

Chelsea Piers Aquatic Club

Summer Solstice

DISTANCE

June 20th, 2014

Chelsea Piers CT, 1 Blachley Road, Stamford CT 06902

Google Map - <http://goo.gl/maps/rikJ4>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. # L14-31. 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.

EVENTS

IMPORTABLE MEET EVENTS

	Name	Email	Phone
Meet Director:	Kathy Salvo	salvok@chelseapiersct.com	203-249-1470
Meet Referee:	Matt Marion	marionlaw@hotmail.com	203-852-6702
Entry Chair:	Pat Ford Griffis	pat.f.griffis@gmail.com	203-861-1579
Safety Chair:	Gregory Barone	Barong@chelseapiersct.com	203-989-1300
Officials Contact:	Matt Marion	marionlaw@hotmail.com	203-952-6702

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

POOL EMERGENCY NUMBER: 203-989-1300

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. Flyover starts will be used in all sessions.

There are cut-off-times (cuts) in each event based upon the USA Swimming BB time standards.
(11/12 BB cuts in events 1, 2, 5, 6. 13/14 BB cuts in events 3,4,7,8,9,10)

11/12 & 10-12 events will be seeded with the 13 & over events of the same sex, stroke & distance.
Referee reserves the right to combine Female & Male events and heats of the same stroke & distance.
All events will be seeded Fastest to Slowest.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet at the beginning of each session. Coaches must indicate all scratches on these sheets and submit their scratch sheets to the computer table within twenty minutes after the start of warm-up

FACILITY: The Chelsea Piers Competition Pool is an 8-lane, 50 meter course plus two outer lanes. Water depth at start end is: 7 feet. Water depth at turn end is: 7 feet. The competition course has not been certified in accordance with 104.2.2C(4). Chelsea Piers uses a Daktronic timing system with a multilane LCD scoreboard. Spectator seating will be available on the mezzanine.

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

DISABLED ACCESS: Chelsea Piers Connecticut is fully accessible to all, able-bodied and challenged. The spectator area is easily accessible via elevator, and all bathrooms have reserved stalls in them. Reserved parking is directly in front of the facility

COURSE: Long Course Meters, LCM.

SESSION TIMES: Subject to Change

Friday: Warm up 3:00pm Meet starts 4:00pm (11-12, 13 & Over)

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

Session will be open warm-up, 1 tier, with possible lane assignments by team in the discretion of the meet director.. At the conclusion of the warm-up, there will be an additional warm-up period for all teams with lanes 1 and 8 being pace lanes and lanes 2-7 designated as one-way sprints with starts from the blocks. The meet director reserves the right to condense or expand this warm-up format dependent upon meet subscription.

Warm-up/warm-down lanes will also be available throughout the meet in two outer lanes at the discretion of the Referee. No Diving will be allowed in these lanes. Swimmers must enter these lanes from the far end of the pool only. Other restrictions may be applied at the discretion of the Referee.

ELIGIBILITY: All athletes must be current athlete members of USA SwimmingAge 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, & at all times.

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: Deck Entries will not be accepted

ENTRY LIMITATIONS: Athletes are limited to 2 individual events for the Distance meet.

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

There are cut-off-times (cuts) in each event based upon the USA Swimming BB time standards. (11/12 BB cuts in events 1, 2, 5, 6. 13/14 BB cuts in events 3, 4, 7, 8, 9, 10).

DEADLINES: Entry deadline is June 6th. Mail hardcopy to: Pat Ford Griffis, 63 Bote Road, Greenwich, CT 06830. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Date of Entry will be determined by date of receipt of emailed entry file attachment in sd3 or cl2 file format. Date of receipt of 'mailed files' needing manual input will be treated the same as electronic files, providing the file is for less than three athletes; otherwise the entry will be considered as received 5 days later than postmark.

CONNECTICUT-ONLY DEADLINE: CT deadline is May 1, 2014, CT clubs meeting this deadline will be entered before out of state clubs. See above for determination of meet entry receipt date.

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 pat.f.griffis@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file.

See 'Deadlines' above for determination of meet entry receipt date.

Payment must be received by **June 14, 2014** (06/14/14).

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: \$8.00 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 Chelsea Piers Connecticut and mail to: Chelsea Piers CT c/o James Barone, 1 Blachley Road, Stamford CT 06902. Payment must be received by June 14, 2014 (06/14/14).

CUT PROTOCOL: Entries will be taken on 1st come, 1st served, basis. In the event the session is oversubscribed, 10 & under swimmers will be cut first from all entered teams, 11 & under swimmers may be cut next if needed. If the time line estimate still exceeds four hours teams will be cut based on date of receipt of entry.

In the event of under subscription, CPAC reserves the right to enter CPAC swimmers in the meet, including entering swimmers to ensure workers for the meet.

Teams will be notified if the meet is oversubscribed and may/will be asked to adjust their entry.

Chelsea Piers CT reserve the right to modify and/or cancel the meet for safety or other reasons with the consent of CT Swimming Program Operations.

Clubs will be notified of changes 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: No relay events.

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.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. 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.

Additionally, the following "Non-Camera Zones" shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

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.

RULES: Current USA Swimming rules will govern all competition.

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

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Any volunteer officials should contact Matt Marion, marionlaw@hotmail.com . Participating clubs will be notified of work assignments by the Monday before the meet. Swimmers will be required to supply their own timer/counter for the 800/1500 Free events.

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 located on site at Chelsea Piers Connecticut.

DIRECTIONS:

Northbound 95: Take exit 9. Make a left at the end of the ramp. Make a left on to Rt.1. Make a left onto Blachley Road. The facility is at the end of the street.

Southbound 95: Take exit 9. Make a right at the end of the ramp. Make a left onto Blachley road. The facility is at the end of the street.

LODGING:

The Sheraton Stamford Hotel is 1 mile from Chelsea Piers CT, take exit 8 from I-95.

Address: 700 East Main St, Stamford, CT 06901

Phone: (203) 358-8400 • Fax: (203) 358-8872

Please mention Chelsea Piers if making a reservation.

CPAC LCM Distance Invitational**June 20, 2014****Session Report**

Session: 1 Friday Distance

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Meet Qualifying
Finals	1 Girls 11-12 400 IM	6:52.09
Finals	2 Boys 11-12 400 IM	6:42.49
Finals	3 Girls 13 & Over 400 IM	6:30.39
Finals	4 Boys 13 & Over 400 IM	6:08.79
Finals	5 Girls 10-12 400 Freestyle	5:56.49
Finals	6 Boys 10-12 400 Freestyle	5:48.69
Finals	7 Girls 13 & Over 400 Freestyle	5:41.19
Finals	8 Boys 13 & Over 400 Freestyle	5:27.89
	Break: 5 Minutes:	
Finals	9 Girls 13 & Over 800 Freestyle	11:41.99
Finals	10 Boys 13 & Over 1500 Freestyle	21:35.29