

OAK Beat the Heat LC 2013 PENTATHLON

Saturday, June 29, 2013 and Sunday, July 30, 2013

Odessa Terry Pool

Hockanum Park, 310 High Street, East Hartford, CT 06108

Held under sanction of USA Swimming and Connecticut Swimming #L13-37

EVENTS

IMPORTABLE MEET EVENTS

| | Name | Email | Phone |
|--------------------------------|------------------|--|--------------|
| Meet Director: | Spencer Hartmann | spencer.hartmann@ctoak.org | 860-305-9834 |
| Meet Referee: | Aaron LaPointe | aaron@oldtimehockey.org | 860-221-5644 |
| Entry Chair/Officials Contact: | Spencer Hartmann | spencer.hartmann@ctoak.org | 860-305-9834 |
| Safety Chair: | Leslie Civitello | lcivitello@sbcglobal.net | 860-655-6481 |

WEBSITE: <http://www.ctoak.org/>

POOL EMERGENCY NUMBER: 860-291-7442

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, and is a Pentathlon.

SCRATCH PROCEDURES: Coaches will receive scratch sheets at the beginning of the session.

Scratch sheets must be returned within 20 minutes after the start of warm-ups. If a scratch sheet is not received by that deadline all swimmers will be considered NOT to be scratched and will be seeded in their entered events, except that any over-entered swimmers will be scratched from their last event(s) until they are in compliance with entry rules.

FACILITY: The Odessa Terry Pool is an 8-lane, 50 Meter pool with a depth of 10+ feet at the blocks.

Colorado Timing System with touch pads for 100 meters, or more, will be used. 2 button electronic timing will be used for the 50 meter events. Seating for spectators is outside the fence. Bring your own chairs. No spectators, unless they are actively working at the meet, will be allowed inside the fence during the meet.

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

DISABLED ACCESS: Facility is handicapped accessible. For more information call Ruth Crosby (978) 314-6779.

COURSE: LCM.

SESSION TIMES: Saturday session (10/U & 11/12) warm-ups will begin at 7:00 am; the meet will start at 8:00 am.

Sunday session (13/14 & 15/O) warm-ups will begin at 7:00 am; the meet starts at 8:00 am. **Session and warm-up times may be adjusted due to meet size.**

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. 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.

ENTRY LIMITATIONS: Swimmers may enter a maximum of 5 events per day.

ENTRY TIMES: Submit entry times in: LCM. No Times (NT's) are not allowed.

DEADLINES: Entry deadline is June 20, 2013. Mail hardcopy and payment to the entry chairperson: Spencer Hartmann, 24 Somerset Dr, Windsor, CT 06095. Entries are accepted on a first come, first served basis. Formal team entry date is determined by the date the electronic entry is received via email and entry fee received by the host team. If entries are sent via overnight mail, please waive the "signature required".

CONNECTICUT-ONLY DEADLINE: CT deadline is June 13, 2013. Mail hardcopy and payment to the entry chairperson: Spencer Hartmann, 24 Somerset Dr, Windsor, CT 06095. Entries are accepted on a first come, first served basis. Formal team entry date is determined by the date the electronic entry is received via email and entry fee received by the host team. If entries are sent via overnight mail, please waive the "signature required". 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 spencer.hartmann@ctoak.org. Clubs using TeamUnify TouchPad service may send entries through TouchPad Administrator. The TouchPad sync will close at the entry deadline. Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected prior to meet date, unless otherwise approved by the meet manager. Formal team entry date is determined by the date the electronic entry is received via email and the fee received by the host team.

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: \$6.50 for individual events. Manual entries: \$8.00 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 Oak and mail to: Spencer Hartmann, 24 Somerset Dr, Windsor CT, 06095. Payment must be received by 06/21/13

CUT PROTOCOL: If a session is over-subscribed, first cut are 7/Unders. If the time line estimate still exceeds four hours teams will be cut based on date of receipt. Clubs will be notified of changes no later than Monday before the meet. Host team reserves the right to not cut their 7/Unders to adequately staff 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: 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. Electronic audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, or locker rooms.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Teams will be required to supply timers in proportion to the size of their entry. Please note that timers are required for the whole session. Qualified officials interested in working at the meet should contact Spencer Hartmann. Participating clubs must be notified of work assignments by the Monday 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 be scored using cumulative pentathlon time scoring.

AWARDS: Medals will be awarded to the top 8 cumulative scorers in all age groups, for a total of 64 medals to be awarded.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: NO ON STREET PARKING IS ALLOWED. Parking on the grassy areas is prohibited. IF POOL PARKING LOT IS FULL, PARK IN THE SCHOOL LOT ADJACENT TO THE POOL. Illegally parked cars will be ticketed and towed. This is strictly enforced.

DIRECTIONS: The Odessa Terry Pools is located at Hockanum Park, 310 High Street, East Hartford, CT

From I-91 North, take Exit 25 (Route 3). Take first exit after bridge (Glastonbury). Turn left at first traffic light. Turn left onto Main Street (north). Continue north on Main Street past large shopping center to first light. Turn left onto Broad Street. Broad Street becomes High Street at Naubuc Street. Continue 300 yards. Pool is on the right.

From Route 2 West, take Hebron Avenue exit. At exit proceed to Main Street, (Glastonbury). Turn right onto Main Street (north) and follow directions as above.

From I-84 East or West, take exit to CT Route 2 East in East Hartford. Take High Street exit. At bottom of the ramp, turn right. Proceed onto High Street for 300 yards. Pool is on the left.

Oak Pentathlon Beat the Heat - 6/29/2013 to 6/30/2013

Session Report

Session: 1 12 and Under

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 10 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------------|------------------------------------|----------------|--------------|------------------|-------|
| Finals | 1 Girls 10 & Under 50 Butterfly | 0 | 0 | 08:00 AM | _____ |
| Finals | 2 Boys 10 & Under 50 Butterfly | 0 | 0 | 08:00 AM | _____ |
| Finals | 3 Girls 11-12 50 Butterfly | 0 | 0 | 08:00 AM | _____ |
| Finals | 4 Boys 11-12 50 Butterfly | 0 | 0 | 08:00 AM | _____ |
| Finals | 5 Girls 10 & Under 50 Backstroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 6 Boys 10 & Under 50 Backstroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 7 Girls 11-12 50 Backstroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 8 Boys 11-12 50 Backstroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 9 Girls 10 & Under 50 Breaststroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 10 Boys 10 & Under 50 Breaststroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 11 Girls 11-12 50 Breaststroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 12 Boys 11-12 50 Breaststroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 13 Girls 10 & Under 50 Freestyle | 0 | 0 | 08:00 AM | _____ |
| Finals | 14 Boys 10 & Under 50 Freestyle | 0 | 0 | 08:00 AM | _____ |
| Finals | 15 Girls 11-12 50 Freestyle | 0 | 0 | 08:00 AM | _____ |
| Finals | 16 Boys 11-12 50 Freestyle | 0 | 0 | 08:00 AM | _____ |
| Finals | 17 Girls 10 & Under 200 IM | 0 | 0 | 08:00 AM | _____ |
| Finals | 18 Boys 10 & Under 200 IM | 0 | 0 | 08:00 AM | _____ |
| Finals | 19 Girls 11-12 200 IM | 0 | 0 | 08:00 AM | _____ |
| Finals | 20 Boys 11-12 200 IM | 0 | 0 | 08:00 AM | _____ |
| | Finish Time | | | 08:00 AM | _____ |

Oak Pentathlon Beat the Heat - 6/29/2013 to 6/30/2013**Session Report**

Session: 2 13 and Over

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 10 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------------|-------------------------------------|----------------|--------------|------------------|-------|
| Finals | 21 Girls 13-14 100 Butterfly | 0 | 0 | 08:00 AM | _____ |
| Finals | 22 Boys 13-14 100 Butterfly | 0 | 0 | 08:00 AM | _____ |
| Finals | 23 Girls 15 & Over 100 Butterfly | 0 | 0 | 08:00 AM | _____ |
| Finals | 24 Boys 15 & Over 100 Butterfly | 0 | 0 | 08:00 AM | _____ |
| Finals | 25 Girls 13-14 100 Backstroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 26 Boys 13-14 100 Backstroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 27 Girls 15 & Over 100 Backstroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 28 Boys 15 & Over 100 Backstroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 29 Girls 13-14 100 Breaststroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 30 Boys 13-14 100 Breaststroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 31 Girls 15 & Over 100 Breaststroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 32 Boys 15 & Over 100 Breaststroke | 0 | 0 | 08:00 AM | _____ |
| Finals | 33 Girls 13-14 100 Freestyle | 0 | 0 | 08:00 AM | _____ |
| Finals | 34 Boys 13-14 100 Freestyle | 0 | 0 | 08:00 AM | _____ |
| Finals | 35 Girls 15 & Over 100 Freestyle | 0 | 0 | 08:00 AM | _____ |
| Finals | 36 Boys 15 & Over 100 Freestyle | 0 | 0 | 08:00 AM | _____ |
| Finals | 37 Girls 13-14 100 IM | 0 | 0 | 08:00 AM | _____ |
| Finals | 38 Boys 13-14 100 IM | 0 | 0 | 08:00 AM | _____ |
| Finals | 39 Girls 15 & Over 100 IM | 0 | 0 | 08:00 AM | _____ |
| Finals | 40 Boys 15 & Over 100 IM | 0 | 0 | 08:00 AM | _____ |
| | Finish Time | | | 08:00 AM | _____ |