

CAC Invitational
May 31 – June 2, 2013
Wesleyan University
Freeman Athletic Building
161 Cross Street, Middletown, CT 06457
<http://goo.gl/maps/7hoX>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L13-18

EVENTS

IMPORTABLE MEET FILES

	Name	Email	Phone
Meet Director:	George Janz	gljanz@comcast.net	(860)460-7860
Meet Referee:	Sue Button	skbutton@comcast.net	(860)912.0498
Entry Chair:	Lynne Benavides	Jackboss2000@gmail.com	(401)447.5190
Safety Chair:	Pam Dolan	pam.running.home@gmail.com	(860)984-6906

HOST WEBSITE: <http://www.cacswim.com>

POOL EMERGENCY NUMBER: 860-685-2960 Facility Monitor; 860-685-2915 Pool Deck

MEET TYPE: Sanctioned

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

MEET FORMAT: The meet will be swum as Timed-Finals

SCRATCH PROCEDURES: Scratch sheets are due to the computer desk no later than 15 minutes after the start of the session warm-up. If a scratch sheet is not turned in, it will be assumed that the team is not in attendance and the entire team will be scratched from that session.

FACILITY: Wesleyan University's Freeman Athletic Center Pool is 8 lanes, 50 meters. Water depth at start end is 14 ft. and turn end is 4 ft. Colorado electronic timing system will be utilized. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Spectator seating is limited and spectators are asked not to sit in the stairways in the spectator section. No locks may be left on Wesleyan lockers. No shaving on premises is permitted.

DISABLED ACCESS: The Aquatic Center is handicapped accessible, with handicapped viewing area available. Contact the meet director for additional information and/or if special arrangements are required.

COURSE: LCM

SESSION TIMES: Subject to Change

Friday P.M. All age groups Warm-up 4:00pm, start 5:00pm
Saturday and Sunday 12/under warm-up 7:30am, start 8:30am
Saturday and Sunday 13/over warm-up 1:30pm, start 2:30pm

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

ELIGIBILITY: 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. 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. Adapted athletes may direct questions to [Mark Kinne](#), Adapted Athlete Committee Chair.

EVENT INFORMATION: Girls and Boys 800 Freestyle will be seeded fastest to slowest. Swimmers need to provide their own timers for the Senior 800 freestyle and 400 IM's.

ENTRY LIMITATIONS: Swimmers may enter and compete in 5 events per day.

ENTRY TIMES: Submit entry times in LCM. Please do not use NT as an entry time, instead please use an estimated time.

DEADLINES: Entry deadline is Tuesday, May 15, 2013. Mail hardcopy and payment to the entry chairperson: Lynne Benavides, 15 Frances Barber Dr. Hope Valley, RI 02832. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. An entry will be officially considered in the meet when the entry and fees have been received.

CONNECTICUT-ONLY DEADLINE: CT deadline is May 8, 2013. CT clubs meeting this deadline will be entered before out of state clubs. Should space still be available after May 8, out-of-state teams will be admitted based on when their entry and payment were received.

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 jackboss2000@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. An entry is considered complete, and the team entered in the meet, when the entry and payment are received.

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 on Saturday and Sunday, \$7.00 for individual events on Friday, and \$10 for relays. Manual entries: \$10.00 for individual events and \$20 for relays. No refunds will be given for entries once they are accepted.

PAYMENT INSTRUCTIONS: Please make checks payable to CAC and mail to: Lynne Benavides, 15 Frances Barber Dr. Hope Valley, RI 02832. Payment must be received by 05/22/13.

CUT PROTOCOL: CAC will limit each session to 4 hours. Teams will be cut based on date of receipt of fees (with CT teams being protected if they are in by the CT only deadline). Entries for each session will be accepted until the timeline for that session fills. If further cuts or "fine tuning" are necessary to manage the timeline for a specific session, we will first cut relays and then limit events to 4, then to 3 events, then eliminate 8 & Under swimmers from the appropriate sessions, then heat limit events 200 meters and longer. For Saturday and Sunday sessions, CAC will not eliminate any of its own swimmers from an event in order to have adequate workers in the sessions of the meet. Clubs will be notified of cuts no later than Monday before the meet.

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 changes no later than Monday before the meet.

RELAYS: Yes

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes.
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 audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or 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 for individual events. There will be no relay time trials. Time trial events count toward the total number of event limitations per session. Time Trial events are limited to those events published in this meet announcement.

TIMERS, OFFICIALS, OR WORK ASSIGNMENTS: Teams will be asked to supply timers in relationship to the size of their entry. Swimmers need to provide their own timers for the Senior 800 freestyle and 400 IM's. Teams supplying names of parents willing to officiate will have their timing assignments adjusted. Timing assignments will be published no later than Tuesday before the meet.

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: None

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Ample parking is available in various lots on campus.

DIRECTIONS: Wesleyan University
161 Cross Street, Middletown, CT
Mapping Software: <http://goo.gl/maps/7hoX>

From North: Take I-91 S to Exit 22S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take Right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine St. and Rt. onto Cross Street. – pool will be immediately on your left.

From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street- pool will be immediately on your left.

LODGING: The following hotels and motels are in the area:

Crowne Plaza Cromwell 100 Berlin Road, Cromwell 860-635-2000	Marriott Courtyard 4 Sebethe Dr, Cromwell 860-635-1001	Inn at Middletown 70 Main Street Middletown 860-854-6300
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Comfort Inn Route 372, Cromwell 860-635-4100	Ramada Plaza Hotel 275 Research Pkwy, Meriden 203-238-2380	Hampton Inn 20 Waterchase Dr, Rocky Hill 860-563-7877
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Super 8 Motel 1 Industrial Dr, Cromwell 800-843-1991	Hawthorne Inn 2387 Wilbur Cross Pkwy, Berlin 860-828-4181
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CAC LONG COURSE INVITATIONAL - 5/31/2013 to 6/2/2013**Session Report**

Session: 1 Friday PM

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 12 & Under 200 Freestyle	0	0	05:00 PM _____
Finals	2 Boys 12 & Under 200 Freestyle	0	0	05:00 PM _____
Finals	3 Girls 13 & Over 400 IM	0	0	05:00 PM _____
Finals	4 Boys 13 & Over 400 IM	0	0	05:00 PM _____
Finals	5 Girls 12 & Under 200 IM	0	0	05:00 PM _____
Finals	6 Boys 12 & Under 200 IM	0	0	05:00 PM _____
	Break: 15 Minutes			
Finals	7 Girls 13 & Over 800 Freestyle	0	0	05:15 PM _____
Finals	8 Boys 13 & Over 800 Freestyle	0	0	05:15 PM _____
	Finish Time			05:15 PM _____

Session: 2 Saturday AM 12 & U

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	9 Girls 11-12 100 Freestyle	0	0	08:30 AM _____
Finals	10 Boys 11-12 100 Freestyle	0	0	08:30 AM _____
Finals	11 Girls 10 & Under 100 Freestyle	0	0	08:30 AM _____
Finals	12 Boys 10 & Under 100 Freestyle	0	0	08:30 AM _____
Finals	13 Girls 11-12 50 Butterfly	0	0	08:30 AM _____
Finals	14 Boys 11-12 50 Butterfly	0	0	08:30 AM _____
Finals	15 Girls 10 & Under 50 Butterfly	0	0	08:30 AM _____
Finals	16 Boys 10 & Under 50 Butterfly	0	0	08:30 AM _____
Finals	17 Girls 11-12 50 Breaststroke	0	0	08:30 AM _____
Finals	18 Boys 11-12 50 Breaststroke	0	0	08:30 AM _____
Finals	19 Girls 10 & Under 50 Breaststroke	0	0	08:30 AM _____
Finals	20 Boys 10 & Under 50 Breaststroke	0	0	08:30 AM _____
Finals	21 Girls 11-12 100 Backstroke	0	0	08:30 AM _____
Finals	22 Boys 11-12 100 Backstroke	0	0	08:30 AM _____
Finals	23 Girls 10 & Under 100 Backstroke	0	0	08:30 AM _____
Finals	24 Boys 10 & Under 100 Backstroke	0	0	08:30 AM _____
Finals	25 Girls 11-12 200 Medley Relay	0	0	08:30 AM _____
Finals	26 Boys 11-12 200 Medley Relay	0	0	08:30 AM _____
Finals	27 Girls 10 & Under 200 Medley Relay	0	0	08:30 AM _____
Finals	28 Boys 10 & Under 200 Medley Relay	0	0	08:30 AM _____
	Finish Time			08:30 AM _____

CAC LONG COURSE INVITATIONAL - 5/31/2013 to 6/2/2013**Session Report**

Session: 3 Saturday PM 13 & over

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 15 & Over 50 Freestyle	0	0	02:30 PM	_____
Finals	30 Boys 15 & Over 50 Freestyle	0	0	02:30 PM	_____
Finals	31 Girls 13-14 50 Freestyle	0	0	02:30 PM	_____
Finals	32 Boys 13-14 50 Freestyle	0	0	02:30 PM	_____
Finals	33 Girls 13 & Over 200 Butterfly	0	0	02:30 PM	_____
Finals	34 Boys 13 & Over 200 Butterfly	0	0	02:30 PM	_____
Finals	35 Girls 15 & Over 100 Breaststroke	0	0	02:30 PM	_____
Finals	36 Boys 15 & Over 100 Breaststroke	0	0	02:30 PM	_____
Finals	37 Girls 13-14 100 Breaststroke	0	0	02:30 PM	_____
Finals	38 Boys 13-14 100 Breaststroke	0	0	02:30 PM	_____
Finals	39 Girls 15 & Over 100 Backstroke	0	0	02:30 PM	_____
Finals	40 Boys 15 & Over 100 Backstroke	0	0	02:30 PM	_____
Finals	41 Girls 13-14 100 Backstroke	0	0	02:30 PM	_____
Finals	42 Boys 13-14 100 Backstroke	0	0	02:30 PM	_____
Finals	43 Girls 15 & Over 200 Freestyle	0	0	02:30 PM	_____
Finals	44 Boys 15 & Over 200 Freestyle	0	0	02:30 PM	_____
Finals	45 Girls 13-14 200 Freestyle	0	0	02:30 PM	_____
Finals	46 Boys 13-14 200 Freestyle	0	0	02:30 PM	_____
Finals	47 Girls 15 & Over 200 Medley Relay	0	0	02:30 PM	_____
Finals	48 Boys 15 & Over 200 Medley Relay	0	0	02:30 PM	_____
Finals	49 Girls 13-14 200 Medley Relay	0	0	02:30 PM	_____
Finals	50 Boys 13-14 200 Medley Relay	0	0	02:30 PM	_____
	Finish Time			02:30 PM	_____

CAC LONG COURSE INVITATIONAL - 5/31/2013 to 6/2/2013**Session Report**

Session: 4 Sunday AM 12 & under

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	51 Girls 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	52 Boys 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	53 Girls 10 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	54 Boys 10 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	55 Girls 11-12 100 Butterfly	0	0	08:30 AM	_____
Finals	56 Boys 11-12 100 Butterfly	0	0	08:30 AM	_____
Finals	57 Girls 10 & Under 100 Butterfly	0	0	08:30 AM	_____
Finals	58 Boys 10 & Under 100 Butterfly	0	0	08:30 AM	_____
Finals	59 Girls 11-12 100 Breaststroke	0	0	08:30 AM	_____
Finals	60 Boys 11-12 100 Breaststroke	0	0	08:30 AM	_____
Finals	61 Girls 10 & Under 100 Breaststroke	0	0	08:30 AM	_____
Finals	62 Boys 10 & Under 100 Breaststroke	0	0	08:30 AM	_____
Finals	63 Girls 11-12 50 Backstroke	0	0	08:30 AM	_____
Finals	64 Boys 11-12 50 Backstroke	0	0	08:30 AM	_____
Finals	65 Girls 10 & Under 50 Backstroke	0	0	08:30 AM	_____
Finals	66 Boys 10 & Under 50 Backstroke	0	0	08:30 AM	_____
Finals	67 Girls 11-12 200 Freestyle Relay	0	0	08:30 AM	_____
Finals	68 Boys 11-12 200 Freestyle Relay	0	0	08:30 AM	_____
Finals	69 Girls 10 & Under 200 Freestyle Relay	0	0	08:30 AM	_____
Finals	70 Boys 10 & Under 200 Freestyle Relay	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

CAC LONG COURSE INVITATIONAL - 5/31/2013 to 6/2/2013**Session Report**

Session: 5 Sunday PM 13 & over

Day of Meet: 3 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	71 Girls 15 & Over 100 Freestyle	0	0	02:30 PM	_____
Finals	72 Boys 15 & Over 100 Freestyle	0	0	02:30 PM	_____
Finals	73 Girls 13-14 100 Freestyle	0	0	02:30 PM	_____
Finals	74 Boys 13-14 100 Freestyle	0	0	02:30 PM	_____
Finals	75 Girls 13 & Over 200 Breaststroke	0	0	02:30 PM	_____
Finals	76 Boys 13 & Over 200 Breaststroke	0	0	02:30 PM	_____
Finals	77 Girls 15 & Over 100 Butterfly	0	0	02:30 PM	_____
Finals	78 Boys 15 & Over 100 Butterfly	0	0	02:30 PM	_____
Finals	79 Girls 13-14 100 Butterfly	0	0	02:30 PM	_____
Finals	80 Boys 13-14 100 Butterfly	0	0	02:30 PM	_____
Finals	81 Girls 13 & Over 200 Backstroke	0	0	02:30 PM	_____
Finals	82 Boys 13 & Over 200 Backstroke	0	0	02:30 PM	_____
Finals	83 Girls 15 & Over 200 IM	0	0	02:30 PM	_____
Finals	84 Boys 15 & Over 200 IM	0	0	02:30 PM	_____
Finals	85 Girls 13-14 200 IM	0	0	02:30 PM	_____
Finals	86 Boys 13-14 200 IM	0	0	02:30 PM	_____
Finals	87 Girls 15 & Over 200 Freestyle Relay	0	0	02:30 PM	_____
Finals	88 Boys 15 & Over 200 Freestyle Relay	0	0	02:30 PM	_____
Finals	89 Girls 13-14 200 Freestyle Relay	0	0	02:30 PM	_____
Finals	90 Boys 13-14 200 Freestyle Relay	0	0	02:30 PM	_____
	Finish Time			02:30 PM	_____