

# 2003 SPRING SENIOR LONG COURSE INVITATIONAL

MAY 16-18, 2003

Sanction # L03-04

## Hosted by:

Water Rat Swim Team  
Westport/Weston YMCA

## Location:

Wesleyan University – Middletown, CT

The 13th Annual Long Course Invitational will once again be held at the Freeman Athletic Center on the Wesleyan University campus. This meet has offered many teams in the northeast the opportunity for some great early season racing.

**FACILITY:** The pool is 50 meters by 25 yards – providing eight 9' wide lanes. The starting end of the pool is 14.5 feet deep and gradually slopes up to a depth of 8' over most of the racing course. Colorado Timing System computer, touch pads and eight lane scoreboard assures a quality timing system display of events.

**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) over the course of the meet – with the exception of the 400 & 1500 meter freestyles and the 400 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 2003 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 a \$1.00 additional surcharge per swimmer.] Please be sure to include: coaches name, telephone numbers, team address, contact person and summary of entries. Teams with Hy-Tek Software should submit their entry on a 3 ½" disk – be sure to include a paper copy for your official entry.

**MEET MANAGERS:** Ellen Johnston and Pam Koss  
(203) 226-8981 Ext. 110

**SAFETY DIRECTOR:** Pat Evanosky  
**REFEREE:** Peter Whittendale

**ENTRY DEADLINE:** All entries, mailed, e-mailed, faxed or hand delivered must be received by 6:00pm  
**WEDNESDAY, MAY 7, 2003**

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. Faxed entries will also be accepted. Fax # 203-454-4840. These must be received by 6:00pm, May 7. The check and original paper entry must be received by Friday, May 9. Entries will be handled on a first come first serve basis. Formal team entry date is determined by the date of entry hard copy and entry fee receipt by host team.

**ENTRY FEE:** \$3.00 per individual event. Checks payable to: WRAT Parents Club.

## STARTING TIMES:

Friday: Session I:

Warm-up  
5:00pm

Start  
6:00pm

## EMERGENCY PHONE:

Facility Monitor: (860) 685-2886

Pool Deck: (860) 685-2915

Saturday: Session II:  
Session III:

8:00am  
4:00pm

9:15am  
5:00pm

Sunday: Session IV:

8:00am

9:15am

**OFFICIALS and TIMERS:** We would appreciate your assistance with officiating and timing. We would greatly appreciate any teams with officials to please help whenever possible through 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.

**WARM UP INFORMATION:** General meet 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 after each men's event.

**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.

After seeding has been completed, any swimmer who fails to compete in an individual event in which he/she has entered and has not been scratched shall be barred from competing in his/her next event. Exceptions to this will be:

1. The referee is notified of injury or illness and accepts proof thereof.
2. It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**CONDUCT OF 1500 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.*

**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 tennis courts – athletic complex is at end of road.

**FROM THE NORTH-** Follow I-91 to Route 9 and proceed to Middletown exit. Take a right at the light directing to 66 west – which is Washington Street. Drive up the 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 Freeman Athletic Center.

**PARKING:** Please note that parking directly in front of the Athletic Center is prohibited. Parking is available in the lot next to the tennis courts on the side street across from the center or directly behind the center.

**DISABLED/ELDERLY ACCESS:** Limited handicapped parking is available behind the Freeman Athletic Center. Disabled access is through the front entrance only. An elevator is in the front lobby to the locker rooms and pool deck. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

<b>HOTELS:</b>	Radisson 100 Berlin Road Cromwell, CT (860) 635-2000	Holiday Inn 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	

**QUALIFYING TIMES:** The following time standards are in short course yards. *Please submit your entry in long course meters using either actual times or converted from yards to long course meters.* The host team reserves the right to enter its swimmers regardless of qualifying times in order to insure workers for a well run-meet.

**FRIDAY, MAY 16**

Session I: General Warm up: 5:00pm

Start: 6:00pm

Event #	Women	Event	Men	Event #
1	19:08.99	1500 Freestyle	18:00.99	2

**SATURDAY, MAY 17**

Session II: General Warm up: 8:00am

Start: 9:15am

3	2:06.99	200 Freestyle	1:55.79	4
5	1:04.49	100 Butterfly	58.29	6
7	2:38.39	200 Breaststroke	2:23.89	8
9	2:22.39	200 Ind. Medley	2:09.99	10

Session III: General Warm up: 4:00pm

Start: 5:00pm

11	27.19	50 Freestyle	24.49	12
13	2:20.49	200 Backstroke	2:07.09	14
15	1:13.59	100 Breaststroke	1:06.29	16
17	5:35.39	500 Freestyle	5:11.69	18

**SUNDAY, MAY 18**

Session IV: General Warm up: 8:00am

Start: 9:15am

19	58.89	100 Freestyle	53.09	20
21	2:21.19	200 Butterfly	2:08.99	22
23	1:05.29	100 Backstroke	59.19	24
25	5:00.99	400 Ind. Medley	4:37.09	26

\*All events are timed finals.

**\*\*\*REMINDER: Qualifying times are in short course yards. Entries must be submitted in long course meters.**