

MJCC Sharks Quad-Athlon and Pentathlon
Saturday & Sunday July 12th & 13th
Bulkeley High School
300 Wethersfield Avenue Hartford, CT 06114

Held under sanction of USA Swimming and Connecticut Swimming, Inc. # L14-36. 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:	David Laudati	dlaudati@mandelljcc.org	860-231-6320
Meet Referee:	Julie Kirk	jkirk01@sbcglobal.net	
Entry Chair:	David Laudati	dlaudati@mandelljcc.org	860-231-6320
Safety Chair:	Juan Dominguez	juanitodom@hotmail.com	
Officials Contact:	Julie Kirk	jkirk01@sbcglobal.net	

HOST WEBSITE: <http://www.mandelljccshark.org>

POOL EMERGENCY NUMBER: 860-713-4424

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: All scratch sheets are due to the pool office no later than 20 minutes after the start of warm-up. Failure to deliver a scratch sheet by the deadline will result in the entire team being scratched.

FACILITY: Goodwin Park Pool is 8 lane 50 meter pool. The starting end depth is 9 feet and the turn depth is 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). We will be using Colorado Timing system 6 with a one line scoreboard along with 2 back up timers. Teams can sit on either side of the deck. Spectators can sit on the grassy area along one side of the pool inside the fence. The locker rooms are very ample for all of the swimmers as well as for any spectators that need bathrooms.

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

DISABLED ACCESS: Facility is handicapped accessible. Please contact the Meet Director if you need special arrangements

COURSE: LCM

SESSION TIMES: 7:10am Warmup 8:30am Start

Subject to Change

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All sessions will use 2 tiers of warm-ups, using 8 lanes, with lanes assigned by team. At the conclusion of those 2 warm-up tiers 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.

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.

ENTRY LIMITATIONS: Swimmers may compete in 5 events for the pentathlon and 4 events for Quad-Athlon,

ENTRY TIMES: Submit entry times in: LCM. No Times (NT) will not be accepted

DEADLINES: Entry deadline is Friday, June 27th, 2014. Please follow instructions for electronic entry submission below. Hard copy should only be sent if electronic entry is not available. Mail hardcopy and payment to the entry chairperson: David Laudati at 335 Bloomfield Ave, West Hartford, Ct. 06117. All entries must be legible and must use full names and registration numbers from USA Swimming registration. 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.

CONNECTICUT-ONLY DEADLINE: CT deadline is Tuesday, June 24th 2014. 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 dlaudati@mandelljcc.org. Please check that your team name, address, and contact information are listed correctly in this 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.

ENTRY FEES: Electronic entries: \$8.00 for individual events, Manual entries: \$12.00 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 Mandell JCC and mail to: David Laudati at 335 Bloomfield Ave, West Hartford, Ct. 06117. Payment must be received by 6/27/14

CUT PROTOCOL: Teams will be notified of entry acceptance within 24 hours of entry arrival. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but not later than June 28th 2014. 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 changes 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 audio or visual recording devices, including cell phones, are 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: Participating clubs will 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: Quad-Athlon & Pentathlon will be scored separately each day
Top Ten places score:12, 9,8,7,6,5,4,3,2,1

AWARDS: Awards will be given to top 3 point scorers in each age group daily for Quad-Athlon and separately for the Pentathlon, based on the following 4 age groups; 10/under, 11/12,13/14,15/Over. Swimmers must complete in all the eligible events on each day with no disqualifications to be eligible.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: There is a small parking lot by the pool house for the staff as well as handicap parking. Inside the park, about 200 feet away from the pool, there is another parking lot and additional parking is allowed on the side streets near the pool.

DIRECTIONS:

Located at 1130 Maple Ave Hartford, CT 06114 (GPS user type in 341 South St Hartford, CT 06114). Pool entrance is on South Street.

From South of Hartford

Take 91 North

Take exit 17 merge onto CT-15 N toward Berlin Turnpike/I-691/CT-66 all the till the end when road splits about 15 miles

Take left at fork on to Maple Ave, go half a mile

Turn right onto South Street. Pool will be on right

From North of Hartford

Take 91 South

Take exit 27 for Airport Rd toward Brainard Rd

Take right off exit onto Airport Road

Take the 2nd left onto Wethersfield Ave

Take the 2nd right onto South St

Approximately 1 mile ahead, the Pool will be on the left

Sharks Quadathlon & Pentathlon - 7/12/2014 to 7/13/2014**Session Report**

Session: 1 Saturday Morning

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 13-14 200 Freestyle	0	0	08:30 AM _____
Finals	2 Boys 13-14 200 Freestyle	0	0	08:30 AM _____
Finals	3 Girls 15 & Over 200 Freestyle	0	0	08:30 AM _____
Finals	4 Boys 15 & Over 200 Freestyle	0	0	08:30 AM _____
Finals	5 Girls 10 & Under 50 Freestyle	0	0	08:30 AM _____
Finals	6 Boys 10 & Under 50 Freestyle	0	0	08:30 AM _____
Finals	7 Girls 11-12 50 Freestyle	0	0	08:30 AM _____
Finals	8 Boys 11-12 50 Freestyle	0	0	08:30 AM _____
Finals	9 Girls 13-14 200 Backstroke	0	0	08:30 AM _____
Finals	10 Boys 13-14 200 Backstroke	0	0	08:30 AM _____
Finals	11 Girls 15 & Over 200 Backstroke	0	0	08:30 AM _____
Finals	12 Boys 15 & Over 200 Backstroke	0	0	08:30 AM _____
Finals	13 Girls 10 & Under 50 Backstroke	0	0	08:30 AM _____
Finals	14 Boys 10 & Under 50 Backstroke	0	0	08:30 AM _____
Finals	15 Girls 11-12 50 Backstroke	0	0	08:30 AM _____
Finals	16 Boys 11-12 50 Backstroke	0	0	08:30 AM _____
Finals	17 Girls 13-14 200 Breaststroke	0	0	08:30 AM _____
Finals	18 Boys 13-14 200 Breaststroke	0	0	08:30 AM _____
Finals	19 Girls 15 & Over 200 Breaststroke	0	0	08:30 AM _____
Finals	20 Boys 15 & Over 200 Breaststroke	0	0	08:30 AM _____
Finals	21 Girls 10 & Under 50 Breaststroke	0	0	08:30 AM _____
Finals	22 Boys 10 & Under 50 Breaststroke	0	0	08:30 AM _____
Finals	23 Girls 11-12 50 Breaststroke	0	0	08:30 AM _____
Finals	24 Boys 11-12 50 Breaststroke	0	0	08:30 AM _____
Finals	25 Girls 13-14 200 Butterfly	0	0	08:30 AM _____
Finals	26 Boys 13-14 200 Butterfly	0	0	08:30 AM _____
Finals	27 Girls 15 & Over 200 Butterfly	0	0	08:30 AM _____
Finals	28 Boys 15 & Over 200 Butterfly	0	0	08:30 AM _____
Finals	29 Girls 10 & Under 50 Butterfly	0	0	08:30 AM _____
Finals	30 Boys 10 & Under 50 Butterfly	0	0	08:30 AM _____
Finals	31 Girls 11-12 50 Butterfly	0	0	08:30 AM _____
Finals	32 Boys 11-12 50 Butterfly	0	0	08:30 AM _____
Finals	33 Girls 13-14 200 IM	0	0	08:30 AM _____
Finals	34 Boys 13-14 200 IM	0	0	08:30 AM _____
Finals	35 Girls 15 & Over 200 IM	0	0	08:30 AM _____
Finals	36 Boys 15 & Over 200 IM	0	0	08:30 AM _____
	Finish Time			08:30 AM _____

Sharks Quadathlon & Pentathlon - 7/12/2014 to 7/13/2014**Session Report**

Session: 2 Sunday Morning

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

Round	Event	Entries	Heats	Starts at	
Finals	37 Girls 10 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	38 Boys 10 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	39 Girls 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	40 Boys 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	41 Girls 13-14 100 Freestyle	0	0	08:30 AM	_____
Finals	42 Boys 13-14 100 Freestyle	0	0	08:30 AM	_____
Finals	43 Girls 15 & Over 100 Freestyle	0	0	08:30 AM	_____
Finals	44 Boys 15 & Over 100 Freestyle	0	0	08:30 AM	_____
Finals	45 Girls 10 & Under 100 Backstroke	0	0	08:30 AM	_____
Finals	46 Boys 10 & Under 100 Backstroke	0	0	08:30 AM	_____
Finals	47 Girls 11-12 100 Backstroke	0	0	08:30 AM	_____
Finals	48 Boys 11-12 100 Backstroke	0	0	08:30 AM	_____
Finals	49 Girls 13-14 100 Backstroke	0	0	08:30 AM	_____
Finals	50 Boys 13-14 100 Backstroke	0	0	08:30 AM	_____
Finals	51 Girls 15 & Over 100 Backstroke	0	0	08:30 AM	_____
Finals	52 Boys 15 & Over 100 Backstroke	0	0	08:30 AM	_____
Finals	53 Girls 10 & Under 100 Breaststroke	0	0	08:30 AM	_____
Finals	54 Boys 10 & Under 100 Breaststroke	0	0	08:30 AM	_____
Finals	55 Girls 11-12 100 Breaststroke	0	0	08:30 AM	_____
Finals	56 Boys 11-12 100 Breaststroke	0	0	08:30 AM	_____
Finals	57 Girls 13-14 100 Breaststroke	0	0	08:30 AM	_____
Finals	58 Boys 13-14 100 Breaststroke	0	0	08:30 AM	_____
Finals	59 Girls 15 & Over 100 Breaststroke	0	0	08:30 AM	_____
Finals	60 Boys 15 & Over 100 Breaststroke	0	0	08:30 AM	_____
Finals	61 Girls 10 & Under 100 Butterfly	0	0	08:30 AM	_____
Finals	62 Boys 10 & Under 100 Butterfly	0	0	08:30 AM	_____
Finals	63 Girls 11-12 100 Butterfly	0	0	08:30 AM	_____
Finals	64 Boys 11-12 100 Butterfly	0	0	08:30 AM	_____
Finals	65 Girls 13-14 100 Butterfly	0	0	08:30 AM	_____
Finals	66 Boys 13-14 100 Butterfly	0	0	08:30 AM	_____
Finals	67 Girls 15 & Over 100 Butterfly	0	0	08:30 AM	_____
Finals	68 Boys 15 & Over 100 Butterfly	0	0	08:30 AM	_____
Finals	69 Girls 10 & Under 200 IM	0	0	08:30 AM	_____
Finals	70 Boys 10 & Under 200 IM	0	0	08:30 AM	_____
Finals	71 Girls 11-12 200 IM	0	0	08:30 AM	_____
Finals	72 Boys 11-12 200 IM	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____