

# SHARKS DISTANCE MEET

May 24, 2014

Westhill High School

125 Roxbury Rd.

Stamford, CT 06902

Held under sanction of USA Swimming and Connecticut Swimming #L14-14.

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 and claims for damages arising by reason of injuries to anyone during the conduct of the event.

## EVENTS

### IMPORTABLE MEET EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
Meet Director:	Justo Karell	<a href="mailto:Sharksswimming@gmail.com">Sharksswimming@gmail.com</a>	203-461-9158
Meet Referee:	Rick Lewis	<a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	203-912-9385
Entry Chair:	Rick Lewis	<a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	203-912-9385
Safety Chair:	Rick Lewis	<a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	203-912-9385
Officials Contact:	Rick Lewis	<a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	203-912-9385

**WEBSITE:** [www.sharksswimming.com](http://www.sharksswimming.com).

**POOL EMERGENCY NUMBER:** 203-977-6683

**MEET TYPE:** Sanctioned

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

**MEET FORMAT:** The meet will be swum as a Timed Final. All events will be run fastest to slowest alternating girls/boys.

**SCRATCH PROCEDURES:** Scratches are due 20 minutes before the beginning of the meet.

**FACILITY:** The Westhill High School pool is a 6 lane, 25 yard pool. Water depth at start end is: 3 feet 9 in. Water depth at turn end is: 3 feet 9 in. Because the pool is shallow, all heats will begin in the water. The competition course has not been certified in accordance with 104.2.2C(4). We will be using Colorado electronic timing and there is plenty of spectator seating available. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** The facility is fully accessible to the handicapped. If you need assistance please ask custodian or the meet director.

**COURSE:** SCY.

**SESSION TIMES: Subject to Change** Warm up 7:15 am Start 8:10 am

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. There will be one warm session for this meet. The meet management reserves the right to make changes.

**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.

**EVENT INFORMATION:** All swimmers must supply their own timer and counter.

**ENTRY LIMITATIONS:** Two events maximum

**ENTRY TIMES:** Submit entry times in: SCY

**DEADLINES:** Deadline is May 10, 2014. Mail hardcopy and payment to the entry chairperson: Rick Lewis 212 Palmer Hill Rd.; Old Greenwich, CT. 06870. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries are determined by when the file is received (e-mail or mail)

**CONNECTICUT-ONLY DEADLINE:** None

**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 lewisshark@aol.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment is due by May 20, 2014. If payment is not received by that time, the entries may be scratched.

**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: \$7.00 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 Sharks and mail to: Rick Lewis 212 Palmer Hill Rd.; Old Greenwich, CT 06870. Payment must be received by 05/20/14.

**CUT PROTOCOL:** The meet will be limited to 3 hours. Team cuts will be made based on a first come first served basis. 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

**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.

**TIME TRIALS:** No.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** All swimmers must provide their own timer and lap counter.

**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:** No.

**HOSPITALITY FOR COACHES AND OFFICIALS:** No.

**PARKING:** Must park in a legal space.

**DIRECTIONS:** Westhill High School is located at 125 Roxbury Rd. Stamford, CT 06902.

From the Merritt Parkway:

From the South – Take exit 33 (Den Road). Follow the road to the end. Turn left onto Roxbury Rd. Follow to the High School (on left). The pool is in the rear of the building.

From the North – Take exit 34 (Long Ridge Rd). Turn left off the exit. Go 1 mile. Take a very sharp right at a traffic light onto Roxbury Rd. Follow to the school.

**Sharks Distance Meet - 5/24/2014**  
**Session Report**

Session: 1 Sharks Distance Meet

Day of Meet: 1 Starts at 08:10 AM Heat Interval: 60 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 11-12 200 Backstroke	0	0	08:10 AM	_____
Finals	2 Boys 11-12 200 Backstroke	0	0	08:10 AM	_____
Finals	3 Girls 400 IM	0	0	08:10 AM	_____
Finals	4 Boys 400 IM	0	0	08:10 AM	_____
Finals	5 Girls 1650 Freestyle	0	0	08:10 AM	_____
Finals	6 Boys 1650 Freestyle	0	0	08:10 AM	_____
Finals	7 Girls 500 Freestyle	0	0	08:10 AM	_____
Finals	8 Boys 500 Freestyle	0	0	08:10 AM	_____
	Finish Time			08:10 AM	_____