

SHARKS Distance Meet

May 2, 2015

Westhill High School
125 Roxbury Rd.
Stamford, CT 06902

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L15-3. 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:	Frank Watson	Sharksswimming500@gmail.com	
Meet Referee:	Rick Lewis	lewisshark@aol.com	203-912-9385
Administrative Official:	Kurt Bittel	bittelshark@gmail.com	
Entry Chair:	Rick Lewis	lewisshark@aol.com	203-912-9385
Safety Chair:	Rick Lewis		
Officials Contact:	Rick Lewis	lewisshark@aol.com	203-912-9385

HOST WEBSITE: www.sharksswimming.com

POOL EMERGENCY NUMBER: 203-977-6693

MEET TYPE: Sanctioned

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

MEET FORMAT: The meet will be swum timed-finals. All events will be swum fast-to-slow, alternating heats of women and men, etc.

SCRATCH PROCEDURES: Scratch sheets must be turned in at least 20 minutes before the meet begins.

FACILITY: The Westhill HS Pool is a 6 -lane, 25-yard pool. Water depth at start end is: 3 ½ feet. Water depth at turn end is: 3 ½ feet. Because of the depth at the starting end all races will begin in the water. The competition course has not been certified in accordance with 104.2.2C (4). Colorado timing with full 6 lane scoreboard readout and spectator seating for 400 people.

DISABLED ACCESS: Pool, lockers, and bleachers are all accessible. Contact the meet director, referee, or a custodian if assistance is required.

COURSE: SCY

SESSION TIMES: Warmup begins at: 7:30 am. The meet will begin at 8:10 am

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All swimmers will warmup in one session using six lanes.

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 enter a maximum of 3 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: Entry deadline is April 25, 2015. All CT entries will be entered first followed by any out of state entries until the meet is full. Mail hardcopy and payment to the entry chairperson: Rick Lewis; 212 Palmer Hill Rd.; Old Greenwich, CT 06870. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Date of entry is the date the entry file is received.

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 April 25, 2015.

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, Manual entries: \$8.00 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 Swim Team and mail to: Rick Lewis; 212 Palmer Hill Rd, Old Greenwich, CT 06870. Payment must be received by 4/25/15.

CUT PROTOCOL: The meet will be limited to 3 hours. Teams will be entered on a first come first served basis. Clubs will be notified of cuts 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: There will be no relays

SAFETY: Any swimmer entered in the meet must 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. When unaccompanied by a

member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

TIME TRIALS: No time trials will be offered.

TIMERS, OFFICIALS, OR WORK ASSIGNMENTS: All swimmers must supply their own timer and where appropriate a 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: None

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: No.

MISCELLANEOUS: All swimmers need to supply their own timer and where appropriate lap counter

PARKING: You must park in a legal parking space...

DIRECTIONS: The pool is located at 125 Roxbury Rd. Stamford, CT 06902.

From the Merritt Parkway take exit 34 Long Ridge Rd, turn south (left if from New Haven, right if from New York). Go down about $\frac{3}{4}$ mile and make very sharp right turn onto Roxbury Road. The school is up hill on the right. The pool is located in the rear by the loading dock and baseball field.

Sharks Distance Meet - 5/2/2015
Session Report

Session: 1 Sharks Distance Meet

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 200 Breaststroke	0	0	08:10 AM	_____
Finals	2 Girls 12 & Under 200 Breaststroke	0	0	08:10 AM	_____
Finals	3 Girls 400 IM	0	0	08:10 AM	_____
Finals	4 Girls 400 IM	0	0	08:10 AM	_____
Finals	5 Girls 1650 Freestyle	0	0	08:10 AM	_____
Finals	6 Girls 1650 Freestyle	0	0	08:10 AM	_____
Finals	7 Girls 12 & Under 200 Backstroke	0	0	08:10 AM	_____
Finals	8 Girls 12 & Under 200 Backstroke	0	0	08:10 AM	_____
Finals	9 Girls 500 Freestyle	0	0	08:10 AM	_____
Finals	10 Girls 500 Freestyle	0	0	08:10 AM	_____
Finals	11 Girls 12 & Under 200 Butterfly	0	0	08:10 AM	_____
Finals	12 Girls 12 & Under 200 Butterfly	0	0	08:10 AM	_____
	Finish Time			08:10 AM	_____