



## 31<sup>st</sup> Annual Ground Hog Meet

SUNDAY, February 7, 2016

Sanctioned by the Connecticut LMSC for USMS Inc., Sanction #

- FACILITY** Westport/Weston Family YMCA, 14 Allen Raymond Lane, Westport, CT Phone: 203-226-8981. The Wilton YMCA pool is a covered 25 yard ten lane pool. The meet will be run as a 25 yard, 8 lane meet. There will be 2 lanes for constant warmup/warm down. The length of the competition course is in compliance and on file with USMS articles 105.1.7 and 107.2.1. Times will be submitted for USMS Top 10 and Records.
- PARKING** **Meet participants must park in the Red Barn parking lot, located at 292 Wilton Road, Westport Connecticut. A shuttle bus will be available to transport you to the YMCA facility, approximately 2/10 a mile away.**
- WARMUP** Feet first entry into the pool in a cautious and controlled manner during warm-up. Diving will be permitted at the discretion of the meet referee, but only in designated one-way sprint lane(s).
- ELIGIBILITY** Open to all USMS-registered swimmers age 18 and older. Age determining date for this meet is February 7, 2016. Include a legible copy of your current 2016 USMS registration card with entry form.
- SCHEDULE** Warm-up 8:30 am; meet start 9:30 am; pool must be cleared by 1:15 pm. **Deck entries must be in by 8:45 am!! No deck entries will be accepted after this time.**
- SEEDING** Events will be run in heats, slowest to fastest, regardless of age or sex.
- EVENT LIMIT** Swimmers are permitted to enter a MAXIMUM of five (5) individual events & two (2) relay events. **The 500 freestyle will be limited to a maximum of 3 heats or 24 swimmers. Positive check in required for the 500 free.**
- RELAY ENTRIES** Women's relays must consist of four women. Men's relays must consist of four men. Mixed relays may be made up of two women & two men or three women & one man. Mixed relays going for a USMS record must be two women and two men. The 4x100 Medley relay and 4x100 Free relay may be run in 1 Heat.
- RECORD TIMES** A swimmer who intends to post a USMS National Record or FINA World Record during the meet should bring it to the attention of the Meet official **PRIOR TO YOUR EVENT.**
- ENTRY FEES** Entry fee is **\$35.00** for online entry **RECEIVED BY 01/31/2016**. Late and/or deck entries are **\$45.00**. **Entry fees are non-refundable and non-transferrable.**
- ONLINE ENTRY** Register at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1798&smid=5900](https://www.ClubAssistant.com/club/meet_information.cfm?c=1798&smid=5900). **Credit card will reflect a charge by "Club Assistant.com Event Billing". Entries close midnight, February 5, 2016.**
- ENTRY TIMES** Enter short course yard times for all events.
- QUESTIONS:** Direct inquiries to Meet Director Mike Laux - [lauxlaw@gmail.com](mailto:lauxlaw@gmail.com). For entry questions or adjustments, please contact Jeff Sargent – [jeff@fairdiego.com](mailto:jeff@fairdiego.com).
- DIRECTIONS:** **From Merritt Parkway** – Exit 41, Route 33 northbound exit, Right turn on to Allen Raymond Lane, Left turn at light to Route 33 (Wilton Road) Red Barn Lot is on your left.  
- Exit 41, Route 33 southbound. Right turn on to Route 33 (Wilton Road), through stoplight. Red Barn Lot is on your right.
- From I-95** – Exit 17, go North. Approximately 1 mile after the 3<sup>rd</sup> light the Red Barn lot will be on your right, directly before the 4<sup>th</sup> traffic light.



**SUNDAY, FEBRUARY 7, 2016**

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**EVENT ORDER:**

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 400 SCY Medley Relay*	_____	11	Mixed 200 SCY IM	_____
4	Mixed 400 SCY IM	_____	13	Mixed 200 SCY Freestyle	_____
5	Mixed 200 SCY Backstroke	_____	14	Mixed 50 SCY Butterfly	_____
6	Mixed 200 SCY Butterfly	_____	15	Mixed 100 SCY Breaststroke	_____
7	Mixed 200 SCY Breaststroke	_____	16	Mixed 100 SCY Freestyle	_____
8	Mixed 50 SCY Freestyle	_____	17	Mixed 100 SCY IM	_____
9	Mixed 100 SCY Backstroke	_____	18	Mixed 50 SCY Backstroke	_____
10	Mixed 50 SCY Breaststroke	_____	19	Mixed 400 SCY Free Relay*	_____
11	Mixed 100 SCY Butterfly	_____	20	Mixed 500 SCY Freestyle	_____