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 2nd 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.