

CONNECTICUT YMCA SWIMMING AND DIVING CHAMPIONSHIPS

12 & Under

SPONSORED AND SANCTIONED BY
The Connecticut YMCA Swimming and Diving League

Sanction # *PENDING*

Hosted by the Cheshire Y/Sea Dog Swim Club

Cheshire Community Pool
520 S. Main St.(Rte 10), Bartlem Park
Cheshire, CT 06410
February 13-14, 2010

Meet Manager

Cheryl Guetens
guetens@cox.net
203-988-5959

Entry Contact

Amy Straub
straub101@aol.com
203-288-1055

Emergency Pool #: (203) 271-3208

Date		Warm-up*	Start*
February 13, 2010			
Saturday AM	11-12 Girls & Boys	8:00am	9:00am
Saturday Afternoon	8 & Under Girls & Boys	1:00pm	2:00pm
February 14, 2010			
Sunday AM	9-10 Girls and Boys	8:00 am	9:00 am

****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.

AWARDS:

12/Under 1-6 Trophies Individual
 7-12 Ribbons Individual
 1-3 Medals Relay
 4-12 Ribbons Relay

Scoring:

Individual Events: 1st-12th place
(32,26,24,22,20,18,14,10,8,6,4,2)
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 Thursday,
January 28th, 2010. 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 Three (3) individual scoring events and two (2) relay events. No swimmer 9/10, 11/12 may be entered in the 50 and 100 of the same stroke except for the freestyle events. Please avoid entering a swimmer in consecutive events for the swimmer to recover.

Entry Forms:

Teams are encouraged to submit their entries via email using the Hy-tek Swim Program. You may also submit in LSA or SDI format or other swim entry program. Please ZIP your entry and attach it to an email note to Straub101@aol.com. Meet entries may be submitted on the official entry form or a computer generated facsimile. All entries via email or on disk 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.**

Please make checks payable to **"STPA"** and put **"12/U Y States"** on the memo line. 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.

Checks should be mailed to:
Jane Barlok
360 North Brooksvale Road
Cheshire, CT 06410

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. Teams submitting their entries on disks will receive a copy of the results on disk for their records. Do not submit entry cards with your team entry.

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.

Psych sheet/Results:

The psych sheets for the entire meet will be posted on our web site: www.c-dog.net about one week before the meet. Meet results will be posted shortly after the meet.

Concessions:

There will be concessions available for all parent's and swimmers.

Hospitality:

There will be a hospitality area for Coaches and Officials.

Directions:

From the South: 91 North to Exit 10 (Rte 40 ext). Follow to the end heading north take a right onto Rte 10. Follow Rte 10 North into Cheshire. Pool is on the right across from the High School.

From the North: 91 South to 691 West. Take exit 3 off 691, Cheshire. At the light at the end of the ramp, go left, heading south on Rte 10. Follow Rte 10 South through Cheshire. Pool is on the left across from the High School.

From 84 West to 691: East take the Cheshire exit, right at the end of ramp onto Rte 10 South. Follow as above.

Check our website www.c-dog.net for information and updates as they occur.

Parking: Parking is available in 3 areas, at the pool, adjacent to the big field and across Rt. 10 at the High School.

Lodging:

*Days Inn 860-621-9181
1845 Meriden-Waterbury Turnpike
Milldale, CT 06467

Howard Johnson 203-288-3831
2260 Whitney Ave
Hamden, CT 06518

*Days Inn 203-288-2505
3400 Whitney Ave
Hamden, CT.

Courtyard by Marriott 203-284-9400
600 Northrop Dr.
Wallingford, CT

Fairfield Inn 203-284-0001
100 Chalet St.
Wallingford, CT

*Welcome Inn 203-272-3244
1106 S. Main St, Route 10
Cheshire, CT 06410

- *Indicates Facilities Closest to the pool.

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ORDER OF EVENTS Saturday, February 13, 2010

Saturday AM Session 8:00 AM Warm-up, 9:00AM Start*

Girls Events #			Boys Event #
1	11/12	200 Medley Relay	2
3	11/12	200 Freestyle	4
5	11/12	50 Freestyle	6
7	11/12	200 IM	8
9	11/12	50 Butterfly	10
11	11/12	100 Butterfly	12
13	11/12	50 Backstroke	14
15	11/12	100 Backstroke	16
17	11/12	100 Freestyle	18
19	11/12	50 Breaststroke	20
21	11/12	100 Breaststroke	22
23	11/12	200 Free Relay	24

*Swimmer cannot swim the 50 yard and 100 yard of the same stroke except in the freestyle events

Saturday Afternoon Session 1:00pm Warm-up, 2:00pm Start*

25	8/U	100 Medley Relay	26
27	8/U	25 Freestyle	28
29	8/U	100 IM	30
31	8/U	25 Butterfly	32
33	8/U	25 Backstroke	34
35	8/U	50 Freestyle	36
37	8/U	25 Breaststroke	38
39	8/U	100 Free Relay	40

Sunday, February 14, 2010

Sunday AM Session 8:00am warm-up, 9:00am Start*

Girls Events #			Boys Event #
41	9/10	200 Medley Relay	42
43	9/10	50 Freestyle	44
45	9/10	100 IM	46
47	9/10	50 Butterfly	48
49	9/10	100 Butterfly	50
51	9/10	50 Backstroke	52
53	9/10	100 Backstroke	54
55	9/10	100 Freestyle	56
57	9/10	50 Breaststroke	58
59	9/10	100 Breaststroke	60
61	9/10	200 Free Relay	62

*Swimmer cannot swim the 50 yard and 100 yard of the same stroke except in the freestyle events

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