

WHIRLWIND DIVING TEAM AT THE NEW CANAAN YMCA

WINTER WEEKEND 2009

MEET INFORMATION, HOTELS AND DIRECTIONS

- Dates:** February 6-8, 2009
- Meet Site:** New Canaan YMCA
564 South Avenue
New Canaan, CT 06840
(203) 966-4528
- Facility:** Two 1m 16' maxi Model B
Two 3m 16' maxi Model B
13 ft. depth
- Meet Director:** Joe Somma
(203) 966-4528, ext. 159
- Registration:** Online at www.divemeets.com
- Meet Sec'y:** Ms. Kristin Faig
kfaig@newcanaanymca.org
- Signed waiver required at Meet Registration. Form may be downloaded at:
http://www.ncywwd.com/index.php?/more/category/winter_weekend/
- Entry Fees:** \$25 per individual event. There is a \$25 charge for late entries (after 2/3/09) and deck entries. Please make checks payable to *Whirlwind Diving Parents Association*.
- Eligibility:** Only currently registered AAU divers will be permitted to dive. Age groups will be determined by a diver's age on December 31, 2009.
- Rules:** JO Divers only. The meet will be governed by 2009 USA Diving rules. Divers should be prepared to show proof of AAU membership.
- 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.

Meet Schedule

Friday:

Open warm up 1-3:30 PM
First Event warm up 3:30-4:30 PM
Events 1 and 2 start 4:30 PM

- 1. 9U&10/11 Boys 1 meter**
- 2. 9U&10/11 Girls 3 meter**

30 min warm up

- 3. 12/13 Boys 3 meter**
- 4. 12/13 Girls 1 meter**

Saturday:

Warm up 7 AM –1st event only
Events 5 and 6 start 8 AM

- 5. 12/13 Boys 1 meter**
- 6. 12/13 Girls 3 meter**

45 min warm up

- 7. 14/15 Girls 1 meter**
- 8. 16/18 Girls 3 meter**

45 min warm up

- 9. 14/15 Boys 1 meter**
- 10. 16/18 Boys 3 meter**

30 min warm up

- 11. 9U &10/11 Boys 3 meter & Masters**
- 12. 9U & 10/11 Girls 1 meter**

Sunday:

Warm up 7 AM – 1st event only
Events 13 and 14 start 8 AM

- 13. 14/15 Girls 3 meter**
- 14. 16/18 Girls 1 meter**

45 min warm up

- 15. 14/15 Boys 3 meter**
- 16. 16/18 Boys 1 meter**

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.

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 tops 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. We recommend that you park at the school if there is no room on South Avenue.

Caution about Exit 37 from the North:

When coming from the north, taking Exit 37 can be dangerous if you are not familiar with it. You will not see the exit ramp until right before you have to use it. As you near the exit, there will be a Mobil gas station on the right, just beyond which is a bridge. The exit begins only a few yards beyond the bridge. The ramp is a sharp 180° curve--you have to slow down to 15 mph very quickly 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 $\frac{3}{4}$ 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.) This is Hwy. 124 North (Mansfield Avenue). At the intersection there is a restaurant, Post Corner Pizza, on the left and a fire station on the right. Continue on Mansfield Avenue for about $3\frac{3}{4}$ 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 $\frac{1}{2}$ - $\frac{3}{4}$ 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. We recommend that you park at the school if there is no room on South Avenue.

Parking at the YMCA

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. The YMCA will post police officers at the parking lot entrance to enforce this restriction. They may allow drop-offs and pick-ups of divers, as conditions permit. They will try to be accommodating in this regard; please respect their decisions.

You may park on South Avenue on the side across from the YMCA and at Saxe Middle School, which is just north of the YMCA. Do not park on any side streets .If you park on the YMCA side of South Avenue or on a side 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).

Hotels and Directions

Hilton Garden Inn Norwalk: (Meet Headquarters)

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

Ask for the Whirlwind Diving block rate (\$79).

Courtyard by Marriott:

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

Ask for the Whirlwind Diving block rate (\$79).

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 Rt. 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/Rt. 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/Rt. 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 (Rt. 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 to the Pool from the Courtyard by Marriott and the Hilton Garden Inn

From the Courtyard by Marriott and the Hilton Garden Inn, 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. We recommend that you park at the school if there is no room on South Avenue.

Again, be careful exiting at Exit 37. See the explanation in the indented paragraph at the top of page 3.