

**Summer Solstice Sprints and Dog Days Distance
Invitational
June 21 and 22, 2014**

Lott Natatorium
270 Mohegan Blvd, New London, CT 06320
<http://goo.gl/maps/sibTj>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L14-38. 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:	John Vitale	Jav725@sbcglobal.net	860-230-7417
Meet Referee:	Qin Guo	Xj_chin@yahoo.com	
Entry Chair:	Anne Vitale	tacswim@att.net	860-230-1473
Safety Chair:	Qin Guo	Xj_chin@yahoo.com	
Officials Contact:			

WEBSITE: www.tacswim.org

POOL EMERGENCY NUMBER: 860-230-7417

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-Final

SCRATCH PROCEDURES: Scratch sheets will be provided in the coaches' packets. Failure to hand in the scratch sheet by 20 minutes after the start of the warm-up session may result in that team being scratched from the meet. (With concurrence from the Meet Director, the Meet Referee may extend this deadline).

FACILITY: The Lott Natatorium Competition pool is an 8 lane, 25-yard pool with a warm up and warm down well and a Daktronics electronic timing system. Water depth at start end is: 9 feet. Water depth at turn end is: 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). There is ample balcony style spectator seating.

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

DISABLED ACCESS: Handicapped parking is available directly in front of the athletic complex with a ramp into the complex. The pool and spectator balcony are handicap accessible. For specific needs, please contact John Vitale at jav725@sbcglobal.net or 860-230-7417.

COURSE: SCY

SESSION TIMES: Subject to Change: All Age Groups: Sat and Sun: 8:00 am warm ups with a 9:00 am Start time.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Swimmers will be split into lanes based upon number of swimmers per team. 8 lanes will be utilized, with 2 tiers of warm ups. The Meet Director reserves the right to change the warm up tiers based upon number of entrants.

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: Sprint events will be held on Saturday. Stroke Distance and 500 Free will be held on Sunday. This meet contains 8 and under events.

ENTRY LIMITATIONS: 5 events per athlete per day.

ENTRY TIMES: Please submit entry times in SCY.

DEADLINES: deadline is May 31, 2014. Mail hardcopy and payment to the entry chairperson: Anne Vitale, 405 Pine Hill Road, Moosup, CT 06354. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Email receipt will be official date of entry provided that payment is received within 1 week of entry.

CONNECTICUT-ONLY DEADLINE: CT deadline May 21, 2014. CT clubs meeting this deadline will be entered before out of state clubs. Email receipt will be official date of entry provided that payment is received within 1 week of entry.

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 tacswim@att.net. Please check that your team name, address, and contact information are listed correctly in this file. Payment is due 1 week after accepted, emailed, entry file. Final payment must be made by June 16, 2014.

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 all 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 TAC and mail to: Anne Vitale, 405 Pine Hill Road, Moosup, CT 06354. Payment must be received by June 16, 2014.

CUT PROTOCOL: Thames Aquatic Club will limit the number of swims in the meet to 4 hours; team entries will be cut in inverse order of receipt. 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. 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.

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: 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 not be scored.

AWARDS: No

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: There is ample parking around the Athletic Complex.

DIRECTIONS: The Connecticut College Athletic Complex and Lott Natatorium is located at 270 Mohegan Blvd, New London, CT 06320. Right next to the Coast Guard Academy.

google maps: <http://goo.gl/maps/sibTj>

Summer Solstice Sprints and Dog Days Distance - 6/21/2014 to 6/22/2014**Session Report**

Session: 1 Summer Solstice Sprints

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 15 & Over 100 Butterfly	0	0	09:00 AM	_____
Finals	2 Boys 15 & Over 100 Butterfly	0	0	09:00 AM	_____
Finals	3 Girls 13-14 100 Butterfly	0	0	09:00 AM	_____
Finals	4 Boys 13-14 100 Butterfly	0	0	09:00 AM	_____
Finals	5 Girls 8 & Under 25 Butterfly	0	0	09:00 AM	_____
Finals	6 Boys 8 & Under 25 Butterfly	0	0	09:00 AM	_____
Finals	7 Girls 9-10 50 Butterfly	0	0	09:00 AM	_____
Finals	8 Boys 9-10 50 Butterfly	0	0	09:00 AM	_____
Finals	9 Girls 11-12 50 Butterfly	0	0	09:00 AM	_____
Finals	10 Boys 11-12 50 Butterfly	0	0	09:00 AM	_____
Finals	11 Girls 15 & Over 100 Backstroke	0	0	09:00 AM	_____
Finals	12 Boys 15 & Over 100 Backstroke	0	0	09:00 AM	_____
Finals	13 Girls 13-14 100 Backstroke	0	0	09:00 AM	_____
Finals	14 Boys 13-14 100 Backstroke	0	0	09:00 AM	_____
Finals	15 Girls 8 & Under 25 Backstroke	0	0	09:00 AM	_____
Finals	16 Boys 8 & Under 25 Backstroke	0	0	09:00 AM	_____
Finals	17 Girls 9-10 50 Backstroke	0	0	09:00 AM	_____
Finals	18 Boys 9-10 50 Backstroke	0	0	09:00 AM	_____
Finals	19 Girls 11-12 50 Backstroke	0	0	09:00 AM	_____
Finals	20 Boys 11-12 50 Backstroke	0	0	09:00 AM	_____
Finals	21 Girls 15 & Over 100 Breaststroke	0	0	09:00 AM	_____
Finals	22 Boys 15 & Over 100 Breaststroke	0	0	09:00 AM	_____
Finals	23 Girls 13-14 100 Breaststroke	0	0	09:00 AM	_____
Finals	24 Boys 13-14 100 Breaststroke	0	0	09:00 AM	_____
Finals	25 Girls 8 & Under 25 Breaststroke	0	0	09:00 AM	_____
Finals	26 Boys 8 & Under 25 Breaststroke	0	0	09:00 AM	_____
Finals	27 Girls 9-10 50 Breaststroke	0	0	09:00 AM	_____
Finals	28 Boys 9-10 50 Breaststroke	0	0	09:00 AM	_____
Finals	29 Girls 11-12 50 Breaststroke	0	0	09:00 AM	_____
Finals	30 Boys 11-12 50 Breaststroke	0	0	09:00 AM	_____
Finals	31 Girls 15 & Over 100 Freestyle	0	0	09:00 AM	_____
Finals	32 Boys 15 & Over 100 Freestyle	0	0	09:00 AM	_____
Finals	33 Girls 13-14 100 Freestyle	0	0	09:00 AM	_____
Finals	34 Boys 13-14 100 Freestyle	0	0	09:00 AM	_____
Finals	35 Girls 8 & Under 25 Freestyle	0	0	09:00 AM	_____
Finals	36 Boys 8 & Under 25 Freestyle	0	0	09:00 AM	_____
Finals	37 Girls 9-10 50 Freestyle	0	0	09:00 AM	_____
Finals	38 Boys 9-10 50 Freestyle	0	0	09:00 AM	_____
Finals	39 Girls 11-12 50 Freestyle	0	0	09:00 AM	_____
Finals	40 Boys 11-12 50 Freestyle	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

Summer Solstice Sprints and Dog Days Distance - 6/21/2014 to 6/22/2014**Session Report**

Session: 2 Dog Days Distance

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	41 Girls 13 & Over 500 Freestyle	0	0	09:00 AM	_____
Finals	42 Boys 13 & Over 500 Freestyle	0	0	09:00 AM	_____
Finals	43 Girls 11-12 500 Freestyle	0	0	09:00 AM	_____
Finals	44 Boys 11-12 500 Freestyle	0	0	09:00 AM	_____
Finals	45 Girls 9-10 200 Freestyle	0	0	09:00 AM	_____
Finals	46 Boys 9-10 200 Freestyle	0	0	09:00 AM	_____
Finals	47 Girls 8 & Under 100 Freestyle	0	0	09:00 AM	_____
Finals	48 Boys 8 & Under 100 Freestyle	0	0	09:00 AM	_____
Finals	49 Girls 13 & Over 200 Breaststroke	0	0	09:00 AM	_____
Finals	50 Boys 13 & Over 200 Breaststroke	0	0	09:00 AM	_____
Finals	51 Girls 11-12 200 Breaststroke	0	0	09:00 AM	_____
Finals	52 Boys 11-12 200 Breaststroke	0	0	09:00 AM	_____
Finals	53 Girls 9-10 100 Breaststroke	0	0	09:00 AM	_____
Finals	54 Boys 9-10 100 Breaststroke	0	0	09:00 AM	_____
Finals	55 Girls 8 & Under 50 Breaststroke	0	0	09:00 AM	_____
Finals	56 Boys 8 & Under 50 Breaststroke	0	0	09:00 AM	_____
Finals	57 Girls 13 & Over 200 Backstroke	0	0	09:00 AM	_____
Finals	58 Boys 13 & Over 200 Backstroke	0	0	09:00 AM	_____
Finals	59 Girls 11-12 200 Backstroke	0	0	09:00 AM	_____
Finals	60 Boys 11-12 200 Backstroke	0	0	09:00 AM	_____
Finals	61 Girls 9-10 100 Backstroke	0	0	09:00 AM	_____
Finals	62 Boys 9-10 100 Backstroke	0	0	09:00 AM	_____
Finals	63 Girls 8 & Under 50 Backstroke	0	0	09:00 AM	_____
Finals	64 Boys 8 & Under 50 Backstroke	0	0	09:00 AM	_____
Finals	65 Girls 13 & Over 200 Butterfly	0	0	09:00 AM	_____
Finals	66 Boys 13 & Over 200 Butterfly	0	0	09:00 AM	_____
Finals	67 Girls 11-12 200 Butterfly	0	0	09:00 AM	_____
Finals	68 Boys 11-12 200 Butterfly	0	0	09:00 AM	_____
Finals	69 Girls 9-10 100 Butterfly	0	0	09:00 AM	_____
Finals	70 Boys 9-10 100 Butterfly	0	0	09:00 AM	_____
Finals	71 Girls 8 & Under 50 Butterfly	0	0	09:00 AM	_____
Finals	72 Boys 8 & Under 50 Butterfly	0	0	09:00 AM	_____
Finals	73 Girls 13 & Over 400 IM	0	0	09:00 AM	_____
Finals	74 Boys 13 & Over 400 IM	0	0	09:00 AM	_____
Finals	75 Girls 11-12 200 IM	0	0	09:00 AM	_____
Finals	76 Boys 11-12 200 IM	0	0	09:00 AM	_____
Finals	77 Girls 9-10 100 IM	0	0	09:00 AM	_____
Finals	78 Boys 9-10 100 IM	0	0	09:00 AM	_____
Finals	79 Girls 8 & Under 100 IM	0	0	09:00 AM	_____
Finals	80 Boys 8 & Under 100 IM	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____