

## 2015 Sharks/ ZEUS Summer Sizzler

June 12 – 14, 2015

Wesleyan University

161 Cross Street, Middletown, CT

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

### EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Omar Cruz	<a href="mailto:Omar.cruz@zeusswimteam.org">Omar.cruz@zeusswimteam.org</a>	203-515-8055
<b>Meet Referee:</b>	Rick Lewis	lewissshark@aol.com	203-912-9385
<b>Entry Chair:</b>	Rick Lewis	lewissshark@aol.com	203-912-9385
<b>Safety Chair:</b>	Dennis Flores	<a href="mailto:Dennis.flores@zeusswimteam.org">Dennis.flores@zeusswimteam.org</a>	203-505-4212

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

**POOL EMERGENCY NUMBER:** 860-685-2960 Facility Monitor. 860-685-2915 Pool Deck

**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
- The Senior Mixed 1500 freestyle will be swum fastest to slowest.
  - The meet committee will determine how many 1500 freestyle heats will be swum on Sunday before the remaining heats are swum on Saturday. The amount of heats will be determined by Sunday's timeline and then Saturday's timeline if necessary. The total number of heats for Saturday's 1500 freestyle will be 3 heats.
  - If a swimmer would like to swim the 1500 freestyle on a particular day, then an emailed request must be sent to the meet entry coordinator at the above address, by the entry cutoff date. The meet committee will try to accommodate but can NOT guarantee it.
- The meet management reserves the right to make changes with the approval of Program Operations, such as starting times, cutting swimmers from events, distance events.

**SCRATCH PROCEDURES:** Scratches are due at least 25 minutes before the beginning of the session. If not turned in on time the meet management reserves the right to scratch the entire team.

#### FACILITY:

- The Wesleyan University is an 8 lane, 50 meter pool. Water depth at start end is: 14 feet. Water depth at turn end is: 4 feet. The competition course has not been certified in accordance with 104.2.2C(4).
- We will be using Colorado electronic timing.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Use of the faculty locker rooms is also 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:** The facility is fully accessible to the handicapped. If you need assistance please the meet director.

**COURSE:** LCM.

### **SESSION TIMES: Subject to Change**

Friday, 6/12, Senior session: 4:30pm warm up, with 5:30pm start

Saturday, 6/13, and Sunday, 6/14:

- Senior Sessions: 7:30am warm up with 8:30am start
- 11/12 sessions: 11:45am warm up with a 12:30pm start
- 10 and under sessions: 3:30pm warm up with a 4:15pm start

### **WARM-UPS:**

- CT Swimming Warm-Up Procedures will be in effect.
- The warm up will be in one flight of 30 minutes. The lane assignments for warm up will be emailed to club contacts by the Wed. before the meet.

**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:**

- The Senior Mixed 1500 freestyle will be swum fastest to slowest.
  - The meet committee will determine how many heats will be swum on Sunday before the remaining heats are swum on Saturday. The amount of heats will be determined by Sunday's

timeline and then Saturday's timeline if necessary. The total number of heats for Saturday's 1500 freestyle will be 3 heats.

- If a swimmer would like to swim the 1500 freestyle on a particular day, then an emailed request must be sent to the meet entry coordinator at the above address, by the entry cutoff date. The meet committee will try to accommodate but can NOT guarantee it.
- Swimmers can enter up to 5 events per session. Entries will be reduced if the either the timeline or the number of people in the pool area determine it.
- The meet management reserves the right to make changes with the approval of Program Operations, such as starting times, cutting swimmers from events, and distance events.

**ENTRY LIMITATIONS:**

- Swimmers can enter up to 5 events per session.
- Entries will be reduced if the either the timeline or the number of people in the pool area over the number of maximum participants.

**ENTRY TIMES:** Submit entry times in LCM.

**DEADLINES:** Deadline is May 11, 2015.

Mail hardcopy and payment to the entry chairperson:

Rick Lewis  
212 Palmer Hill Rd.  
Old Greenwich, CT 06870

- There will be a CT. Swimming Deadline of May 10.
- On May 11 any out of state entries will be entered in the order in which they were received if space remains available.
- 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:** May 10, 2015. CT clubs meeting this deadline will be entered in order of receipt before out of state clubs. On May 11, 2015 any out of state team will be entered if space permits. If the meet is over-subscribed teams will be notified by May 11, 2015.

**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](mailto:lewisshark@aol.com). Please check that your team name, address, and contact information are listed correctly in this file. Payment is due by June 5, 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: \$8.00 for individual events, \$10.00 for 400 meter events, \$12.00 for the 1500 freestyle. Manual entries: \$8.00 for individual events, \$10.00 for 400 meter events, \$12.00 for 1500

freestyle. 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 06/05/15.

**CUT PROTOCOL:** Should cuts need to be made, they will be made in the following order:

- Entries will be reduced from 5 evens to 4 events.
- Entries will be reduced from 4 events to 3 events.
- We will then eliminate all 7 and unders from the session.
- We will then eliminate all 8 and unders
- We will modify the 1500 freestyle accordingly to accommodate the other sessions.
- We will then go by order of receipt of entry via email, cutting teams in inverse order of receipt.
- Sharks and ZEUS swimmers will not be scratched in order to have adequate number of volunteers.
- 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:** None

**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:** Yes. Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries are 1 hour after the start of each session. The fee for Time Trial entries are \$8.00 for individual events, \$10 for 400 meter events, and \$12 for 1500 freestyle.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:**

- Volunteer assignments will be based on the number of swimmers in each session for each team.
- 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:** May be provided by the Wesleyan University staff

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Is available in the area surrounding the pool

**DIRECTIONS:** Use mapping software above

**2015 Summer Sizzler - 6/12/2015 to 6/14/2015****Session Report**

Session: 1 Friday pm,

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 400 IM	0	0	05:30 PM	_____
Finals	2 Boys 400 IM	0	0	05:30 PM	_____
Finals	3 Girls 100 Backstroke	0	0	05:30 PM	_____
Finals	4 Boys 100 Backstroke	0	0	05:30 PM	_____
Finals	5 Girls 100 Breaststroke	0	0	05:30 PM	_____
Finals	6 Boys 100 Breaststroke	0	0	05:30 PM	_____
Finals	7 Girls 100 Butterfly	0	0	05:30 PM	_____
Finals	8 Boys 100 Butterfly	0	0	05:30 PM	_____
Finals	9 Girls 400 Freestyle	0	0	05:30 PM	_____
Finals	10 Boys 400 Freestyle	0	0	05:30 PM	_____
	Finish Time			05:30 PM	_____

**2015 Summer Sizzler - 6/12/2015 to 6/14/2015****Session Report**

Session: 2 Saturday am, Open session

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	11 Girls 50 Freestyle	0	0	08:30 AM	_____
Finals	12 Boys 50 Freestyle	0	0	08:30 AM	_____
	Break: 10 Minutes:				
Finals	13 Girls 200 Butterfly	0	0	08:40 AM	_____
Finals	14 Boys 200 Butterfly	0	0	08:40 AM	_____
Finals	15 Girls 200 Freestyle	0	0	08:40 AM	_____
Finals	16 Boys 200 Freestyle	0	0	08:40 AM	_____
Finals	17 Girls 200 IM	0	0	08:40 AM	_____
Finals	18 Boys 200 IM	0	0	08:40 AM	_____
	Break: 10 Minutes:				
Finals	19 Mixed 1500 Freestyle	0	0	08:50 AM	_____
	Finish Time			08:50 AM	_____

**2015 Summer Sizzler - 6/12/2015 to 6/14/2015****Session Report**

Session: 3 Saturday pm, 11/12 session

Day of Meet: 2 Starts at 12:30 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	20 Mixed 11-12 400 Freestyle	0	0	12:30 PM	_____
Finals	21 Girls 11-12 200 IM	0	0	12:30 PM	_____
Finals	22 Boys 11-12 200 IM	0	0	12:30 PM	_____
Finals	23 Girls 11-12 200 Backstroke	0	0	12:30 PM	_____
Finals	24 Boys 11-12 200 Backstroke	0	0	12:30 PM	_____
	Break: 10 Minutes:				
Finals	25 Girls 11-12 50 Backstroke	0	0	12:40 PM	_____
Finals	26 Boys 11-12 50 Backstroke	0	0	12:40 PM	_____
Finals	27 Girls 11-12 50 Breaststroke	0	0	12:40 PM	_____
Finals	28 Boys 11-12 50 Breaststroke	0	0	12:40 PM	_____
Finals	29 Girls 11-12 50 Butterfly	0	0	12:40 PM	_____
Finals	30 Boys 11-12 50 Butterfly	0	0	12:40 PM	_____
Finals	31 Girls 11-12 50 Freestyle	0	0	12:40 PM	_____
Finals	32 Boys 11-12 50 Freestyle	0	0	12:40 PM	_____
	Finish Time			12:40 PM	_____



**2015 Summer Sizzler - 6/12/2015 to 6/14/2015****Session Report**

Session: 4 Saturday pm, 10 and under session

Day of Meet: 2 Starts at 04:15 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	33 Girls 10 & Under 50 Backstroke	0	0	04:15 PM	_____
Finals	34 Boys 10 & Under 50 Backstroke	0	0	04:15 PM	_____
Finals	35 Girls 10 & Under 50 Breaststroke	0	0	04:15 PM	_____
Finals	36 Boys 10 & Under 50 Breaststroke	0	0	04:15 PM	_____
Finals	37 Girls 10 & Under 50 Butterfly	0	0	04:15 PM	_____
Finals	38 Boys 10 & Under 50 Butterfly	0	0	04:15 PM	_____
Finals	39 Girls 10 & Under 50 Freestyle	0	0	04:15 PM	_____
Finals	40 Boys 10 & Under 50 Freestyle	0	0	04:15 PM	_____
	Break: 10 Minutes:				
Finals	41 Girls 10 & Under 200 IM	0	0	04:25 PM	_____
Finals	42 Boys 10 & Under 200 IM	0	0	04:25 PM	_____
Finals	43 Mixed 10 & Under 400 Freestyle	0	0	04:25 PM	_____
	Finish Time			04:25 PM	_____

**2015 Summer Sizzler - 6/12/2015 to 6/14/2015****Session Report**

Session: 5 Sunday am, Open session

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	44 Girls 200 Backstroke	0	0	08:30 AM	_____
Finals	45 Boys 200 Backstroke	0	0	08:30 AM	_____
Finals	46 Girls 100 Freestyle	0	0	08:30 AM	_____
Finals	47 Boys 100 Freestyle	0	0	08:30 AM	_____
Finals	48 Girls 200 Breaststroke	0	0	08:30 AM	_____
Finals	49 Boys 200 Breaststroke	0	0	08:30 AM	_____
Finals	50 Mixed 1500 Freestyle	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

**2015 Summer Sizzler - 6/12/2015 to 6/14/2015****Session Report**

Session: 6 Sunday pm, 11/12 session

Day of Meet: 3 Starts at 12:30 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	51 Girls 11-12 200 Freestyle	0	0	12:30 PM	_____
Finals	52 Boys 11-12 200 Freestyle	0	0	12:30 PM	_____
Finals	53 Girls 11-12 100 Butterfly	0	0	12:30 PM	_____
Finals	54 Boys 11-12 100 Butterfly	0	0	12:30 PM	_____
Finals	55 Girls 11-12 200 Breaststroke	0	0	12:30 PM	_____
Finals	56 Boys 11-12 200 Breaststroke	0	0	12:30 PM	_____
Finals	57 Girls 11-12 100 Backstroke	0	0	12:30 PM	_____
Finals	58 Boys 11-12 100 Backstroke	0	0	12:30 PM	_____
Finals	59 Girls 11-12 200 Butterfly	0	0	12:30 PM	_____
Finals	60 Boys 11-12 200 Butterfly	0	0	12:30 PM	_____
Finals	61 Girls 11-12 100 Breaststroke	0	0	12:30 PM	_____
Finals	62 Boys 11-12 100 Breaststroke	0	0	12:30 PM	_____
	Finish Time			12:30 PM	_____

**2015 Summer Sizzler - 6/12/2015 to 6/14/2015**

**Session Report**

Session: 7 Sunday pm, 10 and under session

Day of Meet: 3 Starts at 04:15 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	63 Girls 10 & Under 100 Freestyle	0	0	04:15 PM	_____
Finals	64 Boys 10 & Under 100 Freestyle	0	0	04:15 PM	_____
Finals	65 Girls 10 & Under 100 Backstroke	0	0	04:15 PM	_____
Finals	66 Boys 10 & Under 100 Backstroke	0	0	04:15 PM	_____
Finals	67 Girls 10 & Under 100 Breaststroke	0	0	04:15 PM	_____
Finals	68 Boys 10 & Under 100 Breaststroke	0	0	04:15 PM	_____
Finals	69 Girls 10 & Under 100 Butterfly	0	0	04:15 PM	_____
Finals	70 Boys 10 & Under 100 Butterfly	0	0	04:15 PM	_____
Finals	71 Mixed 10 & Under 200 Freestyle	0	0	04:15 PM	_____
	Finish Time			04:15 PM	_____