

**NMEG Spring Distance
Distance Meet
May 15, 2015
East Lyme Aquatic & Fitness Center
30 Chesterfield Road (Route 161), East Lyme, CT 06333**

Mapping software: <http://goo.gl/maps/D4f0M>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L15-8. 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:	Jen Lyman	coachlyman@hotmail.com	(203) 464-6903
Meet Referee:	Ken Gray	Kwgrays3@gmail.com	
Entry Chair:	Nicole Goolsbey	Goolsbey4@gmail.com	
Safety Chair:	Nicole Goolsbey	Goolsbey4@gmail.com	
Officials Contact:	Ken Gray	Kwgrays3@gmail.com	

WEBSITE: www.nutmegaquatics.com

POOL EMERGENCY NUMBER: 860-691-4681

MEET TYPE: Sanctioned L15-8

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

MEET FORMAT: Timed-Final The **events** will be swum fast-to-slow, alternating heats of women and men.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for the meet in their information packet when they arrive and check-in for the meet. This will list all of their swimmers and events. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table within **20 minutes** after the beginning of warm-ups.

FACILITY: The East Lyme Aquatic and Fitness Center has an 8- lane, 25 yard short course pool. Water depth at start end is: 12 feet. Water depth at turn end is: 4 feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming; Colorado Timing system will be used. There is bleacher seating for 120 spectators. There is additional room outside the pool area on the grass, please bring deck chairs.

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

DISABLED ACCESS: There is handicap parking in the East Lyme Aquatics Center parking lot (Route 1) and the East Lyme High School Parking lot (Chesterfield/Route 161). All entrances, locker rooms and spectator areas are handicap accessible. For more information and special arrangements please contact Jen Lyman at 203-464-6903.

COURSE: SCY

SESSION TIMES: Subject to Change

May 15th, 2015 Warm-up 4:00pm Start 5:00pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All 8 lanes will be used.

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: This meet's events count towards the 13/Over decathlon scoring (see L15-12).

ENTRY LIMITATIONS: Limited to two events.

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

DEADLINES: Deadline is May 1, 2015. Mail hardcopy and payment to East Lyme Aquatic and Fitness Center, 30 Chesterfield Road (Route 161), East Lyme, CT 06333. All entries must be legible and must use full names and registration numbers from USA Swimming registration. The date of receipt will be based upon when the email entry file is received by the entry chair.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/ eastlymeaquaticsfitness@gmail.com SDIF format may be emailed as an attachment to the entry chair at. Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected within 5 days of the submission of the electronic entry. The "received date" will be the date when the entry file was received.

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 for individual events, \$10.00 for distance event. 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 ELBOE SPEC ACCT and mail to East Lyme Aquatic and Fitness Center, 30 Chesterfield Road (Route 161), East Lyme, CT 06333. Payment must be received by May 1, 2015.

CUT PROTOCOL: Entries will be accepted on a first come first served basis until the meet is full. The session will be limited to 3.5 hours in length. 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 Relays are offered at this meet

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 time trials will be offered at this meet

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participants must provide their own timers and counters

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 be scored using cumulative decathlon scoring, in combination with L15-12.

AWARDS: Points earned in individual events placement will be added to Saturday and Sunday points for the top 3 places overall in each age group for 13-14, 15 & over.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Ample parking is available in the East Lyme High School parking lot (Chesterfield Road/ Route 161) or in the East Lyme Aquatics & Fitness Center parking lot (Route 1)

DIRECTIONS: 30 Chesterfield Road (Route 161), East Lyme, CT 06333

Mapping software: <http://goo.gl/maps/D4f0M>

Nutmeg May Distance - 5/15/2015
Session Report

Session: 1 Friday Evening

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 400 IM	0	0	05:00 PM	_____
Finals	2 Boys 400 IM	0	0	05:00 PM	_____
Finals	3 Girls 1650 Freestyle	0	0	05:00 PM	_____
Finals	4 Boys 1650 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____