

# 2016 SHOPRITE NUTMEG STATE GAMES

## YOUTH SWIM MEET

### OFF-CALENDAR APPROVED MEET

Sunday, August, 7th

Central Connecticut State University, Jack Suydam Natatorium in Kaiser Hall

1615 Stanley St, New Britain, CT 06053

Mapping Software: <https://goo.gl/1yTyst>

This event is held under approval of USA Swimming and Connecticut Swimming, Inc. #LOCA-1. In granting this approval 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. It is the responsibility of each participant to have a designated USA certified coach and non-registered USA members should seek out support from their recreational coach to help guide them.

*CSI "Off-Calendar" and "Approved Meet" limitations with regard to CSI competition and programs: This off-calendar approved meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championship). This meet will not count toward the eligibility requirement of Connecticut Swimming Scholar Athlete, Athlete Travel Assistance, or other CSI recognition programs with meet eligibility requirements. This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CT Zone Team selection. If this off-calendar meet is an approved meet, then times attained at this meet cannot be used for Short Course Zone Team qualification and selection.*

## EVENTS

	Name	Email	Phone
Meet Director:	Juan Dominguez	juanitodom@hotmail.com	(860) 916-8780
Assistant - Medals, Volunteers	Charlie Dennis	123dive@snet.net	(860) 833-4214
Meet Referee:	Julie Kirk	jkirk10@comcast.net	(860) 916-2803
Entry Chair:	Juan Dominguez	juanitodom@hotmail.com	(860) 916-8780
Safety Chair:	Juan Dominguez	juanitodom@hotmail.com	(860) 916-8780
Officials Contact:	Julie Kirk	jkirk10@comcast.net	(860) 916-2803

WEBSITE: <http://nutmegstategames.org/individual-sports/swimming/>

POOL EMERGENCY NUMBER: (860) 832-3073

MEET TYPE: Off-Calendar Approved

MEET FORMAT: The meet will be swum as a Timed-Final.

- Participants must submit entry times on the registration form. Heats will be seeded by entry times.
- Heat and lane assignments for entries submitted without seeding times will be determined by draw.
- No on deck entries and no event changes will be permitted after registration deadline.
- The Nutmeg State Games will NOT be offering relays for the swim meet.
- The Nutmeg State Games reserves the right to cut the meet in the event of over subscription.

**SCRATCH PROCEDURES:** All scratch sheets are due to the pool office no later than 20 minutes after the start of warm-up.

**FACILITY:** The Jack Suydam Natatorium is located at Kaiser Hall Annex, New Britain, CT. The venue has a six lanes and 25-yard pool. Water depth at start end is: 12 Feet and 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. There is a Colorado Timing System, six Lane LCD scoreboards, and an ample deck and has the capacity to seat up to 1,200 spectators. *Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.*

**DISABLED ACCESS:** Handicapped Parking is located immediately outside facility entrance. Handicap access to the pool deck and locker rooms is via elevator located in the main lobby and to the spectator area on the lobby level. Locker rooms and spectator areas are all handicap accessible. Please contact the Meet Director if you need special assistance: *Juan Dominguez* - [juanitodom@hotmail.com](mailto:juanitodom@hotmail.com) - (860) 916-8780

**COURSE:** SCY

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

Warm-ups (all ages): 8:30 AM – 9:50 AM

Starting Time: 10:00 AM (all events will be timed finals)

\* *The Meet Director Reserves the right to make changes based on meet entry.*

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

**ELIGIBILITY:** This meet is open to Connecticut athletes. **Out of state participation** is allowed if an athlete meets the following criteria:

- If the athlete's state does not offer a state games program
- OR**
- If the athlete's state games program does not offer a swim meet

Age on the first day of the meet shall determine the swimmer's age and age group for the meet (Sunday, August 7<sup>th</sup>). In addition to the Individual Sport Registration Form and Individual Sport Fee, participants are requested to include PROOF OF AGE. Proof of age includes a copy (please do not send originals) of one of the following: valid driver's license, copy of a birth certificate or a copy of a passport. This event is recommended for those who participate in an organized swim program or team.

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 or CT 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 **the meet director**.

**EVENT INFORMATION:** No on deck entries and no event changes will be permitted after registration deadline. The Nutmeg State Games will *NOT* be offering relays for the swim meet.

**ENTRY LIMITATIONS:** Participants will not be allowed to compete in more than five (5) 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 **Friday, July 22nd**

- Mail hardcopy registration form and payment to the:  
*Connecticut Sports Management Group, Inc. 975 Middle St. Unit. G Middletown, CT 06457*
- Or register online at: <http://nutmegstategames.org/individual-sports/swimming/>

All entries must be legible and must use full names and registration numbers from USA Swimming or CT Swimming registration. No onsite Registration will be allowed. We will notify a participant of his or her status by a confirmation email once the registration goes through.

**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 Patrick@nutmegstategames.org. Please check that your team name, address, and contact information are listed correctly in this file. Payment for entries is due by the entry deadline July 22nd.

**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 responsibility of each swimmer to have a designated USA certified coach. Non-registered USA members should seek out support from their recreational coach to help guide them. 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 for all events: \$32.00 will allow participants to compete in up to two (2) events. Each additional event will cost \$5.00. Participants will not be allowed to compete in more than five (5) events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry

**PAYMENT INSTRUCTIONS:**

- Checks payable to: Connecticut Sports Management Group, Inc.
- Mail to: 975 Middle St. Unit. G, Middletown, CT 06457
- *Payment must be received before Friday, July 22nd*

**CUT PROTOCOL:** If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. Participants will be selected on a first come, first served basis.
2. Participants not selected because of receipt after the registration deadline or other specified date (please see appropriate sport for registration deadline dates) will receive a full refund as soon as verification is possible.

Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet. The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the 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 will be 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.

**ATHLETE'S CODE OF CONDUCT:** All athletes and coaches who registered with the Nutmeg State Games must review the Athlete's Code of Conduct found at:

<https://www.nutmegstategames.org/images/docs/athletecodeofconduct.pdf>

**TIME TRIALS:** None.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Work assignments will be based on the size of the meet. Participating clubs will 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 for teams.

**AWARDS:** Gold, Silver and Bronze medals will be awarded to the top three finishers in each individual event. Medals will be awarded based on our age group offerings: 8&U, 9-10, 11-12, 13-14 and 15-18.

**CONCESSIONS:** No

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Please use the Copernicus Parking Garage adjacent to the facility. All vehicles parked in reserved or unmarked parking spots will be subject to ticketing and/or towing at the owners expense.

**DIRECTIONS:** The Jack Suydam Natatorium is located in Kaiser Hall at Central Connecticut State University located at 1615 Stanley St, New Britain, CT 06053.

- Please visit <http://nutmegstategames.org/individual-sports/swimming/> OR click [here](#) for directions.

**LODGING:** To view the rates of participating hotels that the Nutmeg State Games exclusively offer, please [click here](#) or visit <http://nutmegstategames.org/hotels>

**2016 Nutmeg Games Swimming - 8/7/2016**  
**Session Report**

Session: 1 AM Session

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 8 & Under 50 Backstroke	0	0	10:00 AM	_____
Finals	2 Boys 8 & Under 50 Backstroke	0	0	10:00 AM	_____
Finals	3 Girls 9-10 50 Backstroke	0	0	10:00 AM	_____
Finals	4 Boys 9-10 50 Backstroke	0	0	10:00 AM	_____
Finals	5 Girls 11-12 50 Backstroke	0	0	10:00 AM	_____
Finals	6 Boys 11-12 50 Backstroke	0	0	10:00 AM	_____
Finals	7 Girls 13-14 100 Backstroke	0	0	10:00 AM	_____
Finals	8 Boys 13-14 100 Backstroke	0	0	10:00 AM	_____
Finals	9 Girls 15 & Over 100 Backstroke	0	0	10:00 AM	_____
Finals	10 Boys 15 & Over 100 Backstroke	0	0	10:00 AM	_____
Finals	11 Girls 8 & Under 50 Butterfly	0	0	10:00 AM	_____
Finals	12 Boys 8 & Under 50 Butterfly	0	0	10:00 AM	_____
Finals	13 Girls 9-10 50 Butterfly	0	0	10:00 AM	_____
Finals	14 Boys 9-10 50 Butterfly	0	0	10:00 AM	_____
Finals	15 Girls 11-12 50 Butterfly	0	0	10:00 AM	_____
Finals	16 Boys 11-12 50 Butterfly	0	0	10:00 AM	_____
Finals	17 Girls 13-14 100 Butterfly	0	0	10:00 AM	_____
Finals	18 Boys 13-14 100 Butterfly	0	0	10:00 AM	_____
Finals	19 Girls 15 & Over 100 Butterfly	0	0	10:00 AM	_____
Finals	20 Boys 15 & Over 100 Butterfly	0	0	10:00 AM	_____
Finals	21 Girls 8 & Under 100 IM	0	0	10:00 AM	_____
Finals	22 Boys 8 & Under 100 IM	0	0	10:00 AM	_____
Finals	23 Girls 9-10 100 IM	0	0	10:00 AM	_____
Finals	24 Boys 9-10 100 IM	0	0	10:00 AM	_____
Finals	25 Girls 11-12 100 IM	0	0	10:00 AM	_____
Finals	26 Boys 11-12 100 IM	0	0	10:00 AM	_____
Finals	27 Girls 13-14 200 IM	0	0	10:00 AM	_____
Finals	28 Boys 13-14 200 IM	0	0	10:00 AM	_____
Finals	29 Girls 15 & Over 200 IM	0	0	10:00 AM	_____
Finals	30 Boys 15 & Over 200 IM	0	0	10:00 AM	_____
Finals	31 Girls 8 & Under 50 Freestyle	0	0	10:00 AM	_____
Finals	32 Boys 8 & Under 50 Freestyle	0	0	10:00 AM	_____
Finals	33 Girls 9-10 50 Freestyle	0	0	10:00 AM	_____
Finals	34 Boys 9-10 50 Freestyle	0	0	10:00 AM	_____
Finals	35 Girls 11-12 50 Freestyle	0	0	10:00 AM	_____
Finals	36 Boys 11-12 50 Freestyle	0	0	10:00 AM	_____
Finals	37 Girls 13-14 50 Freestyle	0	0	10:00 AM	_____
Finals	38 Boys 13-14 50 Freestyle	0	0	10:00 AM	_____
Finals	39 Girls 15 & Over 50 Freestyle	0	0	10:00 AM	_____
Finals	40 Boys 15 & Over 50 Freestyle	0	0	10:00 AM	_____
Finals	41 Girls 13-14 500 Freestyle	0	0	10:00 AM	_____
Finals	42 Boys 13-14 500 Freestyle	0	0	10:00 AM	_____
Finals	43 Girls 15 & Over 500 Freestyle	0	0	10:00 AM	_____
Finals	44 Boys 15 & Over 500 Freestyle	0	0	10:00 AM	_____

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<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	45 Girls 8 & Under 50 Breaststroke	0	0	10:00 AM	_____
Finals	46 Boys 8 & Under 50 Breaststroke	0	0	10:00 AM	_____
Finals	47 Girls 9-10 50 Breaststroke	0	0	10:00 AM	_____
Finals	48 Boys 9-10 50 Breaststroke	0	0	10:00 AM	_____
Finals	49 Girls 11-12 50 Breaststroke	0	0	10:00 AM	_____
Finals	50 Boys 11-12 50 Breaststroke	0	0	10:00 AM	_____
Finals	51 Girls 13-14 100 Breaststroke	0	0	10:00 AM	_____
Finals	52 Boys 13-14 100 Breaststroke	0	0	10:00 AM	_____
Finals	53 Girls 15 & Over 100 Breaststroke	0	0	10:00 AM	_____
Finals	54 Boys 15 & Over 100 Breaststroke	0	0	10:00 AM	_____
Finals	55 Girls 8 & Under 100 Freestyle	0	0	10:00 AM	_____
Finals	56 Boys 8 & Under 100 Freestyle	0	0	10:00 AM	_____
Finals	57 Girls 9-10 100 Freestyle	0	0	10:00 AM	_____
Finals	58 Boys 9-10 100 Freestyle	0	0	10:00 AM	_____
Finals	59 Girls 11-12 100 Freestyle	0	0	10:00 AM	_____
Finals	60 Boys 11-12 100 Freestyle	0	0	10:00 AM	_____
Finals	61 Girls 13-14 100 Freestyle	0	0	10:00 AM	_____
Finals	62 Boys 13-14 100 Freestyle	0	0	10:00 AM	_____
Finals	63 Girls 15 & Over 100 Freestyle	0	0	10:00 AM	_____
Finals	64 Boys 15 & Over 100 Freestyle	0	0	10:00 AM	_____
	Finish Time			10:00 AM	_____