

WHIRLWIND DIVING TEAM AT THE NEW CANAAN YMCA
WINTER WEEKEND 2007

SPONSORED BY DARIEN SPORT SHOP

MEET INFORMATION, HOTELS AND DIRECTIONS

Dates: February 10th and 11th, 2007

Location: New Canaan YMCA (203) 966-4528
564 South Avenue
New Canaan, CT 06840

Meet Director: Joe Somma, Jr.
(203) 966-4528, ext. 159

The Meet Director reserves the right to make changes to the warm-up and event schedules and make other adjustments in order to maintain the quality of the meet.

Eligibility: Divers must have a current 2007 AAU registration number. Age groups will be determined by a diver's age on December 31, **2007**.

Coaches: All coaches present on deck must be current AAU Members and all coaches must be present on deck at any time one or more of his or her divers is participating in warm-ups or events.

Rules: The meet will be governed by 2007 USA Diving rules. Divers should be prepared to show proof of AAU membership.

Facility: Two 1m 16' maxi Model B
Two 3m 16' maxi Model B

Entry Fees: \$25 per event—if **postmarked by Friday, February 2, 2007**
There is a \$15 charge for late entries and deck entries.
Please make checks payable to *Whirlwind Diving Parents Association*.

Registration: Requires a completed Registration Form, Dive Sheet(s) and a Check for the Entry Fees. **Dive sheets must be submitted with the Registration Form and check.** Send the registration materials, including the check, to the Meet Secretary. Dive sheets will become available on our website at www.newcanaanymca.org/whirlwinddiving beginning in the first week of January.

Meet Secretary: Deb MacDonald
P.O. Box 2333
Darien, CT 06820
(203) 655-0591

Events: Events will be run concurrently. Novice divers will dive with their J.O. age group (diving first in the order).

Awards: J.O. Awards: Top 6 places (Team awards: top 3 teams)
Novice Awards: Top 6 places

Meet Schedule

Warm-Ups			
Sat. & Sun.		7:00 – 8:30	All age groups
		8:30 – 9:00	First event only
There will be a 30-minute warm-up before each event for the event participants only			
Saturday, February 10			
Events Start at 9:00 AM			
1a	9u & 10/11 boys 1m	1b	9u & 10/11 girls 3m
2a	12/13 boys 1m	2b	12/13 girls 3m
3a	14/15 girls 3m	3b	16/18 girls 1m
4a	14/15 boys 3m	4b	16/18 boys 1m
Sunday, February 11			
Events Start at 9:00 AM			
5a	9u & 10/11 girls 1m	5b	9u & 10/11 boys 3m
6a	12/13 boys 3m	6b	12/13 girls 1m
7a	16/18 boys 3m	7b	14/15 boys 1m
8a	16/18 girls 3m	8b	14/15 girls 1m

Novice List Requirements

Age Group	One-Meter	Three-Meter
9 & under	100, any 2 dives	001, any 2 dives
10/11	100, 200 2 req & 1 opts	001, 2 req & 1 opt
12/13	100, 200 2 req & 2 opts	001, 2 req & 2 opts
14/15	2 req & 2 opts	001, 3 req & 2 opts
16/18	3 req & 3 opts	001, 3 req & 2 opts

J.O. Requirements

Age Group and Gender	One-Meter	Three-Meter
9 & under G & B	(5) 3 vols. (3 grps.)= 5.0, 2 opts. (2 grps.)	(5) 3 vols. (3 grps.)= 5.4, 2 opts. (2 grps.)
10-11 G & B	(6) 3 vols. (3 grps.)= 5.0, 3 opts. (3 grps.)	(6) 3 vols. (3 grps.)= 5.4, 3 opts. (3 grps.)
12-13 G & B	(7) 4 vols. (4 grps.)= 7.2, 4 opts. (4 grps.)	(7) 4 vols. (4 grps.)= 7.6, 3 opts. (3 grps.)
14-15 Girls	(8) 5 vols. = 9.0, 3 opts. (3 groups)	(8) 5 vols. = 9.5, 3 opts. (3 groups)
14-15 Boys	(9) 5 vols. = 9.0, 4 opts. (4 groups)	(9) 5 vols. = 9.5, 4 opts. (4 groups)
16-18 Girls	(9) 5 vols. = 9.0, 4 opts. (4 groups)	(9) 5 vols. = 9.5, 4 opts. (4 groups)
16-18 Boys	(10) 5 vols. = 9.0, 5 opts. (5 groups)	(10) 5 vols. = 9.5, 5 opts. (5 groups)

Directions to the Pool and Parking at the YMCA

Directions to the Pool:

Route 15 (Merritt Parkway) from the North or the South:

Exit 37 off Rt. 15 onto South Avenue (Hwy. 124). At the top of the ramps turn left onto South Avenue. The YMCA is ½ mile ahead on the right if you are coming from the North. It's ¾ mile ahead on the right if you are coming from the South. If you pass a playing field and Saxe Middle School on your right, you will have gone past the YMCA, which is fine, because we recommend that you park at the school. .

Caution about Exit 37 from the North:

When coming from the north, taking Exit 37 can be dangerous. As you near the exit you will not see it until you have to use it. There will be a Mobil gas station on the right, and just beyond that is a bridge. The exit begins only a few yards after the bridge and is part of a cloverleaf interchange that was not designed for the speeds of today's cars--you have to slow down to 15 mph very quickly and over a very short distance.

Connecticut Turnpike (I 95) from the North or the South:

Exit 15 off I-95 to Rt. 7 North. Continue north and take Exit 3 onto Rt. 15 South. Follow the directions above for exiting at Exit 37.

Alternate (and shorter) route for I- 95 from the South:

Exit 11 off I-95. Go North (left) on U.S. 1 (Post Road). Continue North on the Post Road for about ¾ mile and go under a R.R. bridge. After the bridge go to the second set of traffic lights and turn left. (The first set of traffic lights is immediately past the bridge.) At second set of traffic lights there is a restaurant, Post Corner Pizza, which will be in front of you on the left and a fire station will be on your right. This is Hwy. 124 North, (Mansfield Avenue). Continue on Mansfield Avenue for 3¾ miles. After about 3 miles you will cross over Rt. 15 (Merritt Parkway) and the name of the road will now be South Avenue. The YMCA is a little more than a ½ - ¾ mile farther on the right, immediately past a Rotary International sign. If you pass a playing field and Saxe Middle School on your right, you will have gone past the YMCA, which is fine, because we recommend that you park at the school.

Parking Conditions at the YMCA:

Unfortunately, the parking lot at the YMCA is not large enough to accommodate both YMCA members and the diving meet participants. Therefore, parking at the YMCA will be limited to members. We recommend that you park at Saxe Middle School, which is just north of the YMCA. Parking will be allowed up and down South Avenue on the side across from the YMCA. If you park on the YMCA side of the street you will be ticketed and may be towed. Whirlwind divers and families should park off site unless they need ready access to their vehicles (e.g., to leave to purchase beverages, food, supplies, etc., for the meet).

The YMCA will post police officers at the parking lot entrance to enforce the parking ban. They will likely allow drop-offs and pick-ups of divers, as conditions permit. They will try to be accommodating in this regard; please respect their decisions. The police officers might allow non-members to park in the YMCA's parking lot if they believe conditions will allow it. Parking conditions oftentimes are better on Sundays than on Saturdays.

Hotels and Related Directions

Courtyard by Marriott: (Meet Headquarters)

470 Main Avenue
Norwalk, CT 06851
(800) 647-7578
(203) 849-9111

Ask for the Whirlwind Diving block rate (\$79). The block will be held until January 30th.

Hilton Garden Inn Norwalk

560 Main Avenue
Norwalk, CT 06851
(203) 523-4000

Ask for the Whirlwind Diving block rate (\$79). The block will be held until January 30th.

The hotels are 10-15 minutes from the pool.

Directions to the Hotels

Connecticut Turnpike (I- 95), from the North or the South:

Exit 15 onto Rt. 7 North (toward Danbury). Go approximately 3 miles to the end. Make a right turn (the signs will say 7 Danbury Wilton). About 50 yards after the turn there is a set of traffic lights. Stay out of the right lane until you have gone through the lights. Go the few blocks to the end—it's a T- intersection. The Connecticut Department of Motor Vehicles will be in front of you. Then, for the Courtyard by Marriott turn right onto Main Avenue/7 South. The signs will say Main Avenue/7 South and point south to Rt. 15. The Courtyard by Marriott is about ½ mile down on the left. For the Hilton Garden Inn turn left at the end of the road. The signs will say Main Avenue/7 North. The Hilton Garden Inn is about one block down on the right.

Merritt Parkway (Rt. 15), from the North or the South:

Exit 40B (7 Norwalk Danbury) onto Main Avenue At the bottoms of the ramps turn right onto Main Avenue Rt. 7 North). The Courtyard by Marriott is about ½ mile ahead on the right. The Hilton Garden Inn is about 1 mile ahead on the right.

Directions from the Hotels to the Pool

For both hotels go left out of the parking lot onto Main Avenue/Rt. 7. Continue on Main Avenue until the entrance to Rt. 15 South, which is about ½ mile from the Courtyard by Marriott, and 1 mile from the Hilton Garden Inn. Once on Rt. 15 go south to Exit 37. At the top of the cloverleaf turn left onto South Avenue /Hwy. 124. The YMCA is approximately ½ mile ahead on the right, immediately past a Rotary International sign. If you pass a playing field and Saxe Middle School on your right, you will have gone past the YMCA, which is fine, because we recommend that you park at the school.

Again, be careful taking Exit 37 from the north. See explanation in indented paragraph on page 3.