

Central Connecticut Aquatics  
**Odd Age Distance Meet**  
June 10, 2011

Larry Hart Pool  
Choate Rosemary Hall  
333 Christian Street  
Wallingford, CT 06492

Held under sanction of USA Swimming and Connecticut Swimming #L11-15

**EVENTS**

**IMPORTABLE MEET EVENTS**

|                | Name             | E mail   | Phone        |
|----------------|------------------|--|--------------|
| Meet Director: | George Bradner   | <a href="mailto:georgebradner@comcast.net">georgebradner@comcast.net</a> | 860-367-1023 |
| Meet Referee:  | Santos Carvajal  | <a href="mailto:santoscag@hotmail.com">santoscag@hotmail.com</a>         |              |
| Entry Chair:   | Stephanie Jordan | <a href="mailto:sjordan@peco1938.com">sjordan@peco1938.com</a>           | 203-237-8497 |
| Safety Chair:  | Sarah Massa      | <a href="mailto:Smassa@comcast.net">Smassa@comcast.net</a>               | 203-607-2000 |

WEBSITE: <http://www.swimccat.com>

POOL EMERGENCY NUMBER: 203-697-2000

MEET CLASSIFICATION: This meet is open to all USA Swimming athletes and clubs.

MEET FORMAT: The meet will be swum as timed-finals. 400 free events will be run fastest to slowest.

SCRATCH PROCEDURES: Coaches will receive a list of their swimmers and the events in which they are entered. All scratches will be due at the main desk 20 minutes before the start of the session.

FACILITY: The Larry Hart Competition Pool is an 8 -lane, 25-meter pool: The competition course has not been certified in accordance with 104.2.2C (4). Water depth at start end is: 12.06 feet. Water depth at turn end is: 4.09feet. Colorado electronic timing system. There is sufficient deck space with limited spectator seating in the balcony.

DISABLED ACCESS: Handicapped parking is available, pool and locker rooms are handicapped accessible. Please contact the meet manager if special arrangements are needed.

COURSE: SCM.

**EVENTS:** See attached list.

SESSION TIMES: Warm-up: 5:00pm; Start: 6:15pm  
After the 200 meter events there will be a 20 minute warm up.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect.

**ELIGIBILITY:** All athletes must be age 10 to 13 years old and a current member of USA Swimming. Age on the day of the meet shall determine the swimmer's age and age group for the meet. 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.

**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.

**ENTRY TIMES:** Submit entry times in: SCY. If there are no official times for an athlete, please submit estimated times. No Times (NT) will not be accepted.

**DEADLINES:** Entry deadline is JUNE 3, 2011. Mail hardcopy and payment to the entry chairperson:  
Stephanie Jordan  
187 Williams Street  
Meriden CT 06450.

Entries will be handled on a first come first served basis; however, Connecticut teams will be given priority over out-of-state teams. The date the entry is received shall be determined by the email date and time or, if no electronic file is sent, on receipt of paper entry. .

**CONNECTICUT-ONLY DEADLINE:** CT deadline is June 1, 2011. All entries received from Connecticut teams by that date will be given priority over out of state teams and swimmers. Entry date will be based on receipt of electronic file, or, if no electronic file is sent, on receipt of paper entry. CT clubs meeting this deadline will be entered before out of state clubs.

**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 Stephanie Jordan: [sjordan@peco1938.com](mailto:sjordan@peco1938.com). Please check that your team name, address, and contact information are listed correctly in this file. Connecticut teams will be given priority over out-of-state teams. The date the entry is received shall be determined by the email date and time.

**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.

**ENTRY FEES:** Electronic entries: \$6.00 for individual events. Manual entries: \$10.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry

**PAYMENT INSTRUCTIONS:** Please make checks payable to Central Connecticut Aquatics Team and mail to: Stephanie Jordan, 187 Williams Street, Meriden CT 06450  
Payment must be received by June 6, 2011.

**CUT PROTOCOL:** Entries will be accepted in order of receipt until the meet is full. The 200 meter events may be limited to 1.5 hours in order to allow time for 400 meter events. Session will be limited to 3.5 hours. If the time line estimate still exceeds 3.5 hours teams will be cut based on date of receipt. All accepted will be notified as soon as the meet is full, but not later than June 6th, 2011. If cuts or changes are made, the contact person listed on the entry will be notified

**RESERVE THE RIGHT TO MAKE CHANGES:** 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, with prior approval from Program Operations. Clubs will be notified of cuts no later than Monday before the meet.

**RELAYS:** No relays.

**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. No electronic devices with cameras are permitted in the locker rooms.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$10.00 for individual events. Time trial events count toward the total number of event limitations per session.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Timers will be asked to volunteer from the teams. Swimmers will need to provide their own timers for the 400 free events. We would greatly appreciate any team with officials that could help throughout the course of the meet. Please contact the Head Referee: Santos Carvajal-Gonzalez: [santoscag@hotmail.com](mailto:santoscag@hotmail.com)

**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 not be scored.

**AWARDS:** No.

**CONCESSIONS:** Yes.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes.

**PARKING:** There is parking near the Larry Hart pool entrance and at the Ice Arena. Please respect handicapped parking areas, and no parking areas. Please do not park on the street. Choate Rosemary Hall Security patrols the area and can offer alternative parking areas.

**DIRECTIONS:** Take Exit 14 and turn right onto East Center Street. Go straight through four sets of lights. At the fifth light (Elm Street intersection), take a right. At the first stop sign (Christian Street), take a right for

Johnson Athletic Center, and Larry Hart Pool. Turn right into the first parking lot. If additional events are going on, parking is also available at the Paul Mellon Arts Center.

From the north and south: Wilbur Cross Parkway (Rt. 15)

Take Exit 64 and turn right onto Quinnipiac St. Bear left at Wallace Park and cross over the R.R. tracks. Go straight through light (Quinnipiac becomes Center St. at this intersection). Turn left at second light (at top of hill) onto North Main St. Turn right at first stop sign onto Christian Street. Go straight through stop sign at bottom of hill (North Elm Street intersection). Look for Johnson Athletic Center; Larry Hart Pool.

From the south : I-91 Take Exit 14 and turn left onto Woodhouse Avenue (Rt. 150) At the second light, take a left onto Center St. At the third light (Elm Street intersection), take a right. The first stop sign is Christian Street, take a right for the Johnson Athletic Center, and the Paul Mellon Arts Center. Paul Mellon Arts Center and Johnson Athletic Center — first parking lot on the right.

**CCAT Distance meet 2011 - 6/10/2011**

**Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

| <b>Round</b> | <b>Event</b>                   | <b>Entries</b> | <b>Heats</b> | <b>Starts at</b> |       |
|--------------|--------------------------------|----------------|--------------|------------------|-------|
| Finals       | 1 Girls 10-12 200 Backstroke   | 0              | 0            | 06:00 PM         | _____ |
| Finals       | 2 Boys 10-12 200 Backstroke    | 0              | 0            | 06:00 PM         | _____ |
| Finals       | 3 Girls 10-12 200 Breaststroke | 0              | 0            | 06:00 PM         | _____ |
| Finals       | 4 Boys 10-12 200 Breaststroke  | 0              | 0            | 06:00 PM         | _____ |
| Finals       | 5 Girls 10-11 400 Freestyle    | 0              | 0            | 06:00 PM         | _____ |
| Finals       | 6 Boys 10-11 400 Freestyle     | 0              | 0            | 06:00 PM         | _____ |
| Finals       | 7 Girls 12-13 400 Freestyle    | 0              | 0            | 06:00 PM         | _____ |
| Finals       | 8 Boys 12-13 400 Freestyle     | 0              | 0            | 06:00 PM         | _____ |
|              | Finish Time                    |                |              | 06:00 PM         | _____ |