



Sigonella Swordfish Swim Team
 Morale, Welfare, & Recreation Department
 Naval Air Station Sigonella, Sicily, Italy

Meet Announcement

- Sanctioned by:** European Forces Swim League
- Hosted by:** Sigonella Swordfish, EFSL Southern Division
- Location:** Naval Air Station I (NAS I), Sigonella, Midtown MWR Complex
- Facility:** The MWR Pool in the sports complex is a 6 lane, 25 meter outdoor pool with competition lane lines, backstroke flags, and regulation starting blocks.
- Participants:** Naples Tigersharks, Kaiserslautern Kingfish, Lakenheath Barracudas, NATO Marlins, Sigonella Swordfish
- Dates & Times:**
- | | | | | |
|------------------------|------------|------------|-----|-----------|
| Sunday, 7 October 2007 | Warm-up | Naples | 1-5 | 0800-0840 |
| | | NATO | 6 | 0800-0840 |
| | | K-Town | 1-3 | 0840-0910 |
| | | Lakenheath | 4-6 | 0840-0910 |
| | Meet Start | | | 0930 |
- Entries:** Entries are due to the Swordfish Head Statistician Thursday, October 4, 2007.
- Entry Limit:** Each team is restricted to a maximum of 100 swimmers. Each swimmer is restricted to a maximum of three individual events and two relays.
- Events:** The EFSL Standard Meet Shell will be used.
- Rules:** USA Swimming Rules and Regulations and all applicable EFSL By-Laws.
- Scoring:** According to EFSL Scoring Standard for 5 teams
- | | |
|--------------------|------------------------------------|
| Individual Events: | 10 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1 |
| Relays: | 12 - 8 - 4 - 2 |
- Awards:** Ribbons through 5th place.
- Officials:** Referee Sig McKeown
 Starter

Stroke & Turn #1
Stroke & Turn #2
Stroke & Turn #3
Stroke & Turn #4
Stroke & Turn #5
Stroke & Turn #6

Clerk of Course Sig
Head Timer Sig
 18 Timers
Runner Sig
3 Marshals Sig
Statistician Sig

Points of Contact: MWR Splashers Pool 39-095-86-4334 (DSN 624-4334)
Meet Director Chris Merz 39-095-86-0205 merzfam@hotmail.com
President Karen Weber 39-095-86-0201 webersjapan@hotmail.com
Head Official Anna McKeown 39-095-86-6093
Head Coach Rich McKeown 335-569-8004 richmckeown@yahoo.com
Statistician Dave Kelly 39-095-86-0387 signonella_swordfish@yahoo.com

Concessions: A concession stand will be available to purchase breakfast, lunch, and snack items. All concession stand refreshments are available individually or in “value meals”:

Please see additional attachment for menu and prices.

Lodging: Navy Lodge 39(095)713-0190

The Navy Lodge is located on NAS I and is a five minute walk from the pool.

Signonella Inn 39(095)713-0002 www.hotel-signonellainn.it

The Signonella Inn is located almost directly across the street from NAS I and is a five minute walk from the pool.

BEQ/BOQ 39(095)86-2300

There are BOQ/BEQ lodgings on both NAS1 and NAS2 please make sure to request NAS1.

**Tours, Trips, and
Rental Cars:**

ITT 39(095)86-4488

Located on NAS 1 and available to set up customized tours to fit our group’s interests.

Maggiore/National Car Rental 39(062)2456060 Reservation Center
 39(095)340594 Catania Airport
 39(095)7130256 Across from NAS 1
 39(091)591681 Palermo Airport
 <http://www.maggiore.it/index.jsp>

Located at the airport, Catania and Palermo, and at NAS1. NATO rates are available when making reservations.

Europcar 39(095)86-5468

***Directions from
Catania Airport:***

Distance from Catania Airport is 7.5 miles (approximately 12.1 km)

Exit out of rental car area and follow signs to exit airport. Long term parking will be on your right and a big sign welcoming you to Catania (Benvenuti Catania) will be on your right. At the end of this street, take a left and reset your odometer. At 0.3 miles (0.48km) you will hit a round-about. Enter into the round-about and take an immediate right, following signs to Messina, Ragusa and Siracusa. At 0.9 miles (1.4 km) follow signs for Gela and Enna (SS417). At 1.1 miles (1.8 km) head into another round-about, this time doing a complete U-turn and then exiting off to the street to the right towards Gela. At 1.5 miles (2.4 km) head into third round-about and take 2nd right (this would seem like a left hand turn if you did not have to enter the round-about). Continue straight to stop sign. At stop sign you will see the highway in front of you, across the fields. You will also see a small sign for the Sigonella Hotel. Take a right. This road is a straight shot to NAS I Sigonella. You will pass Brasilrecca Bar and Enzo Bar on your right. A few miles up you will pass the BMW dealer on your left and a Q8 gas station on your right. Keep straight. Once you pass the Dome Drive-In on your left, you are very close to base. The NAS Sigonella entrance is up on your left.

Links:

<http://www.sicily.navy.mil/>

NAS Sigonella web site. Contains information on the base and facilities.

<http://www.sig.med.navy.mil>

Naval Hospital Sigonella.

<http://www.aeroporto.catania.it/?lang=eng>

Catania Airport.

<http://www.apr.catania.it/aprctnew/home.asp>

Catania Tourism web page. This page contains information on art, music, festivals, sites and much more (in Italian).

<http://www.valdinoto.com/english/index.htm>

“Val di Noto” site with information on Catania, Caltagirone, Militello, Noto, and other interesting towns on the eastern side of Sicily. The site also includes links to UNESCO World Heritage locations in Sicily.

<http://www.bestofsicily.com/index.htm>

“Best of Sicily” site. This site has a lot of information on Sicily: food, history, sites, travel ideas, public transportation, and more.

<http://www.initaly.com/regions/sicily/sicily.htm>

“In Italy Online” has information on sightseeing, traveling, and history of Sicily.

<http://www.sicilian.net/>

“Sicilian.net” is another site with information for travelers in Sicily.

<http://www.mytourinsig.com/index.html>

“My Tour In Sigonella, Sicily” This is a web site set up for those PCSing into Sig but there is some good info here about driving, sightseeing, and eating.