

CDOG 400 Meet

Distance Meet

June 26, 2015

Freeman Athletic Center

Wesleyan University

161 Cross Street

Middletown, CT 06457

Mapping Software:<http://goo.gl/maps/7hoX>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L15-34. 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

	Name	Email	Phone
Meet Director:	Sean Farrell	sfarrell@scwymca.org	203-272-3150 x513
Meet Referee:	Mike Smalec	msmalec@cox.net	
Entry Chair:	Dan Mascolo	cdogentries@gmail.com	203-272-3150 x515
Safety Chair:	Kathleen Maloney	Shanekathy2@yahoo.com	

WEBSITE: www.seadogswim.org

POOL EMERGENCY NUMBER: Facility Monitor: 860-685-2690 Pool: 860-685-2915

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. Events will be run fastest to slowest, alternating heats of girls and boys.

SCRATCH PROCEDURES: All teams will be provided with a scratch sheet which must be turned in 15 minutes after the start of the 1st Warm-Up Session. After 15 minutes the Meet Director will make an announcement addressing which teams have not turned in their scratch sheets as a final warning. Any team who does not turn in their scratch sheet by the allotted time will be scratched from the meet.

FACILITY: The Freeman Athletic Center Pool is an 8 Lane 50 meter venue with a Colorado Timing System; limited spectator seating; limited refreshments. Water depth at start end is: 14ft. Water depth at turn end is: 5ft. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. No access to faculty locker rooms. **Personal chairs or like furniture are prohibited inside the facility. Deck Capacity is 350 people.** Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Wesleyan has strict policies regarding the use of the Freeman Athletic Center including limits on both deck and spectator area occupancy as well as limitations on the use and placement of chairs in the lobby. It is imperative that all individuals attending the meet be aware of and adhere to the rules and procedures outlined below.

PLEASE READ THOROUGHLY AND CAREFULLY.

Spectator Seating and Waiting areas

- Personal folding chairs are allowed ONLY in the lobby perimeter.

- No spectators or swimmers will be permitted to congregate in the center of the front lobby of the Athletic Center.
- No folding chairs are permitted in the pool area, hockey rink, or field house.

Spectator area (stands)

- Seating in the spectator seats will be limited to 340.
- Only individuals with disabilities that cannot access to the stands will be permitted in the spectator viewing area (open space in front of the large window overlooking pool).

Pool and Pool Deck

- Deck Occupancy is 350.
- Only swimmers and meet workers with proper credentials (administrative, coaches, officials, timers, and marshals) will be allowed on the pool deck.

DISABLED ACCESS: Limited handicapped parking is available behind the Freeman Athletic Center. Disabled access is through the front entrance only. Elevator in front lobby to locker rooms and pool deck. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: LCM.

SESSION TIMES: Subject to Change

Warm-Up: 4:00pm

Start: 5:00pm

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

General Warm-Up 4:00-4:40pm

Specific Warm-Up 4:40-4:55pm

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: All swimmers must provide a timer and a counter.

ENTRY LIMITATIONS: 1 event

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.

DEADLINES: Deadline is Tuesday, June 9, 2015. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come-first served basis. Date of receipt is based on Electronic Copy of the entry.

CONNECTICUT-ONLY DEADLINE: CT deadline is Tuesday, June 2, 2015. Entries will be accepted on a first come-first served basis. Date of receipt is based on Electronic Copy of the entry. 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 cdogentries@gmail.com. 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: \$10.00/event; Manual entries: \$15.00/ 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 "STPA" and put "CDOG 400" on the memo line. Checks should be mail to:
STPA/Sea Dog Swim Club
PO Box 271
Cheshire, CT 06410
Payment must be received by Friday, June 12, 2015

CUT PROTOCOL: Due to Wesleyan deck capacity rules, a session will be closed after 310 swimmers have been entered, or if the timeline reaches four (4) hours. Clubs will be notified of changes no later than Monday before the meet.

RESERVE THE RIGHT TO MAKE CHANGES: With prior approval from Program Operations and in accordance with CSI Policies, 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. 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: Swimmers will need to provide their own counter and timer for their race.

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

MISCELLANEOUS: LOBBY POLICY: The main lobby of Freeman Athletic Center is to remain open and clear at all times. No chairs will be allowed. No chairs will be allowed in front of the observation window in the lobby. The area leading to the back Fieldhouse and the hockey rink area will be available for parent chairs. The hockey rink spectator area will also be available for swimmers and families.

PARKING: No parking will be permitted on the street directly in front of the Athletic Center or on any practice field. Wesleyan will tow illegally parked cars. Please plan to park in the lot next to the tennis courts on Vine Street.

DIRECTIONS:

From North: Take I-91S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street. The pool will be immediately on your left.

From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3. Turn right onto Vine Street, then right onto Cross Street. The pool will be immediately on your left.

CDOG LC Friday Session - 6/26/2015
Session Report

Session: 1 CDOG LC Distance Meet

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 9 & Over 400 Freestyle	0	0	05:00 PM	_____
Finals	2 Boys 9 & Over 400 Freestyle	0	0	05:00 PM	_____
Finals	3 Girls 13 & Over 400 IM	0	0	05:00 PM	_____
Finals	4 Boys 13 & Over 400 IM	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____