

**2010 Nutmeg Championships with 8-unders
February 5-7, 2010**

**Hosted by the Amity Regional Aquatic Club
Observed by Connecticut Swimming Inc.**

MEET DIRECTOR: Sean Laydon
16 Sonne Drive
North Haven, CT 06473
(203) 996-3377
educate777@aol.com

REFEREE:

LOCATION: High Plains Community Center
Orange Center Rd.
Orange, CT. (203) 891 – 4761

FACILITY: 8 lane, 25 yard pool. Daktronics Timing System

HANDICAP ACCESS: Pool deck and pool office only.

ELIGIBILITY: Swimmers must be 07/08 registered members of USA Swimming.
Coaches must hold a current USA Swimming coaches card.

FEES: \$4 per individual event. No charge for relays.

GENERAL RULES:

Swimmers will compete in age groups based on their age on **January 1, 2010.**

Awards: Individual Events: 1st to 8th - Trophies; 9th to 16th - Ribbons
Relay Events: 1st to 8th - Medals; 9th to 16th - Ribbons
Team Awards: Boys, Girls & Combined within each age group and overall

Scoring: To 12th place: 15, 13, 12, 11, 10, 9, 8, 7, 5, 3, 2, 1 for individual events;
double for relays

Events: All 9/10 events will be timed finals events. 11/12 events will be a mix of timed finals and trial/finals events. **For 11/12 RELAYS: each teams' "A" relay will swim at night at finals; all other relays will be during the morning session. Results from the night relays will be combined with the morning session for final placing/scoring.**

SCRATCHES: Coaches will receive a list of their swimmers and the events they are entered in. **All scratches are due 15 minutes after warm-ups have started.** Connecticut Swimming scratch rules will govern the meet.

ENTRIES:

- 8-unders:** 2 individual events, 2 relay events
- 9/10s:** 6 individual events, no more than 3 per day; 2 relay events
- 11/12s:** 6 individual events, no more than 3 per day, no more than 2 trials and finals events per day (i. e. if swimming 3 events in a day, at least one must be 50 yards); 2 relays

Teams are encouraged to submit their entries on Disk (Hy-tek or LSA Swim team **.SD3 Format**). Any team entering more than 5 swimmers that fails to submit a disk must pay a surcharge of \$3.00 per swimmer. Please be sure to include a paper printout along with your disk. Mark unattached swimmers in **RED** on the entry form. Be sure to include the phone number of a club official and a mailing address for results.

ENTRY DEADLINE: **January 27, 2010.** If you use overnight mail or Federal Express, please be certain to indicate that no signature is required for delivery. Mail your entries to the meet director.

OFFICIALS: As a member of Connecticut Swimming, meets require workers to run it efficiently. ARAC welcomes any one who would like to assist with the officiating during the meet. Please contact Mike DiVerniero (203) 466 – 3689.

EMERGENCY POOL NUMBER: (203) 891-2188

SAFETY CHAIR PERSON: Michael DiVerniero

DIRECTIONS TO POOL:

*From I-95 South from New Haven, take exit 41, turn right onto Marsh Hill Road- stay on Marsh Hill Road until light at Route 1 (TGIFriday's Restaurant is on your left) -- turn left onto Route 1 - go to first traffic light across from Home Depot and turn right onto rt. 152 (Orange Center Road) - follow through one traffic light. High Plains Community Center is on the right and the pool is in the rear.

*From I-95 North from Fairfield County, take exit 41, turn left at end of ramp onto Marsh Hill Road and follow directions as above.

*From Wilbur Cross Parkway coming from both directions -- take Exit 57 (Rt. 34 East) - turn right at first traffic light onto Rt. 152 (Orange Center Road) - bear left at stop sign remaining on Rt. 152 – High Plains Community Center is on the left after you pass by the Orange Town Green – the pool is in the rear.

PARKING: DO NOT PARK ON THE GRASS. PLEASE PARK IN MARKED SPACES ONLY. ADDITIONAL PARKING CAN BE FOUND ON THE OTHER SIDE OF THE BUILDING. YOUR CAR WILL BE TOWED IF YOU ARE PARKED ILLEGALLY!

ORDER OF COMPETITION

Friday Night:

5:00 warm up (30 minutes)

5:35 start

Event 1	Girls	9/10	200 IM	3:37.99
Event 2	Boys	9/10	200 IM	3:43.99
Event 3	Girls	11/12	500 Free	6:59.99
Event 4	Boys	11/12	500 Free	7:02.99
Event 5	Girls	11/over	1650 Free	
Event 6	Boys	11/over	1650 Free	

Saturday Morning: 11/12s

7:30 warm up (40 minutes)

8:15 start

Event 7	Girls	11/12	50 Breast (Timed Final)	
Event 8	Boys	11/12	50 Breast (Timed Final)	
Event 9	Girls	11/12	200 Breast	3:39.99
Event 10	Boys	11/12	200 Breast	3:47.99
Event 11	Girls	11/12	100 Free	
Event 12	Boys	11/12	100 Free	
Event 13	Girls		50 Back (Timed Final)	
Event 14	Boys		50 Back (Timed Final)	
Event 15	Girls	11/12	200 Back	3:19.99
Event 16	Boys	11/12	200 Back	3:29.99
Event 17	Girls	11/12	100 Fly	
Event 18	Boys	11/12	100 Fly	
Event 19	Girls	11/12	200 IM	3:09.99
Event 20	Boys	11/12	200 IM	3:16.49
Event 21	Girls	11/12	200 Medley Relay (Timed Final)	
Event 22	Boys	11/12	200 Medley Relay (Timed Final)	

Saturday Midday: 9/10 Timed Finals

11:45 warm up (30 minutes)

12:35 start

Event 23	Girls 9/10 50 Breast
Event 24	Boys 9/10 50 Breast
Event 25	Girls 9/10 100 Free
Event 26	Boys 9/10 100 Free
Event 27	Girls 9/10 50 Back
Event 28	Boys 9/10 50 Back
Event 29	Girls 9/10 100 Fly
Event 30	Boys 9/10 100 Fly
Event 31	Girls 9/10 100 IM
Event 32	Boys 9/10 100 IM
Event 33	Girls 9/10 200 Medley Relay
Event 34	Boys 9/10 200 Medley Relay

Saturday Afternoon: 8-Under Timed Finals

3:20 warm up (30 minutes)

4:00 start

Event 35	Girls 8-Under 100 Medley Relay
Event 36	Boys 8-Under 100 Medley Relay
Event 37	Girls 8-Under 25 Free
Event 38	Boys 8-Under 25 Free
Event 39	Girls 8-Under 100 IM
Event 40	Boys 8-Under 100 IM
Event 41	Girls 8-Under 25 Fly
Event 42	Boys 8-Under 25 Fly
Event 43	Girls 8-Under 50 Free
Event 44	Boys 8-Under 50 Free
Event 45	Girls 8-Under 25 Back
Event 46	Boys 8-Under 25 Back
Event 47	Girls 8-Under 25 Breast
Event 48	Boys 8-Under 25 Breast
Event 49	Girls 8-Under 100 Free Relay
Event 50	Boys 8-Under 100 Free Relay

Saturday Night: 11/12 Finals (Consolation & Championship heats)

6:15 warm up (30 minutes)

6:50 start

11/12 200 Breast
11/12 100 Free
11/12 200 Back
11/12 100 Fly
11/12 200 IM
11/12 200 Medley Relay

Sunday Morning: 11/12s

8:00 warm up (40 minutes)

8:45 start

Event 35	Girls 11/12 100 IM	
Event 36	Boys 11/12 100 IM	
Event 37	Girls 11/12 50 Fly (Timed Final)	
Event 38	Boys 11/12 50 Fly (Timed Final)	
Event 39	Girls 11/12 200 Fly	3:30.99
Event 40	Boys 11/12 200 Fly	3:39.99
Event 41	Girls 11/12 50 Free (Timed Final)	
Event 42	Boys 11/12 50 Free (Timed Final)	
Event 43	Girls 11/12 100 Breast	
Event 44	Boys 11/12 100 Breast	
Event 45	Girls 11/12 100 Back	
Event 46	Boys 11/12 100 Back	
Event 47	Girls 11/12 200 Free	2:50.99
Event 48	Boys 11/12 200 Free	2:54.99
Event 49	Girls 11/12 200 Free Relay (Timed Final)	
Event 50	Boys 11/12 200 Free Relay (Timed Final)	

Sunday Afternoon: 9/10s

12:00 warm up (30 minutes)

12:30 start

Event 51	Girls 9/10 100 Back	
Event 52	Boys 9/10 100 Back	
Event 53	Girls 9/10 50 Free	
Event 54	Boys 9/10 50 Free	
Event 55	Girls 9/10 100 Breast	
Event 56	Boys 9/10 100 Breast	
Event 57	Girls 9/10 50 Fly	
Event 58	Boys 9/10 50 Fly	
Event 59	Girls 9/10 200 Free	
Event 60	Boys 9/10 200 Free	
Event 61	Girls 9/10 200 Free Relay	
Event 62	Boys 9/10 200 Free Relay	

Sunday Evening: 11/12 Finals (Consolation & Championship heats)

3:45 warm up (30 minutes)

4:15 start

11/12 100 IM
11/12 200 Fly
11/12 100 Breast
11/12 100 Back
11/12 200 Free
11/12 200 Free Relay