

NMEG Summer Quadrathon

July 30-31, 2016

Canterbury School Higgins Aquatic Center 101 Aspetuck Ave, New Milford, CT 06776

Map: <https://goo.gl/maps/kbWo8>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #LOC16-4. 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	860-691-4681
Meet Referee:	Mike Huffman	Mhuffman99@gmail.com	860-539-9895
Entry Chair:	Nicole Goolsbey	goolsbey4@gmail.com	860-691-4681
Safety Chair:	Rob Bouchey	coach.rob.bouchey@gmail.com	860-691-4681

WEBSITE: www.nutmegaquatics.com

POOL EMERGENCY NUMBER: 860-210-3840

MEET TYPE: Off-Calendar Sanctioned “CSI "Off-Calendar Meet" limitations with regard to CSI competition and programs: This off-calendar sanctioned 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.”

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

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

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 into the computer table within 20 minutes after the beginning of warm-up.

FACILITY: The Canterbury William W. Higgins Aquatic Center features an 8 lane 25yd pool with electronic timing and elevated spectator seating as well as non-turbulent lane lines. Team areas are available in the gym adjacent to the pool deck. Water depth at start end is: 7ft. Water depth at the turn end is: 13ft. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics timing system with 8 lane display and touch pads at both ends of the pool. **NO DECK CHAIRS OR FOOD PERMITTED ON DECK.**

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

DISABLED ACCESS: Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email the meet director in advance to make arrangements. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: SCY

SESSION TIMES: Subject to Change

Saturday 11-12: Warm-up 12:00pm, Start 1:00pm

Sunday 10/Under: Warm-up 12:00pm, Start 1:00pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 8 Lanes available for warm-up. 2 OneWay Start lanes will open 35 minutes after the beginning of warm-up.

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: Athletes may enter up to 4 events for the Quadrathon.

ENTRY TIMES: Submit entry times in SCY. Please estimate entry times, "NT" entries will not be accepted.

DEADLINES: Deadline is July 20, 2016. Mail hard copy and payment to East Lyme Aquatic and Fitness Center, 30 Chesterfield Road, 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.

CONNECTICUT-ONLY DEADLINE: CT deadline is 6/25/16, 11:59pm determined by email timestamp. CT clubs meeting this deadline will be entered before out of state clubs.

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 goalsbey4@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Mail hard copy and payment to East Lyme Aquatic and Fitness Center "ATTN: NMEG MEET", 30 Chesterfield Road, East Lyme, CT 06333.

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: \$10.00 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 “ELBOE Spec Acct Pool” and mail to: East Lyme Aquatic and Fitness Center “ATTN: NMEG MEET”, 30 Chesterfield Road, East Lyme, CT 06333. Payment must be received by 7/25/16

CUT PROTOCOL:

If the session is oversubscribed, 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 changes will be made to Program Operations and the attending teams as soon as possible and not later than the Monday before the meet.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

RESERVE THE RIGHT TO MAKE CHANGES: 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. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: NO

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

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: 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 be scored utilizing cumulative time Quadrathon Scoring

AWARDS: Yes. Top Three finishers in each age group: 10/Under, 11-12

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Parking is available at the Canterbury William W. Higgins Aquatic Center. Parking instructions may be updated before the meet, in which case all attending teams will be advised.

LODGING: Use your favorite travel site. Hotels in the Danbury area will be accessible to the meet site.

DIRECTIONS: From I-84, take Exit for Route 7 North towards Brookfield/New Milford. Follow Rte 7 North, turn right onto Bridge St, Turn Left onto Aspetuck Ave. <https://goo.gl/maps/kbWo8>

NMEG Summer Quadrathon - 7/30/2016 to 7/31/2016
Session Report

Session: 1 Saturday 11-12 Quadrathon

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-12 100 Freestyle	0	0	01:00 PM	_____
Finals	2 Boys 11-12 100 Freestyle	0	0	01:00 PM	_____
Finals	3 Girls 11-12 100 Backstroke	0	0	01:00 PM	_____
Finals	4 Boys 11-12 100 Backstroke	0	0	01:00 PM	_____
Finals	5 Girls 11-12 100 Breaststroke	0	0	01:00 PM	_____
Finals	6 Boys 11-12 100 Breaststroke	0	0	01:00 PM	_____
Finals	7 Girls 11-12 100 Butterfly	0	0	01:00 PM	_____
Finals	8 Boys 11-12 100 Butterfly	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

NMEG Summer Quadrathon - 7/30/2016 to 7/31/2016
Session Report

Session: 2 Sunday 10/Under Quadrathon

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Girls 10 & Under 50 Freestyle	0	0	01:00 PM	_____
Finals	10 Boys 10 & Under 50 Freestyle	0	0	01:00 PM	_____
Finals	11 Girls 10 & Under 50 Backstroke	0	0	01:00 PM	_____
Finals	12 Boys 10 & Under 50 Backstroke	0	0	01:00 PM	_____
Finals	13 Girls 10 & Under 50 Breaststroke	0	0	01:00 PM	_____
Finals	14 Boys 10 & Under 50 Breaststroke	0	0	01:00 PM	_____
Finals	15 Girls 10 & Under 50 Butterfly	0	0	01:00 PM	_____
Finals	16 Boys 10 & Under 50 Butterfly	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____