

Connecticut Swimming, Inc.
Dave Parcels Open Water Championship
June 25, 2016

Lake Quassapaug in Middlebury, CT
Hosted by: Nutmeg Aquatic Club

Directions: <https://goo.gl/maps/5Hd9ekftciC2>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L16-28. 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:	Dave Heller	hellerd@nationwide.com	
Entry Chair:	Jen Lyman	coachlyman@hotmail.com	
Safety Chair:	Christina Forristall		
Officials Contact:	Dave Heller	hellerd@nationwide.com	

WEBSITE: www.nutmegaquatics.com

EMERGENCY NUMBER: 860-691-4681

MEET TYPE: Sanctioned Open Water

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

FORMAT: Open Water - Beach Start and Beach Finish

SCRATCH PROCEDURES: All events will be positive check-in.

FACILITY: Quassy Amusement Park – (<http://www.quassy.com/>) Quassy was founded as an amusement park in 1908, sitting on the south shore of Lake Quassapaug in Middlebury, Connecticut. On 20 plus acres, it boasts 22 amusement rides, a new Splash Away Bay Water Park and the beautiful Quassy beach. Lake Quassapaug is a 296 acre lake situated in Middlebury, CT.
<http://www.ct.gov/caes/cwp/view.asp?a=2799&q=488556>

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

DISABLED ACCESS: Please contact Jennifer Lyman for more information and special arrangements.
(203) 464-6903.

COURSE: Open Water with Beach start and finish.

SESSION TIMES: ALL RACES REQUIRE REGISTRATION BY 8:45.

Schedules are subject to change depending on number of entries and local conditions.

Mini Mile 9:00 am (All Participants)

One Mile Championship

Wave 1: 9:20 am – Male Swimmers Ages 15 to 25

Wave 2: 9:25 am – Female Swimmers Ages 15 to 25

Wave 3: 9:30 am – Male Swimmers Ages 11 to 14

Wave 4: 9:35 am – Female Swimmers Ages 11 to 14

Wave 5: 9:40 am – Male Swimmers Ages 30 +

Wave 6: 9:45 am – Male Swimmers Ages 30 +

WARM-UPS: Warm-up will be available on the portion of the race course closest to the finish area.

ELIGIBILITY: All athletes must be current athlete members CT Swimming or 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 to enter restricted areas of the race venue.

- Open to all current USA Swimming athletes registered prior to the first day of the meet.
- Must be registered USA Swimming athlete to enter. **A one-day CT Swimming/USA Swimming registration is available for this event, but MUST be completed online at www.active.com by June 21 at 11:59PM.**
- No event day USA Swimming registrations will be permitted.
- Race day entries will be accepted with **prior** USA Swimming registration.
- Age on June 25, 2016 will determine age for the meet.

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 and Jen Lyman at 203-464-6903 in advance in order to plan for any special arrangements necessary for your participation in this event.

EVENT INFORMATION: USA Swimming athletes can enter in two different ways:

TEAM ENTRY: USA Swimming clubs can enter as a group either online (see below) or by submitting a print-out of all entrants (with name, age and USA #) using meet entry software. Meet files are posted on ctswim.org. Mail the print-out and club check to: ELBOE Special Account c/o Jen Lyman, 30 Chesterfield Rd, East Lyme, CT, 06333.

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 coachlyman@hotmail.com. Please check that your team name, address, and contact information are listed correctly in this file.

INDIVIDUAL ONLINE ENTRY: Each swimmer can register individually online through www.active.com. **A one-day CT Swimming/USA Swimming registration is available for this event, but MUST be completed online at www.active.com**

ENTRY LIMITATIONS: Swimmers are limited to one event.

ENTRY TIMES: No entry times are required.

DEADLINES: Deadline is June 17, 2016.

ENTRY FEES:

USA Swimming members 13/O: \$ 35.00 (includes t-shirt)

USA Swimming Members 12/U: \$ 35.00 (includes t-shirt)

Non-USA Swimming members are required to purchase a One-day membership in advance of the event must register through www.Active.com

PAYMENT INSTRUCTIONS: Please make checks payable to ELBOE Special Account and mail to: Jen Lyman 30 Chesterfield Rd, East Lyme, CT, 06333. Payment must be received by 06/17/16.

CUT PROTOCOL: Based on the number of entries, additional waves may be added or combined.

RESERVE THE RIGHT TO MAKE CHANGES: 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, with prior approval from Program Operations. Clubs will be notified of changes no later than Monday before the meet.

SAFETY:

1. No shaving is permitted at the competition site.
2. No glass containers are permitted within the facility.
3. 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.
4. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SEE ALSO "SAFETY AUTHORITY" BELOW

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 starting area 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/wave.

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 area 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 Open Water rules will govern all competition.

Swimwear

- No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy.
- A maximum of two (2) caps may be used.
- Flotation aids or any similar items, and anything used to maintain body heat, except a reasonable application of body grease, are not allowed.
- Wetsuits may be worn, but athletes wearing wetsuits will not be eligible for awards.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Each CSI team entering athletes is required to provide one adult volunteer to help with the event.

DECK ACCESS: Meet Management may restrict access to specific competition areas, including the start, competition course, and finish areas. Only athletes, coaches, officials, and official meet staff actively participating in the meet shall be permitted in these areas.

SCORING: The meet will not be scored.

AWARDS: Mini-Mile: Top three Male and Female
One Mile: 1st-3rd Place Male and Female in each of the following age groups
(11-2, 13-14, 15-16, 17-18, 19+)

CONCESSIONS: Concessions will be available at Quassy. Discounted park tickets will also be available.

HOSPITALITY FOR COACHES AND OFFICIALS: Refreshments will be provided at the conclusion of the event.

PARKING: There is ample parking at the amusement park. Please follow Quassy staff instructions when arriving.

DIRECTIONS:

From I-84 heading West: (From Hartford, Bristol, Cheshire, Waterbury) I-84 West to exit 17. Go straight off the exit onto Rt. 64. Continue on Rt. 64 for approximately four miles and the park will be on the right.

From I-84 heading East: (From Westchester, Danbury, Newtown) I-84 East to exit 16 take a right off the exit and follow Rt. 188 to the Rt. 188 / Rt. 64 intersection (approximately two miles). Take a Left turn onto Rt. 64 and continue for approximately one mile and the park will be on the right.

From Rt. 8 North: (Bridgeport, Stratford, Seymour) Rt. 8 North to I-84 West and then follow the directions from I-84 West.

From Rt. 8 South: (From Torrington, Winsted, Litchfield) Rt. 8 South to I-84 West and then follow the directions from I-84 West.

From New Haven: Take Whalley Avenue. It turns into Rt. 63. Follow Rt. 63 all the way to Middlebury. At the intersection of Rt. 63 and Rt.64 take a left onto Rt. 64 heading West. Continue on Rt. 64 for approximately four miles and the park is on the right side.

From New London, Groton, Mystic: 95 South to Rt. 9 North. In Middletown take Rt. 66 West to I-691 West. Then take I-84 West. Follow the directions from I-84 West to the park.

From Stamford, Norwalk: 1.) Take Rt.7 North to Danbury. Then follow the directions from I-84 East to the park. 2.) I-95 North to Bridgeport. Then follow the directions from Bridgeport (Rt. 8 North) to the park.

From New York City: Hutchinson River Parkway North to I-684 North. Pick up I-84 East toward Danbury. Once on I-84 follow the directions from I-84 East

1. SAFETY AUTHORITY

The safety for this event will be coordinated through the Quassy Amusement Park and the Town Middlebury Volunteer Fire Department. Quassy Lifeguards have provided safety services for CT Swimming Open Water events for several years.

The lifeguards are equipped and capable to respond to any aquatic or medical emergencies on the course and if needed will transfer emergency care to the Middlebury Volunteer Fire Department who will be aware of the event and be on-call to provide paramedic services. First Aid will be available on the beach at the medical tent.

The Safety Director, Safety Officer, Medical staff and safety patrol boats will communicate via the event radio network and mobile phones as necessary.

There will be 8 – 10 Kayaks or rescue boards with Lifeguards located throughout the course.

There will be two safety boats on-course to monitor swimmer's safety.

There will be course officials located on safety boats and kayaks throughout the course.

2. COMMUNICATIONS PLAN

The safety patrol boats will utilize the event radio network and mobile phones as necessary, and will be in contact with Race Operations, and Safety Officer via mobile phone.

Communications between lifeguards in kayaks and all parties will be through Whistles and hand signals. If Lifeguards need assistance from the Safety boats, they will blow a series of single long whistle blasts and wave orange flag.

3. SWIMMER IN DISTRESS

a. Lifeguard will activate their water rescue protocols.

b. Any swimmer withdrawing from the race must report to the nearest lifeguard or course official to identify and confirm withdrawal. Course official will radio race-control with the competitor number and direct the swimmer to return to the start area.

c. A Medical tent will be maintained on the beach in the Start/Finish area manned by a Fire / Res-cue staff.

d. Swimmers needing emergency medical care on the water will be administered by on-duty Lifeguards and then Fire/Rescue staff at the beach.

e. Swimmers requiring evacuation via ambulance will be transported to Waterbury Hospital, approx. 6.5 miles from the venue.

4. MISSING SWIMMER PROTOCOL

a. All swimmers will be required to provide a personal cell phone contact and a coach/handler cell phone contact at registration.

b. All swimmers will be issued a competitor number during the registration process. This number will be recorded in writing as the swimmers pass through the final inspection/accounting prior to the start

- c. All swimmers will be video taped during the final inspection/accounting prior to the start as they pass through the gate to the beach starting area.
- d. If a swimmer is reported missing and last seen in the water: Lifeguards will activate their underwater search and recovery protocol and the Middlebury Volunteer Fire Department will be notified. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. Meet Operations will also review the start list, withdrawal list, and view the pre-race video tape to confirm the swimmer actually started the race.
- e. All swimmers are reminded before the race start that they must report to the nearest lifeguard or course official if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

5. SUPPORT VESSELS

- a. The following vessels will be used:

- i. Referee / Safety Boats – 1 to 2
- ii. Turn Judge Boats - 5
- iii. Paddle Craft - 8 to 10

- b. All vessels Captains will attend a briefing by the Safety Officer.
- c. Spare vessels will remain clear of the course unless summoned by race control.
- d. Once the course has been set, the Course Officer vessel will remain clear of the vessel exclusion zone unless summoned to the course by the Referee or race control.
- e. All official's/Safety boats will be equipped with event radios on the race control network.

6. PARAMETERS FOR ABANDONING THE RACE

- a. Each of the following individuals is fully empowered to independently order the race abandoned due to unsafe course or other conditions:

Meet Referee
Safety Officer
Meet Director
Quassy Amusement Park Management

- b. If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the Safety Officer will signal to Lifeguards for race abandonment. The abandonment signals will be:

From Officials Boats – 5 short blasts of the whistle followed by one long blast.
From the Lifeguards – 5 short blasts of the whistle followed by one long blast.

- c. Swimmer actions are to:

1. Discontinue swimming
2. Look for directions from the Officials or water safety personnel
3. Once safe on the beach, proceed to the start/fish area and check-in.

7. Contingency Plan

- a. Due to venue restrictions, it is unlikely any change to the shape of the course will be possible.
- b. If weather conditions require, the directions of swim (CW/CCW) and the location of the start/finish structure may be changed.

c. If the race is abandoned, it will be postponed until later the same day. If the race must be abandoned for the entire day, the race may be scheduled for a future date including the following day.