

2005 SPRING SENIOR LONG COURSE INVITATIONAL

MAY 13-15, 2005

Sanction #L05-3

Hosted by:

**Water Rat Swim Team
Westport/Weston YMCA**

Location:

Wesleyan University – Middletown, CT

The 15th Annual Long Course Invitational will once again be held at the Freeman Athletic Center on the Wesleyan University campus. The meet has offered many teams in the northeast the opportunity for some great early season racing.

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.

EMERGENCY PHONE: 860-685-2690 – Facility monitor
860-685-2915 – Pool Office

ENTRIES: Swimmers may swim five (5) events on Saturday. There is no event limit for Friday and Sunday. Individuals qualifying in only three (3) events may swim an additional three (3) events over the course of the meet – with the exception of the 400 & 1500 meter freestyles and 400 meter individual medley. Entries in those events must be at or under the qualifying time and **MUST** be pre-proven on the team’s entry. All participants must be 2005 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, email address and summary of entries. Teams with Hy-Tek software should submit their entry on a 3½” disk or CD-R – be sure to include a paper copy for your official entry.

MEET MANAGER: Bonnie Strittmatter

ENTRY CHAIR: Ellen Johnston

(203) 226-8981 ext. 110

SAFETY DIRECTOR: Andrea Boissevain

REFEREE: Ed Dunn

ENTRY DEADLINE: All entries – mailed or emailed – must be received by **WEDNESDAY, MAY 4TH**

Please mail to: Westport YMCA Swim Team

PO Box 190

Westport, CT 06881

Street Address: Westport YMCA Swim Team

59 Post Road East

Westport, CT 06880

E-mailed entries will be accepted. They must be sent as a .SD3 or .CL2 file to EllenJ1@aol.com. These must be received by 600pm May 4. The check and paper entry must be received by Friday, May 6. Entries will be handled on a first come first serve basis.

ENTRY FEE: \$4.00 per individual event. Checks are payable to: WRAT Parents Club

STARTING TIMES:

		<u>Warm-up</u>	<u>Start</u>
Friday:	Session I:	5:00pm	6:00pm
Saturday:	Session II:	8:00am	9:15am
	Session III:	4:00pm	5:00pm
Sunday:	Session IV:	8:00am	9:15am

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 Ellen Johnston at (203) 226-8981 ext. 110 or e-mail at EllenJ1@aol.com. Teams will be required to supply timers and will be notified the week of the meet.

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 coaches 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 1500m FREESTYLE: The 1500 will be swum fastest to slowest alternating women and men. Top 24 women and men will swim. *SWIMMERS MUST PROVIDE THEIR OWN TIMER AND LAP COUNTER.*

RULES: Fly-over starts may be used as deemed necessary by the Meet Referee and Meet Manager.

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:	Radisson 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	

