

CONNECTICUT YMCA SWIMMING AND DIVING CHAMPIONSHIPS
12/ Under

SPONSORED AND SANCTIONED BY
The Connecticut YMCA Swimming and Diving League
Sanction # pending
Hosted by the Wilton Y Wahoos
Wilton Family YMCA
404 Danbury Rd.
Wilton CT. 06897
February 10-11, 2007

Meet Manager

LeAnn Abbott
96 Turtlehead Rd.
Wilton, CT. 06897
203-210-5197
jabbott6@aol.com

Entry Contact

Barb Prue 203-459-9057
404 Danbury Rd
Wilton, CT 06897
203-762-8984 ext. 290
wywahoos@msn.com

Emergency Number; (203) 762-8384

Date		Warm-up	Start
February 10, 2007			
Saturday AM	9-10 Boys 11-12 Boys	8:00 AM	9:00 AM
Saturday PM	8/unders	1:30 PM	2:30 PM
February 11, 2007			
Sunday AM	11-12 girls	8:00 AM	9:00 AM
Sunday PM	9-10 girls	1:30 PM	2:30 PM

RULES:

2007 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 Wahoo Swim Club 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. You
may include your league dues in the same check. **Team
league dues (\$100) must be included with your entry
fees.**

AWARDS:

12/Under 1-6 Trophies
 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 25, 2007. 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:

1. Teams are encouraged to submit their entries via email Using sdif format. Meet entries may be submitted on the official entry form or a computer generated facsimile. Entries on disks in the USS Standard Data Interchange Format (SDIF) will also be accepted. All entries on disk must be accompanied by an original paper copy of the entry. You may also submit you entry by E-mail in LSA or SDI format. Please ZIP your entry and attach it to an E-Mail note to WyWahoos@msn.com however, your entry will not be considered final until we receive your entry fee by mail.

2. Mail your entry to:
Barb Prue
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.

Psych sheet/Results:

The psych sheets for the entire meet will be posted On the web site: <http://wywahoos.org> about one week before the meet. Meet results will be posted shortly after the meet.

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 995 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 then Park at the Wilton High School across the street.

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ORDER OF EVENTS

FEBRUARY 11, 2007

SATURDAY AM SESSION WARM-UP 8:00 START 9:00 AM

		Boys Event #
9/10 Boys	200 Med Relay	1
11/12 Boys	200 Med Relay	2
11/12 Boys	200 Free	3
9/10 Boys	50 Free	4
11/12 Boys	50 Free	5
9/10 Boys	100 IM	6
11/12 Boys	200 IM	7
9/10 Boys	50 Fly	8
11/12 Boys	50 Fly	9
9/10 Boys	100 Fly	10
11/12 Boys	100 Fly	11
9/10 Boys	50 Back	12
11/12 Boys	50 Back	13
9/10 Boys	100 Back	14
11/12 Boys	100 Back	15
9/10 Boys	100 Free	16
11/12 Boys	100 Free	17
9/10 Boys	50 Breast	18
11/12 Boys	50 Breast	19
9/10 Boys	100 Breast	20
11/12 Boys	100 Breast	21
9/10 Boys	200 Free Relay	22
11/12 Boys	200 Free Relay	23

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

SATURDAY PM SESSION WARM-UP 1:30PM START 2:30PM

Girls Event #		Boys Event #
24	8/U 100 Med Relay	25
26	8/U 25 Freestyle	27
28	8/U 100 IM	29
30	8/U 25 Butterfly	31
32	8/U 25 Backstroke	33
34	8/U 50 Freestyle	35
36	8/U 25 Breaststroke	37
	8/U 100 Free Relay	39

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

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ORDER OF EVENTS FEBRUARY 12, 2007

SUNDAY AM SESSION WARM-UP 8:00AM START 9:00 AM

	Event	Event #
11/12 Girls	200 Med Relay	40
11/12 Girls	200 Free	41
11/12 Girls	50 Free	42
11/12 Girls	200 IM	43
11/12 Girls	50 Fly	44
11/12 Girls	100 Fly	45
11/12 Girls	50 Back	46
11/12 Girls	100 Back	47
11/12 Girls	100 Free	48
11/12 Girls	50 Breast	49
11/12 Girls	100 Breast	50
11/12 Girls	200 Free Relay	51

SUNDAY PM SESSION WARM-UP 1:30 PM START 2:30 PM

	Event	Event #
9-10 Girls	200 Med Relay	52
9-10 Girls	50 Free	53
9-10 Girls	200 IM	54
9-10 Girls	50 Fly	55
9-10 Girls	100 Fly	56
9-10 Girls	50 Back	57
9-10 Girls	100 Back	58
9-10 Girls	100 Free	59
9-10 Girls	50 Breast	60
9-10 Girls	100 Breast	61
9-10 Girls	200 Free Relay	62