

## Information about Class L Trials

Date 11/11/06

### **Directions:**

CONERSTONE AQUATIC CENTER (home site for girls swimming and diving)

I-84 West: Take exit 41 (South Main St.), Go right to the second stop light, (about 2 miles) to Sedgwick Rd., Go left on Sedgwick Rd.(Travel approximately 1 mile) Bear left onto Buena Vista Rd. Cornerstone will be about 1/2 mile down on the left.

I-84 East: Take exit 41 (South Main St.), Go left to the third stop light, (about 2 miles) to Sedgwick Rd. Go left on Sedgwick Rd. (Travel approximately 1 mile) Bear left onto Buena Vista Rd. Cornerstone will be about 1/2 mile on the left.

### **Pool Rules:**

-No one is allowed on deck with shoes! Everyone including officials and coaches must remove shoes and wear sandals or go barefoot.

-All swimmers must shower before entering pool

-No food allowed in pool area. There will be a concession stand in the room next to the lobby.

-Please clean your team area after the meet.

-Swimmers are not allowed in stands except for designated area for swimmers (furthest bleachers from entrance).

-No teams will be allowed into the pool area until 3:00.

-Only participating swimmers, coaches, timers and one manager are allowed on deck.

### **Warm-up Procedures:**

There will be two sessions of circle swim warm-up. Each team will be assigned one lane for a 25 minute circle swim warm-up. The two twenty-five minute warm-up sessions will run from 3:10-4:00. At 4:00 lanes 2-8 will become one way sprint lanes. Lanes 1,9,10,11 will be open for circle swimming.

During warm-up no diving is permitted with the exception of one way sprints from 4:00 until 4:25.

During the meet, lanes 10 and 11 will remain open for quiet warm-up/cool down. We will also have a short warm-up between the 50 freestyle and 100 Butterfly.

We ask that teams adhere to the assigned lanes for warm-up and warm-up during their assigned session. Warm-up assignments are on the next page.

### **Coaches information:**

-You can pick up your coaches packets at the desk at 3:00.

-The coaches meeting will be at 4:00 in the room next to the spectator entrance.

-We request that you hand in your medley relay card prior to the coaches meeting and your freestyle relay cards prior to or during the 2<sup>nd</sup> warm-up to make the input of names easier. The earlier we get the cards, the easier it is to input names. If you hand in a card, you can change it up until the start of the event.

### **Timers:**

All teams that are entering a Medley Relay and a 400 Freestyle Relay are required to provide a minimum of one timer. Timers should be prepared to report by 4:00.

### **Requests from the officials:**

To avoid congestion and noise behind the blocks, we ask that only swimmers who are about to swim be behind the blocks. There is not a lot of deck space behind the blocks and last year some swimmers found it hard to hear the starter because of the noise. Swimmers should wait by the side of the pool until they are the next heat to start a race.

Please be sure your team is quiet while the starter is beginning a race.

If there are any questions about the meet, please contact Sean O'Connor (w) 860-231-5161 (h) 860-658-7146  
Email [sharkocon@aol.com](mailto:sharkocon@aol.com)

**Lane Assignments for Warm-up:**

**1<sup>st</sup> session: 3:10 – 3:35**

Lane 1- Hall  
Lane 2- EO Smith  
Lane 3- Bristol Central  
Lane 4- Farmington  
Lane 5- Newington  
Lane 6- Mercy  
Lane 7- Windsor  
Lane 8- Pomperaug  
Lane 9- Naugatuck  
Lane 10-Kennedy  
Lane 11-Middletown

**2<sup>nd</sup> session: 3:35 – 4:00**

Lane 1- Conard  
Lane 2- Branford  
Lane 3- Fitch  
Lane 4- Fairfield Ludlowe  
Lane 5- Fairfield Warde  
Lane 6- Lyman Hall  
Lane 7- Masuk  
Lane 8- Torrington  
Lane 9- Staples  
Lane 10-East Lyme  
Lane 11- Bunnell

**One way sprint session: Open Warm-up 4:00-4:25**

Lanes 2-8 will be one way sprint lanes  
Lanes 1, 9, 10, 11 will remain as circle lanes

\*Note that lanes 10 and 11 will be open for quiet warm-up/cool down throughout the meet (no diving and minimize wake during races)