own timers and lap counters for the 500 Free**

Saturday, January 9th, Afternoon

15	15/18	200 Free Relay	16
17	15/18	100 Backstroke	18
19	15/18	200 Butterfly	20
21	15/18	100 Breaststroke	22
23	15/18	200 IM	24
25	15/18	100 Freestyle	26
		10 Minute Warm-up	
27	15/18	500 Freestyle	28

***Swimmers must supply their own timers and lap counters for the 500 Free**

Sunday, January 10th, AM

Girls Events #			Boys Event #
29	13/14	200 Medley Relay	30
31	13/14	200 Freestyle	32
33	13/14	100 Butterfly	34
35	13/14	200 Backstroke	36
37	13/14	50 Freestyle	38
39	13/14	200 Breaststroke	40
		10 Minute Warm-up	
41	13/14	400 IM	42

Saturday, January 10th, Afternoon

43	15/18	200 Medley Relay	44
45	15/18	200 Freestyle	46
47	15/18	100 Butterfly	48
49	15/18	200 Backstroke	50
51	15/18	50 Freestyle	52
53	15/18	200 Breaststroke	54
		10 Minute Warm-up	
55	15/18	400 IM	56