

Farmington Valley YMCA
HOME SWIM MEET - SUMMER 2009



INFORMATION AND DIRECTIONS

WARM UPS: 5:30 pm

ONE WAY SPRINTS: 5:50 pm - 6:00 pm

SAFETY FIRST!

Swimmers must enter feet first until 5:50 pm

START: 6:00 pm
50 Event Format

VISITING TEAM:

ODD LANES

WARM UP IN LANES 1 - 4

COACHES:

Please e-mail Hy-tek entries **NO LATER THAN THE WEDNESDAY BEFORE THE SWIM MEET** to: cnovak83@hotmail.com AND cka609@yahoo.com. Fill out the meet planner in advance for the head official and hand it to Cassie when you arrive on pool deck. We ask that you provide 8 timers and 1 back up timer, as well as a minimum of one Level 1 and one Level 2 official or two Level 1 officials so that we can run the most efficient meet possible. Please confirm prior to the meet day.

RULES:

We will enforce the one false start rule. Officials will inform coaches of disqualifications.

BUILDING NOTES:

1. Our Small Pool will be closed for all swim meets.
2. **The whirlpool, steam room and sauna located on the pool deck are reserved for our member use only.**
3. *All spectators must remain on the pool balcony. Only swimmers, coaches, timers, and officials will be allowed on the pool deck. Coaches please inform parents in advance.*
4. Please refrain from wearing street shoes on the pool deck.

5. All swimmers and coaches should use the boys and girls locker rooms. **We suggest swimmers bring a lock for their lockers as there will be limited space on the pool deck for bags.**

YMCA REPRESENTATIVES:

Charlie Austin, Aquatics Director	860-653-5524, x 118
Cassie Novak, Head Swim Team Coach	860-653-5524, x 131

REFRESHMENTS:

Refreshments will be available for sale in the second floor lobby just outside the pool balcony and spectator seating area.

ABSOLUTELY NO FOOD OR DRINKS ARE ALLOWED ON POOL DECK OR IN LOCKER ROOMS (except PLASTIC water bottles). COACHES ARE ASKED TO HAVE THEIR SWIMMERS PICK UP THEIR TRASH. ABSOLUTELY NO GLASS IS ALLOWED IN THE POOL AREA.

DIRECTIONS

From North or South of Hartford:

From 91 North or South, take the Bradley Airport Exit 40 - (Route 20.) Proceed to the exit just before the airport. The Sign will say "Route 20 - Granby, East Granby." You will also see a sign for the "Newgate Prison" shortly before the exit. Proceed straight off the exit. Go through the center of East Granby (the Congregational Church on the right). Proceed on Route 20. Go through the light at Newgate Road. Stay on Route 20. Proceed on Route 20 until you come to RT 10/202 - Salmon Brook St. Take a left onto Route 10/202. Follow Route 10 South. Stay on RT 10/202 past McLean Game Refuge. As you approach a Stop & Shop on the left, shortly after that you will see the Farmington Valley YMCA on the Right.

From West of Hartford:

From Route 202, follow through Avon until merge with Route 10. Follow Route 10/202 North through Simsbury center to Granby town line (you will pass Wagner Ford and the International Skating Center on the left). The Farmington Valley YMCA is on Route 10/202, one mile past the town line on the left across the street from Imperial Nurseries. If you pass by Stop and Shop, you have gone 300 yards too far.



Farmington Valley YMCA
A branch of the YMCA of Greater Hartford