



## 32nd Annual Ground Hog Meet

SUNDAY, February 5, 2017

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 Westport/Weston 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	<b>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.</b>
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 5, 2017. Include a legible copy of your current 2017 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. <b>Deck entries must be in by 8:45 am!! No deck entries will be accepted after this time.</b>
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. <b>The 500 freestyle will be limited to a maximum of 3 heats or 24 swimmers. Positive check in required for the 500 free.</b>
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 <b>PRIOR TO YOUR EVENT.</b>
ENTRY FEES	Entry fee is <b>\$40.00</b> for online entry <b>RECEIVED BY 02/03/2017</b> . Late and/or deck entries are <b>\$50.00</b> , check payable to <b>Water Rat Parents Club</b> . <b>Entry fees are non-refundable and non-transferrable.</b>
ONLINE ENTRY	<b>Register at <a href="https://www.ClubAssistant.com/club/meet_information.cfm?c=1798&amp;smid=5900">https://www.ClubAssistant.com/club/meet_information.cfm?c=1798&amp;smid=5900</a>. Credit card will reflect a charge by "Club Assistant.com Event Billing". Entries close midnight, February 3, 2017.</b>
ENTRY TIMES	Enter short course yard times for all events.
QUESTIONS:	Direct inquiries to Meet Director Ellen Johnston – <a href="mailto:ejohnston@westportny.org">ejohnston@westportny.org</a> or Mike Laux - <a href="mailto:lauxlaw@gmail.com">lauxlaw@gmail.com</a> .
DIRECTIONS:	<b>From Merritt Parkway</b> – 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.  <b>From I-95</b> – 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 5, 2017**

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**EVENT ORDER:**

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 200 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	_____