

2010 SHOPRITE® NUTMEG STATE GAMES SWIM MEET

Coordinator:

Charlie Dennis

Date:

Sunday, July 25th, 2010

Time:

Warm-ups: 8:30 AM – 9:50 AM

Starting Time: 10:00 AM

ALL EVENTS WILL BE TIMED FINALS!

Location:

Central Connecticut State University

Jack Suydam Natatorium

1615 Stanley Street

New Britain, CT 06050

<http://www.ccsu.edu/>

Format:

ALL EVENTS WILL BE TIMED FINALS!

Participants must submit entry times on the registration form.

Heats will be seeded by entry times.

No on deck entries, no event changes will be permitted after the June 28th Registration Deadline.

The Age Cut-Off date will be the last day of the competition of the Nutmeg State Games. **(Sunday, August 1st).**

Age Divisions & Events:

8 & Under - Male	8 & Under - Female
50 yd. Freestyle	50 yd. Freestyle
50 yd. Backstroke	50 yd. Backstroke
50 yd. Butterfly	50 yd. Butterfly
50 yd. Breaststroke	50 yd. Breaststroke
100 yd. Ind. Medley	100 yd. Ind. Medley
100 yd. Freestyle	100 yd. Freestyle
10 & Under - Male	10 & Under - Female
50 yd. Freestyle	50 yd. Freestyle
50 yd. Backstroke	50 yd. Backstroke
50 yd. Butterfly	50 yd. Butterfly
50 yd. Breaststroke	50 yd. Breaststroke
100 yd. Ind. Medley	100 yd. Ind. Medley
100 yd. Freestyle	100 yd. Freestyle
11 - 12 - Male	11 - 12 - Female
50 yd. Freestyle	50 yd. Freestyle

50 yd. Backstroke	50 yd. Backstroke
50 yd. Butterfly	50 yd. Butterfly
50 yd. Breaststroke	50 yd. Breaststroke
100 yd. Ind. Medley	100 yd. Ind. Medley
100 yd. Freestyle	100 yd. Freestyle
13 - 14 - Male	13 - 14 - Female
50 yd. Freestyle	50 yd. Freestyle
100 yd. Freestyle	100 yd. Backstroke
100 yd. Backstroke	100 yd. Butterfly
100 yd. Butterfly	100 yd. Breaststroke
100 yd. Breaststroke	200 yd. Ind. Medley
200 yd. Ind. Medley	100 yd. Freestyle
500 yd. Freestyle	500 yd. Freestyle
15 - 18 - Male	15 - 18 - Female
50 yd. Freestyle	50 yd. Freestyle
100 yd. Backstroke	100 yd. Backstroke
100 yd. Butterfly	100 yd. Butterfly
100 yd. Breaststroke	100 yd. Breaststroke
200 yd. Ind. Medley	200 yd. Ind. Medley
100 yd. Freestyle	100 yd. Freestyle
500 yd. Freestyle	500 yd. Freestyle

Order of Events:

Event #	Event Name
1	Girls 50 Backstroke
2	Boys 50 Backstroke
3	Girls 100 Backstroke
4	Boys 100 Backstroke
5	Girls 50 Butterfly
6	Boys 50 Butterfly
7	Girls 100 Butterfly
8	Boys 100 Butterfly
9	Girls 100 IM
10	Boys 100 IM
11	Girls 200 IM
12	Boys 200 IM
13	Girls 50 Freestyle
14	Boys 50 Freestyle
15	Girls 500 Freestyle
16	Boys 500 Freestyle
17	Girls 50 Breaststroke
18	Boys 50 Breaststroke
19	Girls 100 Breaststroke
20	Boys 100 Breaststroke
21	Girls 100 Freestyle
22	Boys 100 Freestyle

Rules:

United States Swimming

Relays:

The Nutmeg State Games will **NOT** be offering relays for the Swim Meet.

Opening Ceremonies:

***** Attendance is mandatory for all Nutmeg State Games Athletes**

Saturday, July 24th 2010 – Veteran's Memorial Stadium, New Britain, CT

The Opening Ceremonies will begin as athletes from across the state participate in the traditional Parade of Athletes. Other special festivities will lead to the lighting of the ceremonial flame in true Olympic fashion, as the Nutmeg State Games are declared officially open.

New Britain Rock Cats Game – 2:35 PM

The Fan Fest: 5:00 PM

Opening Ceremonies: 7:15 PM

Opening Ceremonies Ticket Prices:

Adults - \$6.00, Senior (55+) or Child (12 & Under) - \$4.00

Tickets for Opening Ceremonies will be sold at the day of Opening Ceremonies ONLY! Tickets cannot be purchased prior to the day of the event.

Nutmeg State Games Office Contact Info

New Britain Alternative Center

505 South Main St. (Daniel Bugnacki Way)

New Britain, CT 06051

Main Phone: (860) 224 6450

Fax : (860) 224 6450

2011 State Games America SAN DIEGO, CA

All Medal Winning teams (Gold, Silver & Bronze) from 2010 Nutmeg State Games will be invited to compete in the 2011 State Games of America held in San Diego, CA. For more information on the State Games of America please go to www.stategames2011.com

Directions:

Central Connecticut State University

Jack Suydam Natatorium

1615 Stanley Street

New Britain, CT 06050

<http://www.ccsu.edu/>

From the North (Massachusetts)

Take 91 South to 84 West to Exit 39A, to Rte. 9 South.

Get off Exit 29 and take a right at the end of the exit ramp onto Ella T. Grasso Boulevard.

At the third traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather.

From the Southwest (Stamford/New Haven)

Take 95 North to 91 North to Exit 22 North, to Rte. 9 North.

Follow Rte. 9 North and take Exit 29, Rte. 175.

At the traffic light at the end of the exit ramp, go straight and follow Fenn Road to the second traffic light, and take a left turn onto Ella T. Grasso Boulevard.

At the fourth traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather.

From the Southeast (Groton/New London)

Take 95 South to Rte. 9 North to Exit 29, Rte. 175.

At the traffic light at the end of the exit ramp, go straight and follow Fenn Road to the second traffic light, and take a left turn onto Ella T. Grasso Boulevard.

At the fourth traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather.

From the East (Hartford)

Take 84 West to Exit 39A, to Rte. 9 South.

Get off Exit 29 and take a right at the end of the exit ramp onto Ella T. Grasso Boulevard.

At the third traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in cases of inclement weather.

From the West (Danbury/Waterbury)

Take 84 East to Exit 39A, to Rte. 9 South.

Get off Exit 29 and take a right at the end of the exit ramp onto Ella T. Grasso Boulevard.

At the third traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather.