

INFORMATION FOR CLASS M TRIALS

Walsh Intermediate School

185 Damascus Rd., Branford CT

November 12, 2005

Assigned warm-ups 12:30-1:55 p.m.

Meet begins at 2 p.m.

1. Each team will be assigned a team area just outside the locker room. Teams can use this area as a place to rest and relax between races. We ask those swimming to leave their bags in this area to help alleviate overcrowding in the pool area. We will have security in the area but suggest that each team assign a team member that is not swimming in the meet to stay and supervise your area.
2. With 20 teams participating we are concerned about space on the deck and in the stands. All team members must be on the pool deck or in the assigned team area outside the pool. Only those who pay the admission fee will be allowed in the stands. At trials we ask that coaches bring only essential team members. At finals we should have plenty of room in the stands for all team members that are on the eligibility list.
3. No food or drink is allowed in the pool area but is allowed in your team area.
4. Each team is asked to supply timers with watches in accordance with the CIAC tournament packet.
5. No one is allowed in any area of the building except the dining commons, pool, and locker areas.
6. Refreshments will be sold in the dining commons area.
7. Teams that are on the pool deck, in front of the bleachers must remain seated during the meet so spectators can see.
8. Parking is on the far side of the building. The area in front is a fire lane and no parking is allowed.
9. We have attached a schedule of the assigned warm-up times. If you need to change your time please work out a switch with a team before arriving. Smaller teams will have to share lanes.
10. Coaches can get complete results within 15 minutes of the end of the meet at the pool office.
11. Any questions should be directed to John O'Connor (203-488-5683). Do not call Walsh Intermediate School for directions or other questions.

Directions: I-95 to Exit 55 – Head south on route 1 for a quarter mile and then take a left onto Windmill Hill Rd. At the end of Windmill Hill take a left onto Damascus Rd. The school will be a quarter mile on your right.

The girls swim committee has asked each meet director to come up with assigned warm-up times. Please call if you are not on the list.

WARM-UP TIMES AND LANE ASSIGNMENTS

Lane 12:30 until 12:50

- 1. Berlin and East Haven**
- 2. Hand**
- 3. Foran and Jonathan Law**
- 4. North Haven**
- 5. Waterford**
- 6. Stratford and Hartford Public**

Lane 12:50 until 1:10

- 1. Bristol Eastern**
- 2. Pomperaug**
- 3. Maloney**
- 4. Lyman Hall**
- 5. Branford**
- 6. Branford and Guilford**

Lane 1:10 until 1:30

- 1. Wilton and Fermi**
- 2. Wilton**
- 3. Wethersfield**
- 4. East Lyme**
- 5. East Lyme and Ledyard**
- 6. Platt**

Lane 1:30 until 1:55

- 1. one way sprint**
- 2. one way sprint**
- 3. Open circle swimming**
- 4. Open circle swimming**
- 5. one way sprint**
- 6. one way sprint**