

Carter Community Building Association  
Connecticut Valley Invitational  
Dwinell Pool, Lebanon NH  
March 13, 2010

Contact:

KC Shepherd                      phoenixpainting@comcast.net

Sessions:

Morning:            Warm-up – 7:00am      Start – 8:30am  
Afternoon:        Warm-up – 1:00pm      Start – 2:30pm

Entries:

Electronic entries are preferred. Please include a paper copy of your entries with your check. Total entries will be limited for each session. If cuts are necessary, they will be made to date of receipt. Please do not fax entries. No deck entries will be accepted.

No Swimmer may be entered in more than 3 individual events and 2 relay events.

Entries must be received by March 3, 2009. We will accept time adjustments up to this date. We are anticipating a FULL meet. Please get your entries in early. We must also have a signed waiver from each team prior to warm-ups.

Please convert times achieved in meter distances to yards.

Fees:

\$3.50 for individual events, \$12.00 per Relay. (\$4.00 for individual hand written entries, \$14.00 for relays).

Send electronic entries to phoenixpainting@comcast.net

Please make one team check payable to: CCBA

Send entries and checks to:

KC Shepherd  
CCBA Swordfish Swim Team  
PO Box 386  
1 Taylor Street  
Lebanon, NH 03766

CCBA Facility:

Dwinell Pool is a 6-lane, 25-yard pool. Wave-reduction lines separate lanes. A Colorado® Timing system with touch pads will be used with a 6 lane electronic display scoreboard. 25 Yard events will be timed manually.

**Swimmers and spectators are asked to respect other facility users by avoiding areas beyond the pool spectator area and Lobby area. Athletes must have shirts and footwear on before leaving the pool deck.**

Smoking is not permitted anywhere in the building.

Scratches:

Scratches should be reported 30 minutes before each session starts. The sessions will be deck seeded. Heat and lane assignments will be available for all coaches prior to the start of each session. Coaches are responsible for ensuring their swimmers are in the correct heat and lane.

Officials and Timers:

Teams will be asked to provide timers in proportion to the number of swimmers entered in the meet. Assignments will be provided by March 8, 2010.

Any USA Swimming certified officials who would like to volunteer, should report to the Scorer's table 45 minutes prior to the start of each session.

Awards/Scoring:

Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> and ribbons will be awarded for 4<sup>th</sup> through 6<sup>th</sup> places.

A team championship trophy will be awarded to the team achieving the most points. Team

Trophies will be awarded for 8 places based on combined team points.

Scoring will be as follows:

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
Ind.	8	6	4	3	2	1
Rel.	16	12	8	6	4	2

No one team can capture more than 4 places (set of points) in any event.

Concessions:

A concession stand will be open during each session. No food is allowed on the pool deck.

Admission:

Admission is free.

Parking:

Parking is free where posted. Illegally parked cars will be towed at the owner's expense.

Directions:

From the North:

I-89 Exit 18 (Route 120). Right off the exit. Take Route 120 into the green of downtown Lebanon. Take a left at the post office as you go around the green. You will see a sign for the CCBA as you approach the next turn. Pass the old CCB building, turn right and then left.

From the South:

I-89 Exit 18(Route 120). Left off the exit. Take Route 120 into the green of downtown Lebanon. Take a left at the post office as you go around the green. You will see a sign for the CCBA as you approach the next turn. Pass the old CCB building, turn right and then left.

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Team: \_\_\_\_\_

Coach: \_\_\_\_\_

Number of Individuals Entries:	_____	@ \$3.50	Total:	_____
Number of Relay Entries:	_____	@ \$12.00	Total:	_____
Number of Manual Entries:	_____	@ \$4.00	Total:	_____
Number of Manual Relays:	_____	@ \$14.00	Total:	_____
Team Total:	_____			

Any Athlete who is accepted will for himself/herself, his/her heirs, executors and administrators, waive and release any and all rights and claims for damages he/she may have against Carter Community Building Association for any and all injuries suffered by him/her at this meet.

Team Representative: \_\_\_\_\_

Date: \_\_\_\_\_

## Connecticut Valley Invitational 2009

### Morning Session

#	Event
1	Girls 13-14 200 Freestyle
2	Boys 13-14 200 Freestyle
3	Girls 8 & Under 100 Medley Relay
4	Boys 8 & Under 100 Medley Relay
5	Girls 9-10 200 Medley Relay
6	Boys 9-10 200 Medley Relay
7	Girls 13-14 200 Medley Relay
8	Boys 13-14 200 Medley Relay
9	Girls 8 & Under 50 Freestyle
10	Boys 8 & Under 50 Freestyle
11	Girls 9-10 100 Freestyle
12	Boys 9-10 100 Freestyle
13	Girls 13-14 100 Freestyle
14	Boys 13-14 100 Freestyle
15	Girls 8 & Under 100 IM
16	Boys 8 & Under 100 IM
17	Girls 9-10 100 IM
18	Boys 9-10 100 IM
19	Girls 13-14 200 IM
20	Boys 13-14 200 IM
21	Girls 8 & Under 25 Butterfly
22	Boys 8 & Under 25 Butterfly
23	Girls 9-10 50 Butterfly
24	Boys 9-10 50 Butterfly
25	Girls 13-14 100 Butterfly
26	Boys 13-14 100 Butterfly
27	Girls 8 & Under 25 Backstroke
28	Boys 8 & Under 25 Backstroke
29	Girls 9-10 50 Backstroke
30	Boys 9-10 50 Backstroke
31	Girls 13-14 100 Backstroke
32	Boys 13-14 100 Backstroke
33	Girls 8 & Under 25 Freestyle
34	Boys 8 & Under 25 Freestyle
35	Girls 9-10 50 Freestyle
36	Boys 9-10 50 Freestyle
37	Girls 13-14 50 Freestyle
38	Boys 13-14 50 Freestyle
39	Girls 8 & Under 25 Breaststroke
40	Boys 8 & Under 25 Breaststroke
41	Girls 9-10 50 Breaststroke
42	Boys 9-10 50 Breaststroke
43	Girls 13-14 100 Breaststroke
44	Boys 13-14 100 Breaststroke
45	Girls 8 & Under 100 Freestyle Relay
46	Boys 8 & Under 100 Freestyle Relay
47	Girls 9-10 200 Freestyle Relay
48	Boys 9-10 200 Freestyle Relay
49	Girls 13-14 200 Freestyle Relay
50	Boys 13-14 200 Freestyle Relay

### Afternoon Session

#	Event
51	Girls 11-12 200 Freestyle
52	Boys 11-12 200 Freestyle
53	Girls 200 Freestyle
54	Boys 200 Freestyle
55	Girls 11-12 200 Medley Relay
56	Boys 11-12 200 Medley Relay
57	Girls 200 Medley Relay
58	Boys 200 Medley Relay
59	Girls 11-12 100 Freestyle
60	Boys 11-12 100 Freestyle
61	Girls 100 Freestyle
62	Boys 100 Freestyle
63	Girls 11-12 200 IM
64	Boys 11-12 200 IM
65	Girls 200 IM
66	Boys 200 IM
67	Girls 11-12 50 Butterfly
68	Boys 11-12 50 Butterfly
69	Girls 100 Butterfly
70	Boys 100 Butterfly
71	Girls 11-12 50 Backstroke
72	Boys 11-12 50 Backstroke
73	Girls 100 Backstroke
74	Boys 100 Backstroke
75	Girls 11-12 50 Freestyle
76	Boys 11-12 50 Freestyle
77	Girls 50 Freestyle
78	Boys 50 Freestyle
79	Girls 11-12 50 Breaststroke
80	Boys 11-12 50 Breaststroke
81	Girls 100 Breaststroke
82	Boys 100 Breaststroke
83	Girls 11-12 200 Freestyle Relay
84	Boys 11-12 200 Freestyle Relay
85	Girls 200 Freestyle Relay
86	Boys 200 Freestyle Relay