

2024 MAC Summer SCY Sprintacular
Meet Type: Invitational.
June 16, 2024

Middletown Recreation Center Pool, 140 Wilderman's Way, Middletown, CT 06457.
(Use Beman Middle School for GPS as we will be using their parking lot.)

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L24-33. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

	Name	Email	Phone
Meet Director:	Bill Evison	william.evison@gmail.com	860-836-1776
Meet Referee:	Lisa Whitaker	llwhitaker@mac.com	203-982-6854
Lead Admin Official:	Rob Duguay	bobbydoogs@gmail.com	203-695-5771
Entry Chair:	Bill Evison	william.evison@gmail.com	860-836-1776
Safety Chair:	Bill Evison	william.evison@gmail.com	860-836-1776
Officials Contact:	Lisa Whitaker	llwhitaker@mac.com	203-982-6854

MEET HOST: [MAC](#)

WEBSITE: [Middlesex Aquatics Club Home \(gomotionapp.com\)](http://gomotionapp.com)

POOL EMERGENCY NUMBER: 860-638-4516

COURSE: SCY

SESSION TIMES: Subject to Change [ONE SESSION FOR ALL AGE GROUPS](#) Warm up: 8:00am Meet Start: 9:15am

ENTRY OPENING DATE: Entries will be accepted no earlier than [April 25, 2024](#)

CONNECTICUT-ONLY DEADLINE: [CT deadline is April 29, 2024. We will use the time and date stamp on emailed entry files to determine when entries were received.](#) CT clubs meeting this deadline will be entered before out of state clubs.

DEADLINES: Deadline is June 13, 2024 for all entries. Date and time stamp on emailed entries will be used to determine when entries are received.

PAYMENT INSTRUCTIONS: Please make checks payable to [Middlesex Aquatics Club \(MAC\)](#).

Mail to:

Bill Evison

24 Rose Hill Rd

Portland, CT 06480-1218..

Payment must be received by **06/13/24**.

LC 2024 SEASON ONLY (4/1-8/31): Teams that are charged pool rental for running a regularly scheduled non CSI Championship meets, can charge a per swimmer facility fee not to exceed \$10. This charge will NOT be subject to CSI surcharges.

ENTRY FEES: Electronic entries: \$10.00 for individual events, Manual entries: \$12.00 for individual events, there will be no meet or facility surcharge. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

REGISTRATION REPORTING: The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction USA/CT Swimming meet.

SANCTIONED OR APPROVED: Sanctioned

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming.

MEET FORMAT: The meet will be swum as **Timed-Finals**. All events will be swum **SLOWEST TO FASTEST**

FACILITY: **The Middletown Recreation Center Pool is 6-lane, 25-yard pool.** Water depth at start end is: **12 feet deep** Water depth at turn end is: **3.5 feet deep.** **Select One:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming; We will be using Colorado System 6 timing with touch pads and back up buttons with two (2) manual back timers per lane. We will NOT be using backstroke ledges. There is ample spectator seating in bleachers elevated above the pool on the lane 6 side of the pool.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

WIFI ACCESS: **WiFi is available on the Middletown Guest network. Connectivity is generally good.**

MEDICAL SUPERVISION: **Lifeguards will be on duty during the meet and warm ups. He facility is equipped with First Aid supplies and AEDs.**

WARM-UPS: **CT Swimming Warm-Up Procedures will be in effect. Warm up will run 8:00am-9:05am Details and lane assignments will be provided by the meet director once all entries have been accepted.**

EVENT INFORMATION: **Entry times for the 25 Free are REQUIRED. "NT" entries for the 25 Free WILL NOT BE ACCEPTED.(Use estimated or practice times if needed.)**

ENTRY LIMITATIONS: **All Swimmers are limited to FIVE (5) Individual Event Entries.**

SCRATCH PROCEDURES: **Scratches should be reported to Admin table Thirty (30) Minutes before the end of warm up. If an athlete misses an event they will not be allowed to re-swim it. They will be given a "NS" in the meet results and will be charged for the swim. Since this is not a Championship meet they will be allowed to swim their remaining events without penalty.**

SAFE SPORT POLICIES: **Spectators will be allowed in the stands above the pool deck. Only athletes, coaches, and authorized meet personnel will be allowed on deck. Athletes over age 18 will be required to use the rest rooms designated for adults, coaches and officials.**

DISABLED ACCESS: **There is handicapped accessible parking at the facility. The pool and locker rooms are on the ground floor and easily accessible.**

ELIGIBILITY: **All USA Swimming clubs and individuals.**

For Sanctioned Meets: All athletes must be current athlete members of [USA Swimming](#). Age on the first day of the meet shall determine the swimmer's age and age group for the meet. [List any restrictions, such as age, etc.](#) Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](#). Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming meet policies:

<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>
and

https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water **without the use of the backstroke ledge**. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to the [Connecticut Swimming office](#).

ENTRY TIMES: Submit entry times in: [SCY](#). All athletes are **REQUIRED** to provide an entry time for the 25 Free. (This time can be an estimate or a practice time.)

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at william.evison@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. [Payment is due by June 16, 2024](#). Entries are considered received once the entry chair has received an email with the club's Hy-Tek entry file.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI

the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. Athletes aged 7 and Under will be cut from the meet. All relays, if planned, will be eliminated.
2. The distance events (400 meters or yards or greater) may be heat limited to the 3 heats of entries per gender in the order they were received.
3. The maximum number of events allowed per day may be reduced by one (1).
4. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: No.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

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- Professional photographers with current, official media credentials that are promoting the sport of swimming
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- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: **Yes** Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is 9:30am for morning sessions. The fee for Time Trial entries are **\$20.00** for individual events.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The meet [will or will not](#) be scored. [If scoring, please state the individual and relay point values.](#)

AWARDS: [Yes. We will be offering rubber ducks to the heat winners in all events. Likewise we will be offering awards to the winners of the Girls' 12 and under 25 Free, Boys' 12 and under 25 Free, Girls' 13 and over 25 Free, and Boys' 13 and over 25 Free.](#)

CONCESSIONS: [No.](#)

HOSPITALITY FOR COACHES AND OFFICIALS: [Yes.](#)

PARKING: [Parking at the Recreation Center is limited to meet personnel, recreation center personnel, and persons with disabilities. There is ample parking in the Beman Middle School lot just down the hill from the Recreation Center.](#)

DIRECTIONS: [The Middletown Recreation Center is located at 140 Wilderman's Way, Middletown, CT 06457. \(If this address does not show in your GPS please type in BEMAN MIDDLE SCHOOL located at 1 Wilderman's Way , Middletown, CT 06457 as we will be using their parking lots.\)](#)

2024 MAC Summer Sprintacular - 6/16/2024

Session Report

Session: 1 Sunday Session

Day of Meet: 1 Starts at 09:15 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 200 Freestyle	0	0	09:15 AM	_____
Finals	2 Boys 12 & Under 200 Freestyle	0	0	09:15 AM	_____
Finals	3 Girls 13 & Over 200 Freestyle	0	0	09:15 AM	_____
Finals	4 Boys 13 & Over 200 Freestyle	0	0	09:15 AM	_____
Finals	5 Girls 12 & Under 50 Backstroke	0	0	09:15 AM	_____
Finals	6 Boys 12 & Under 50 Backstroke	0	0	09:15 AM	_____
Finals	7 Girls 13 & Over 50 Backstroke	0	0	09:15 AM	_____
Finals	8 Boys 13 & Over 50 Backstroke	0	0	09:15 AM	_____
Finals	9 Girls 12 & Under 100 Breaststroke	0	0	09:15 AM	_____
Finals	10 Boys 12 & Under 100 Breaststroke	0	0	09:15 AM	_____
Finals	11 Girls 13 & Over 100 Breaststroke	0	0	09:15 AM	_____
Finals	12 Boys 13 & Over 100 Breaststroke	0	0	09:15 AM	_____
Finals	13 Girls 12 & Under 50 Butterfly	0	0	09:15 AM	_____
Finals	14 Boys 12 & Under 50 Butterfly	0	0	09:15 AM	_____
Finals	15 Girls 13 & Over 50 Butterfly	0	0	09:15 AM	_____
Finals	16 Boys 13 & Over 50 Butterfly	0	0	09:15 AM	_____
	Break: 5 Minutes:				
Finals	17 Girls 12 & Under 100 Freestyle	0	0	09:20 AM	_____
Finals	18 Boys 12 & Under 100 Freestyle	0	0	09:20 AM	_____
Finals	19 Girls 13 & Over 100 Freestyle	0	0	09:20 AM	_____
Finals	20 Boys 13 & Over 100 Freestyle	0	0	09:20 AM	_____
Finals	21 Girls 12 & Under 100 Backstroke	0	0	09:20 AM	_____
Finals	22 Boys 12 & Under 100 Backstroke	0	0	09:20 AM	_____
Finals	23 Girls 13 & Over 100 Backstroke	0	0	09:20 AM	_____
Finals	24 Boys 13 & Over 100 Backstroke	0	0	09:20 AM	_____
Finals	25 Girls 12 & Under 50 Breaststroke	0	0	09:20 AM	_____
Finals	26 Boys 12 & Under 50 Breaststroke	0	0	09:20 AM	_____
Finals	27 Girls 13 & Over 50 Breaststroke	0	0	09:20 AM	_____
Finals	28 Boys 13 & Over 50 Breaststroke	0	0	09:20 AM	_____
Finals	29 Girls 12 & Under 100 IM	0	0	09:20 AM	_____
Finals	30 Boys 12 & Under 100 IM	0	0	09:20 AM	_____
Finals	31 Girls 13 & Over 100 IM	0	0	09:20 AM	_____
Finals	32 Boys 13 & Over 100 IM	0	0	09:20 AM	_____
	Break: 5 Minutes:				
Finals	33 Girls 12 & Under 100 Butterfly	0	0	09:25 AM	_____
Finals	34 Boys 12 & Under 100 Butterfly	0	0	09:25 AM	_____
Finals	35 Girls 13 & Over 100 Butterfly	0	0	09:25 AM	_____
Finals	36 Boys 13 & Over 100 Butterfly	0	0	09:25 AM	_____
Finals	37 Girls 12 & Under 50 Freestyle	0	0	09:25 AM	_____
Finals	38 Boys 12 & Under 50 Freestyle	0	0	09:25 AM	_____
Finals	39 Girls 13 & Over 50 Freestyle	0	0	09:25 AM	_____
Finals	40 Boys 13 & Over 50 Freestyle	0	0	09:25 AM	_____
Finals	41 Girls 12 & Under 200 IM	0	0	09:25 AM	_____
Finals	42 Boys 12 & Under 200 IM	0	0	09:25 AM	_____

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Session: 1 Sunday Session

Day of Meet: 1 Starts at 09:15 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	43 Girls 13 & Over 200 IM	0	0	09:25 AM	_____
Finals	44 Boys 13 & Over 200 IM	0	0	09:25 AM	_____
	Break: 10 Minutes:				
Finals	45 Girls 12 & Under 25 Freestyle	0	0	09:35 AM	_____
Finals	46 Boys 12 & Under 25 Freestyle	0	0	09:35 AM	_____
	Break: 5 Minutes:				
Finals	47 Girls 13 & Over 25 Freestyle	0	0	09:40 AM	_____
Finals	48 Boys 13 & Over 25 Freestyle	0	0	09:40 AM	_____
	Finish Time			09:40 AM	_____