

2016 SENIOR SPRING LONG COURSE INVITATIONAL

Invitational

May 13 – 15, 2016

161 Cross Street
Freeman Athletic Center, Wesleyan University, Middletown, CT
<http://goo.gl/maps/Hm4BO>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L16-5. 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:	Ellen Johnston	ejohnston@westporty.org	(203) 209-0198
Meet Referee:	Lorraine Kennedy	rjklsk@optonline.net	
Entry Chair:	Ellen Johnston	ejohnston@westporty.org	(203) 209-0198
Safety Chair:	Frisk Driscoll	fxdriscoll@yahoo.com	
Officials Contact:	Lorraine Kennedy	rjklsk@optonline.net	

WEBSITE: www.wrat.org.

POOL EMERGENCY NUMBER: (860) 685-2915 Facility Monitor: (860) 685-2690

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-finals. The 1500M freestyle will be swum fast-to-slow, alternating heats of women and men. The 1500 will also be heat limited which will be determined based on entries received to offer as many swimmers the opportunity to swim an event not readily available to swimmers.

SCRATCH PROCEDURES: Coaches packets will contain scratch sheets for each session and a time line for when scratches are due. *Failure to turn in the scratch upon final request will result in the swimmers being scratched.* Please refer to USA Swimming Rulebook 102.3 for general meet guidelines.

FACILITY: The 24TH Annual Long Course Invitational will once again be held at the Freeman Athletic Center on the Wesleyan University campus. The pool is 50 meters by 25yards – providing eight 9' wide lanes. The starting end of the pool is 14.5' and gradually slopes to a depth of 8' over most of the racing course. Colorado Timing System computer, touch pads and eight-lane score board assures a quality timing system display of events. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Spectator seating is available for approximately 340.

Please make note of the following as Wesleyan's policy for hosting meets has been updated:

- Changing in or out of swimsuits other than in the locker rooms or other designated areas is prohibited.
- On deck capacity is maxed at 350 – this includes swimmers, coaches, officials, timers and additional meet volunteers.
- Teams with 35 or more swimmers will be assigned seating in the spectator area. This number may be adjusted once all entries are received by the entry deadline or when we reach max capacity – whichever comes first. Notification will be sent to all teams in an informational email as soon as determined.

- Teams with swimmers totaling 12 swimmers may have one (1) coach on deck. Teams with 13 – 30 swimmers may have two (2) coaches on deck and teams with more 31 or more swimmers may have up to but no more than four (4) coaches on deck. Please note the number of coaches does impact our total number allowed on deck.
- **NO** personal chairs are permitted on the pool deck, front lobby or hallway between the front and back lobbies.
- **SPECTATOR SEATING:** Sitting or blocking the aisles is prohibited. Chairs, or like furniture, are prohibited. No chairs are allowed in front of the lobby's glass viewing area. With the exception of handicapped seating, this area is standing room only.

DISABLED ACCESS: Limited handicap parking is available. Disabled access is through the front entrance only. An elevator is available in the front lobby for access to the locker rooms and pool deck. Spectator seating is to the left of the lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: LCM.

SESSION TIMES: Subject to Change.

SESSION 1

FRIDAY, MAY 13, 2016

4:00 PM Warm-up

5:00 PM Start

SESSION 2

SATURDAY, MAY 14, 2016

7:30 AM Warm-up

8:45 AM Start

SESSION 3

SATURDAY, MAY 14, 2016

4:00 PM Warm-up

5:00 PM Start

SESSION 4

SUNDAY, MAY 15, 2016

7:30 AM Warm-up

8:45 AM Start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Friday afternoon will have an open general warm-up session. At least one, one-way dive lane will be made available and pace lanes as needed. For Sessions II, III and IV: once total swimmer count is finalized, will dictate how the warm-up sessions will be structured. Should we need to assign specific warm-up times per team, they will be approximately 30 minutes in length per warm-up session.

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 entered and 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. Questions regarding adapted athletes may be directed to [Mark Kinne](#) – Adapted Athlete Chair.

ENTRY LIMITATIONS: Swimmers may swim (5) events on Saturday. There is no event limit for Friday and Sunday. Individuals qualifying in only three (3) events may swim an additional three (3) over the course of the meet – with the exception of the 400 & 1500 meter freestyles and 400 individual medley. Entries in those events must be at or under the qualifying time and **MUST** be pre-proven on the team's entry. The 1500 may be heat limited.

ENTRY TIMES: Submit entry times in LCM.

QUALIFYING TIMES:

The following time standards are in short course yards. **Please submit your entry in long course meters using either actual times or converted from yards to long course meters.**

<u>Event #</u>	<u>Women</u>	<u>Event</u>	<u>Men</u>	<u>Event #</u>
1	1908.99	1500m Freestyle	1800.99	2
3	206.99	200m Freestyle	206.99	4
5	104.49	100m Butterfly	58.29	6
7	238.39	200m Breaststroke	223.89	8
9	222.39	200m Ind. Medley	209.99	10
11	27.19	50m Freestyle	24.49	12
13	220.49	200m Backstroke	207.09	14
15	113.59	100m Breaststroke	106.29	16
17	535.39	400m Freestyle	511.69	18
19	58.89	100m Freestyle	53.09	20
21	221.19	200m Butterfly	208.99	22
23	105.29	100m Backstroke	59.19	24
25	500.99	400m Ind. Medley	437.09	26

*****REMINDER:** *Qualifying times are in short course yards. Entries must be submitted in long course meters.*

The host team reserves the right to enter its swimmers regardless of qualifying times in order to insure workers for a well-run meet.

No Times (NT) are not allowed.

DEADLINES: Entry deadline is MAY 3, 2016. Mail hardcopy and payment to the entry chairperson:

Please mail to: Ellen Johnston
Water Rat Swim Team
Westport Weston Family Y
14 Allen Raymond Lane
Westport, CT 06880

All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be handled on a first come first served basis. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but not later than May 4, 2016. If cuts or changes are made, the contact person listed on the entry will be notified.

ELECTRONIC ENTRIES: Electronic entries – such as from Hy-Tek Team Manager or other team management software – that are inCL2 or SD3/SDIF format may be emailed as an attachment to the entry chair – Ellen Johnston – at ejohnston@westporty.org Your entry will be noted when received and accepted. Electronic entries are due by 6pm Tuesday, May 3RD. Please check that your team name, address and contact information are listed correctly in this file. Payment is due by Monday, May 9th. Checks are payable to: WRAT Parents Club.

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: 10.00 per event

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 Water Rat Parent Club and mail to:

Please mail to: Water Rat Swim Team
Westport Weston Family Y
14 Allen Raymond Lane
Westport, CT 06880

Payment must be received by Monday, May 9, 2016

CUT PROTOCOL:

Entries will be handled on a first come first served basis. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but not later than Wednesday, May 4, 2016. If cuts or changes are made, the contact person listed on the entry will be notified. The 1500 freestyle may be heat limited.

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.

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: 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: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: We will need help officiating and timing. We would greatly appreciate any teams with officials to please help whenever possible throughout the course of the meet. Please contact our Meet Referee, Lorraine Kennedy at rflsk@optonline.net if you are able to help officiate. Teams will be required to supply timers and will be notified the week of the meet. *Swimmers in the 1500M freestyle must supply their own timers and lap counters. Swimmers may also need to supply their own timer for the 400m freestyle and individual medley and will be determined once all entries are submitted.*

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 awards will be given at this meet.

CONCESSIONS: There will be no concessions at this meet. The Neon Deli is located directly across the street from the pool.

HOSPITALITY FOR COACHES AND OFFICIALS: Hospitality will be available for coaches and officials.

MISCELLANEOUS: The playing of music boxes on deck during the running of the meet is prohibited.

PARKING: Please park in one of the designated Wesleyan parking lots near the pool.

DIRECTIONS: From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take a right onto Rt. 66W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left.

From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left.

LODGING: The following hotels and motels are in the area:

Radisson
100 Berlin Road
Cromwell, CT
(860) 635-2000

Courtyard by Marriott
4 Sebethe Drive
Cromwell, CT
(860) 635-1001

Comfort Inn
Route 372
Cromwell, CT
(860) 635-4100

Super 8 Motel
1 Industrial Drive
Cromwell, CT
(860) 843-1991

Marriott – Rocky Hill
I-91 – Exit 23
Rocky Hill, CT
(860) 257-6000

Inn at Middletown
70 Main Street
Middletown, CT 06457
(860) 854-6300

2016 Water Rat Senior Spring Invitational - 5/13/2016 to 5/15/2016**Freeman Athletic Center, Wesleyan University****Session Report**

Session: 1 Session I

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Finals	1	Women 1500 Freestyle	0	0	05:00 PM _____
Finals	2	Men 1500 Freestyle	0	0	05:00 PM _____
		Finish Time			05:00 PM _____

2016 Water Rat Senior Spring Invitational - 5/13/2016 to 5/15/2016**Freeman Athletic Center, Wesleyan University****Session Report**

Session: 2 Session II

Day of Meet: 2 Starts at 08:45 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	3 Girls 200 Freestyle	0	0	08:45 AM _____
Finals	4 Boys 200 Freestyle	0	0	08:45 AM _____
Finals	5 Girls 100 Butterfly	0	0	08:45 AM _____
Finals	6 Boys 100 Butterfly	0	0	08:45 AM _____
Finals	7 Girls 200 Breaststroke	0	0	08:45 AM _____
Finals	8 Boys 200 Breaststroke	0	0	08:45 AM _____
Finals	9 Girls 200 IM	0	0	08:45 AM _____
Finals	10 Boys 200 IM	0	0	08:45 AM _____
	Finish Time			08:45 AM _____

2016 Water Rat Senior Spring Invitational - 5/13/2016 to 5/15/2016**Freeman Athletic Center, Wesleyan University****Session Report**

Session: 3 Session III

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Finals	11	Girls 50 Freestyle	0	0	05:00 PM	_____
Finals	12	Boys 50 Freestyle	0	0	05:00 PM	_____
		Break: 10 Minutes:				
Finals	13	Girls 200 Backstroke	0	0	05:10 PM	_____
Finals	14	Boys 200 Backstroke	0	0	05:10 PM	_____
Finals	15	Girls 100 Breaststroke	0	0	05:10 PM	_____
Finals	16	Boys 100 Breaststroke	0	0	05:10 PM	_____
Finals	17	Girls 400 Freestyle	0	0	05:10 PM	_____
Finals	18	Boys 400 Freestyle	0	0	05:10 PM	_____
		Finish Time			05:10 PM	_____

2016 Water Rat Senior Spring Invitational - 5/13/2016 to 5/15/2016**Freeman Athletic Center, Wesleyan University****Session Report**

Session: 4 Session IV

Day of Meet: 3 Starts at 08:45 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event		Entries	Heats	Starts at
Finals	19	Girls 100 Freestyle	0	0	08:45 AM _____
Finals	20	Boys 100 Freestyle	0	0	08:45 AM _____
Finals	21	Girls 200 Butterfly	0	0	08:45 AM _____
Finals	22	Boys 200 Butterfly	0	0	08:45 AM _____
Finals	23	Girls 100 Backstroke	0	0	08:45 AM _____
Finals	24	Boys 100 Backstroke	0	0	08:45 AM _____
Finals	25	Girls 400 IM	0	0	08:45 AM _____
Finals	26	Boys 400 IM	0	0	08:45 AM _____
		Finish Time			08:45 AM _____