

Woodbridge Aquatic Club Invitational

June 10 – June 12, 2016

Wesleyan University

161 Cross Street, Middletown, CT 06457

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L16-20. 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:	Dave Reilly	dmr123@sbcglobal.net	203-848-0307
Meet Referee:	Julia Shi	julia.shi@yale.edu	203-387-6552
Entry Chair:	Dave Reilly	dmr123@sbcglobal.net	203-848-0307
Safety Chair:	Ken Yanagisawa	dockeny@yahoo.com	
Officials Contact:	Julia Shi	julia.shi@yale.edu	203-387-6552

WEBSITE: woodbridgeaquaticclub.org

POOL EMERGENCY NUMBER: 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. Friday's events will be swum fastest to slowest, alternating girls and boys. Swimmers must provide their own timer. 800 swimmers must also provide their own counter.

SCRATCH PROCEDURES: Scratch sheets are due at the computer table no later than 30 minutes before the start of the meet. Scratch sheets not submitted by this deadline will be considered as having no scratches.

FACILITY: Wesleyan University's Freeman Athletic Center Pool is 8 lanes, 50 meters. Water depth at the start end is 14 ft. Water depth at the turn end is 5 ft. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado timing will be used. Spectator seating is limited. Spectators are not to sit in the aisles.

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

DISABLED ACCESS: The aquatic center is handicapped accessible, with a handicapped viewing area available. Contact the meet director for additional information and/or if special arrangements are required.

COURSE: LCM.

SESSION TIMES:

Friday, Session I: 4:00 Warm-up, 4:45 Start.

Saturday, Session II, 11/12: 7:30 Warm-up, 8:05 Start.

Saturday, Session III, 10/Under: 11:00 Warm-up, 11:30 Start.

Saturday, Session IV, 13/Over: 1:45 Warm-up, 2:30 Start.

Sunday, Session V, 11/12: 7:30 Warm-up, 8:05 Start.

Sunday, Session VI, 10/Under: 11:00 Warm-up, 11:30 Start.

Sunday, Session VII, 13/Over: 1:45 Warm-up, 2:30 Start.

(The above session schedule is subject to change.)

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Friday's session will be an open warm-up with designated lanes for 12/Under and 13/Over. Saturday and Sunday 12/Under sessions will have one (1) 20-minute general warm-up on Saturday and Sunday. 13/Over sessions will have one (1) 25-minute general warm-ups. Teams will be assigned lanes and/or portions of lanes in the warm-ups provided for those sessions based on the size of their entry. All warm-ups of all sessions will conclude with a 10 minute open warm-up using dedicated lanes for 1-way sprints, pace, and circle swimming.

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 INFORMATION: Friday's distance freestyle entries will be limited so as to conclude that session no later than 9:00 P.M. Sunday's 13/Over 400 Freestyle entries may be limited to the fastest 4 heats of girls and the fastest 4 heats of boys in the event of that session being fully subscribed.

ENTRY LIMITATIONS: Swimmers are limited to entering and swimming in a maximum of 2 events on Friday, and 4 events each on Saturday and Sunday.

ENTRY TIMES: Submit entry times in LCM. Please do not use NT as an entry time. In consideration of fair seeding, please use an estimated time instead.

DEADLINES: Friday, May 20, 2016. Email entry files to Dave Reilly, dmr123@sbcglobal.net. Payment is due 5 business days after receipt of entry has been confirmed. Mail payment to Dave Reilly, 57 Union Street, Guilford, CT 06437. Teams will receive confirmation of receipt of entry, via email, within 24 hours of receiving that entry. This confirmation will include notice of acceptance or rejection of the entry. Entries will be accepted in the order they are received. In the event you are not emailed confirmation of receiving the entry within 24 hours after sending it, please email the meet director immediately. If you have not received a confirmation, you need to assume the entry was not delivered.

CONNECTICUT-ONLY DEADLINE: CT only deadline is Friday, May 6, 2016. Clubs meeting this deadline will be entered before out of state clubs. Please refer to the above section titled DEADLINES for entry acceptance procedure.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format must be emailed as an attachment to the entry chair at dmr123@sbcglobal.net. Please check that your team name, address, and contact information are listed correctly in this file. Remember, payment is due 5 business days after confirmation of receipt of the entry.

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. Manual entries: \$12.00. No refunds will be given for entries that have been accepted.

PAYMENT INSTRUCTIONS: Please make checks payable to Woodbridge Aquatic Club and mail to Dave Reilly, 57 Union Street, Guilford, CT 06437.

CUT PROTOCOL: Woodbridge Aquatic Club will limit the number of swims in the meet to 3 hours of swimming for each 11/12 session, 2.25 hours of swimming for each 10/Under session, and 3.5 hours for each 13/Over session. Friday evening's distance freestyle will be limited to an 8:30 conclusion. If the session is oversubscribed the following protocol will be instituted **IN THE ORDER PRESENTED** to reduce the timeline to the above stated session lengths:

1. Athletes aged 7 and Under will be cut from the meet.
2. The 400 freestyles in Sunday's 13/Over session may be limited to 4 heats of each gender, in the order they were received.
3. The maximum number of events allowed per day may be reduced by one (1).
4. 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 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 reasonable 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.

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 team 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: Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$10.00. Time trial events count toward the total number of event limitations per session. Time Trial events are limited to those events published in this meet announcement. 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 deadlines for Time Trial entries are 10:00 for morning sessions, 1:00 for mid-day sessions, and 4:30 for afternoon sessions. The fee for Time Trial entries are \$10.00 for individual events.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Teams will be assigned work assignments based on the size of their entry. Swimmers must provide their own timer for any Friday event. Entrants in Sunday's 13/Over 400 Freestyles must provide their own timer and counter. 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.

AWARDS: No.

CONCESSIONS: Hosted by Wesleyan University.

HOSPITALITY FOR COACHES AND OFFICIALS: Hosted by Woodbridge Aquatic Club.

PARKING: Ample parking is available in various lots on campus.

DIRECTIONS: Wesleyan University's Freeman Athletic Center is located at 161 Cross Street, Middletown, CT 06457.

From the North: Take I-91 S to Exit 22 S (left exit). Travel south on Rte. 9 to Middletown. At the 2nd light take a right onto Rte. 66 W. At the junction of Rte. 66 and Rte. 5 turn left onto Vine Street and then right onto Cross Street. The pool will be immediately on your left.

From the South: Take I-91 N or the Merritt Parkway to I-91 N to Rte. 66 E. At junction of Rte. 66 and Rte. 3 turn right onto Vine Street, then turn right onto Cross Street. The pool will be immediately on your left.

Woodbridge Aquatic Club Invitational - 6/10/2016 to 6/12/2016
Session Report

Session: 1 Friday PM

Day of Meet: 1 Starts at 04:45 PM Heat Interval: 15 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 12 & Under 400 Freestyle	0	0	04:45 PM _____
Finals	2 Boys 12 & Under 400 Freestyle	0	0	04:45 PM _____
	Break: 25 Minutes: Warm-up			
Finals	3 Girls 12 & Over 800 Freestyle	0	0	05:10 PM _____
Finals	4 Boys 12 & Over 800 Freestyle	0	0	05:10 PM _____
	Finish Time			05:10 PM _____

Woodbridge Aquatic Club Invitational - 6/10/2016 to 6/12/2016
Session Report

Session: 2 Saturday 11/12

Day of Meet: 2 Starts at 08:05 AM Heat Interval: 15 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Finals	5 Girls 11-12 50 Freestyle	0	0	08:05 AM _____
Finals	6 Boys 11-12 50 Freestyle	0	0	08:05 AM _____
Finals	7 Girls 11-12 50 Breaststroke	0	0	08:05 AM _____
Finals	8 Boys 11-12 50 Breaststroke	0	0	08:05 AM _____
	Break: 5 Minutes:			
Finals	9 Girls 11-12 100 Butterfly	0	0	08:10 AM _____
Finals	10 Boys 11-12 100 Butterfly	0	0	08:10 AM _____
Finals	11 Girls 11-12 100 Backstroke	0	0	08:10 AM _____
Finals	12 Boys 11-12 100 Backstroke	0	0	08:10 AM _____
Finals	13 Girls 11-12 200 Breaststroke	0	0	08:10 AM _____
Finals	14 Boys 11-12 200 Breaststroke	0	0	08:10 AM _____
Finals	15 Girls 11-12 200 Freestyle	0	0	08:10 AM _____
Finals	16 Boys 11-12 200 Freestyle	0	0	08:10 AM _____
	Finish Time			08:10 AM _____

Woodbridge Aquatic Club Invitational - 6/10/2016 to 6/12/2016
Session Report

Session: 3 Saturday 10/Under

Day of Meet: 2 Starts at 11:30 AM Heat Interval: 15 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Finals	17 Girls 10 & Under 50 Freestyle	0	0	11:30 AM _____
Finals	18 Boys 10 & Under 50 Freestyle	0	0	11:30 AM _____
Finals	19 Girls 10 & Under 50 Breaststroke	0	0	11:30 AM _____
Finals	20 Boys 10 & Under 50 Breaststroke	0	0	11:30 AM _____
	Break: 5 Minutes:			
Finals	21 Girls 10 & Under 100 Butterfly	0	0	11:35 AM _____
Finals	22 Boys 10 & Under 100 Butterfly	0	0	11:35 AM _____
Finals	23 Girls 10 & Under 100 Backstroke	0	0	11:35 AM _____
Finals	24 Boys 10 & Under 100 Backstroke	0	0	11:35 AM _____
Finals	25 Girls 10 & Under 200 Freestyle	0	0	11:35 AM _____
Finals	26 Boys 10 & Under 200 Freestyle	0	0	11:35 AM _____
	Finish Time			11:35 AM _____

Woodbridge Aquatic Club Invitational - 6/10/2016 to 6/12/2016
Session Report

Session: 4 Saturday 13/Over

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Finals	27 Girls 13 & Over 50 Freestyle	0	0	02:30 PM _____
Finals	28 Boys 13 & Over 50 Freestyle	0	0	02:30 PM _____
	Break: 5 Minutes:			
Finals	29 Girls 13 & Over 200 Breaststroke	0	0	02:35 PM _____
Finals	30 Boys 13 & Over 200 Breaststroke	0	0	02:35 PM _____
Finals	31 Girls 13 & Over 200 Backstroke	0	0	02:35 PM _____
Finals	32 Boys 13 & Over 200 Backstroke	0	0	02:35 PM _____
Finals	33 Girls 13 & Over 100 Butterfly	0	0	02:35 PM _____
Finals	34 Boys 13 & Over 100 Butterfly	0	0	02:35 PM _____
Finals	35 Girls 13 & Over 200 Freestyle	0	0	02:35 PM _____
Finals	36 Boys 13 & Over 200 Freestyle	0	0	02:35 PM _____
Finals	37 Girls 13 & Over 400 IM	0	0	02:35 PM _____
Finals	38 Boys 13 & Over 400 IM	0	0	02:35 PM _____
	Finish Time			02:35 PM _____

Woodbridge Aquatic Club Invitational - 6/10/2016 to 6/12/2016
Session Report

Session: 5 Sunday 11/12

Day of Meet: 3 Starts at 08:05 AM Heat Interval: 15 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Finals	39 Girls 11-12 50 Butterfly	0	0	08:05 AM _____
Finals	40 Boys 11-12 50 Butterfly	0	0	08:05 AM _____
Finals	41 Girls 11-12 50 Backstroke	0	0	08:05 AM _____
Finals	42 Boys 11-12 50 Backstroke	0	0	08:05 AM _____
	Break: 5 Minutes:			
Finals	43 Girls 11-12 200 IM	0	0	08:10 AM _____
Finals	44 Boys 11-12 200 IM	0	0	08:10 AM _____
Finals	45 Girls 11-12 100 Breaststroke	0	0	08:10 AM _____
Finals	46 Boys 11-12 100 Breaststroke	0	0	08:10 AM _____
Finals	47 Girls 11-12 200 Butterfly	0	0	08:10 AM _____
Finals	48 Boys 11-12 200 Butterfly	0	0	08:10 AM _____
Finals	49 Girls 11-12 200 Backstroke	0	0	08:10 AM _____
Finals	50 Boys 11-12 200 Backstroke	0	0	08:10 AM _____
Finals	51 Girls 11-12 100 Freestyle	0	0	08:10 AM _____
Finals	52 Boys 11-12 100 Freestyle	0	0	08:10 AM _____
	Finish Time			08:10 AM _____

Woodbridge Aquatic Club Invitational - 6/10/2016 to 6/12/2016
Session Report

Session: 6 Sunday 10/Under

Day of Meet: 3 Starts at 11:30 AM Heat Interval: 15 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Finals	53 Girls 10 & Under 50 Butterfly	0	0	11:30 AM _____
Finals	54 Boys 10 & Under 50 Butterfly	0	0	11:30 AM _____
Finals	55 Girls 10 & Under 50 Backstroke	0	0	11:30 AM _____
Finals	56 Boys 10 & Under 50 Backstroke	0	0	11:30 AM _____
	Break: 5 Minutes:			
Finals	57 Girls 10 & Under 200 IM	0	0	11:35 AM _____
Finals	58 Boys 10 & Under 200 IM	0	0	11:35 AM _____
Finals	59 Girls 10 & Under 100 Breaststroke	0	0	11:35 AM _____
Finals	60 Boys 10 & Under 100 Breaststroke	0	0	11:35 AM _____
Finals	61 Girls 10 & Under 100 Freestyle	0	0	11:35 AM _____
Finals	62 Boys 10 & Under 100 Freestyle	0	0	11:35 AM _____
	Finish Time			11:35 AM _____

Woodbridge Aquatic Club Invitational - 6/10/2016 to 6/12/2016
Session Report

Session: 7 Sunday 13/Over

Day of Meet: 3 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Finals	63 Girls 13 & Over 100 Freestyle	0	0	02:30 PM _____
Finals	64 Boys 13 & Over 100 Freestyle	0	0	02:30 PM _____
Finals	65 Girls 13 & Over 100 Breaststroke	0	0	02:30 PM _____
Finals	66 Boys 13 & Over 100 Breaststroke	0	0	02:30 PM _____
Finals	67 Girls 13 & Over 200 Butterfly	0	0	02:30 PM _____
Finals	68 Boys 13 & Over 200 Butterfly	0	0	02:30 PM _____
Finals	69 Girls 13 & Over 100 Backstroke	0	0	02:30 PM _____
Finals	70 Boys 13 & Over 100 Backstroke	0	0	02:30 PM _____
Finals	71 Girls 13 & Over 200 IM	0	0	02:30 PM _____
Finals	72 Boys 13 & Over 200 IM	0	0	02:30 PM _____
Finals	73 Girls 13 & Over 400 Freestyle	0	0	02:30 PM _____
Finals	74 Boys 13 & Over 400 Freestyle	0	0	02:30 PM _____
	Finish Time			02:30 PM _____