

## Information about Class L Trials

Date 11/12/05

Be advised that we are running a 6 lane meet because of problems with a few of our touchpads and connections.

### 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 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 pool area until 12:20.

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

### Warm-up Procedures:

Open warm-up 12:30-1:30: Circle swimming, no diving off blocks or side

Lane Assignments:

- Lane 1- Hall and Bunnell
- Lane 2- Conard and Windsor
- Lane 3- Fitch and Bristol Central
- Lane 4 - Farmington and New Milford
- Lane 5 - Bulkeley and Middletown
- Lane 6 - Mercy and Newington
- Lane 7 - EO Smith and Kennedy and Enfield/Somers
- Lane 8 - Masuk and Torrington
- Lane 9 - Staples
- Lane 10 - Ridgefield
- Lane 11 - Newtown

1:30 - 1:50 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)

We will have a short open warm-up between the 50 free and 100 Butterfly.

### Coaches information:

-You can pick up your coaches packets at the desk at 12:30.

-The coaches meeting will be at 1:40 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 during the 2<sup>nd</sup> warm-up to make the input of names easier.

### 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 1:30.