

# ZEUS Summer Sizzler Invitational

June 3 – 5, 2016

Wesleyan University

161 Cross Street, Middletown, CT

Mapping Software: <http://goo.gl/maps/7hoX>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L16-15. 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

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Omar Cruz	<a href="mailto:Omar.cruz@zeusswimteam.org">Omar.cruz@zeusswimteam.org</a>	203-515-8055
<b>Meet Referee:</b>	Michael Mendribil	michael@mendribil.com	203-858-7625
<b>Entry Chair:</b>	Eric Baritz	byte1inc@comcast.net	203-838-5836
<b>Safety Chair:</b>	Dennis Flores	<a href="mailto:Dennis.flores@zeusswimteam.org">Dennis.flores@zeusswimteam.org</a>	203-505-4512
<b>Officials Contact:</b>	Michael Mendribil	michael@mendribil.com	203-858-7625

**WEBSITE:** [www.zeusswimteam.org](http://www.zeusswimteam.org)

**POOL EMERGENCY NUMBER:** 860-685-2960 Facility Monitor. 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. For more details, see **Event Information** section below.

**SCRATCH PROCEDURES:** Scratches are due at least 20 minutes before the beginning of the session. If not turned in on time the meet management reserves the right to scratch the entire team.

## FACILITY:

- The Wesleyan University is an 8-lane, 50 meter pool. Water depth at start end is: 14 feet. 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.
- We will be using Colorado electronic timing.
- There is seating for 340 spectators. Spectators can NOT set up their own furniture (chairs) in the hallway or in front of the glass windows to the pool.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Use of the faculty locker rooms is also prohibited

**DISABLED ACCESS:** The facility is fully accessible to the handicapped. If you need assistance please contact the meet director.

**COURSE:** LCM.

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

- Friday, 4:00 warm up with a 4:45 start
- Saturday and Sunday:
  - 13 and overs, 7:15am warm up with 8:15am start
  - 11/12's, 1:15pm warm up with 2:00pm start
  - 10 and unders, 4:30pm warm up with a 5:00pm start

## **WARM-UPS:**

- CT Swimming Warm-Up Procedures will be in effect.
- The warm up will be in one flight of 20 to 30 minutes of general warm up. The lane assignments for warm up will be emailed to club contacts by the Wed. before the meet.

**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.

## **EVENT INFORMATION:**

- The Senior Mixed 1500 freestyle will be swum fastest to slowest.
  - The meet committee will determine how many heats will be swum on Sunday before the remaining heats are swum on Saturday. The amount of heats will be determined by Sunday's timeline and then Saturday's timeline if necessary.
  - If a swimmer would like to swim the 1500 freestyle on a particular day, then an emailed request must be sent to the meet entry coordinator at the above address, by the entry cutoff date. The meet committee will try to accommodate but can NOT guarantee it.
- Swimmers can enter up to 5 events per session. Entries will be reduced if either the timeline or the number of people in the pool area determine it.
- The meet management reserves the right to make changes with the approval of Program Operations, including starting times, invoking the cut protocol, etc.
- Swimmers in Friday night events must provide their own timer.
- Swimmers in the Senior 1500 Freestyle must provide their own timer and counter.
- Swimmers in the 10 and under 400 Freestyle must provide their own timer.
- Heats of all 400's of all strokes and ages may be modified to accommodate the time line.

**ENTRY LIMITATIONS:** Swimmers can enter up to 5 events per session.

**ENTRY TIMES:** Submit entry times in LCM.

**DEADLINES:** deadline is May 11, 2016. Mail hardcopy and payment to the meet director

ZEUS Swimming

c/o Omar Cruz

75 Main Street, #272.

Norwalk, CT 06851

- There will be a CT Swimming Deadline of May 11.

- On May 12 any out of state entries will be entered in the order in which they were received via email if space in the meet remains available. The number of people on the pool deck will also be taken into consideration.
- All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries are determined by when an email meet file is received.

**CONNECTICUT-ONLY DEADLINE:** May 11, 2016. CT clubs meeting this deadline will be entered before out of state clubs, in order of entry receipt via email.

**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, Eric Baritz at [byte1inc@comcast.net](mailto:byte1inc@comcast.net). Please check that your team name, address, and contact information are listed correctly in this file. Payment is due right before the 1<sup>st</sup> splash. Please note entry into the meet is considered official upon receipt of an emailed meet entry file before the entry deadline if space allows.

**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: \$8.50 for individual events, \$10.50 for 400 Freestyle and IM events, \$13.00 for 1500 Freestyle. Manual entries: \$12.50 for individual events and \$13.00 for distance 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 NAC and mail to:

ZEUS Swimming  
75 Main Street, #272  
Norwalk, CT 06851

Payment must be received by 6/3/16, and must be for the full amount of your final entry at the May 11 deadline.

**CUT PROTOCOL:**

If the session is oversubscribed, OR if there are too many people on the pool deck, the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

- Swimmers can enter up to 5 events per session.
- If the meet is oversubscribed then teams will be asked to reduce their entries from 5 events to 4 events, then from 4 events to 3 events.
- If the meet is still oversubscribed then we will eliminate all 7 year olds from the particular session.
- Entries will be reduced if the either the timeline or the number of people in the pool area over the number of maximum participants.
- In order to make sure there are adequate volunteers, ZEUS will not be affected by the above entry changes.
- 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.

**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:** Yes. Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement

(age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. 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 deadline for Time Trial entries is 30 min after scratches are due for all sessions. The fee for Time Trial entries are \$10.00 for individual events.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:**

- The number of Timers from each team will be based on the size of the entry from each team.
- Swimmers in Friday night events must provide their own timer.
- Swimmers in the Senior 1500 Freestyle must provide their own timer and counter.
- Swimmers in the 10 and under 400 Freestyle must provide their own timer.

Participating clubs must 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:** May be staffed by Wesleyan University.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Is available in the area surrounding the pool

**DIRECTIONS:** <http://goo.gl/maps/7hoX>

**2016 Summer Sizzler - 6/3/2016 to 6/5/2016****Session Report**

Session: 1 Friday night session

Day of Meet: 1 Starts at 04:45 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 400 IM	0	0	04:45 PM	_____
Finals	2 Boys 400 IM	0	0	04:45 PM	_____
Finals	3 Girls 100 Backstroke	0	0	04:45 PM	_____
Finals	4 Boys 100 Backstroke	0	0	04:45 PM	_____
Finals	5 Girls 100 Breaststroke	0	0	04:45 PM	_____
Finals	6 Boys 100 Breaststroke	0	0	04:45 PM	_____
Finals	7 Girls 100 Butterfly	0	0	04:45 PM	_____
Finals	8 Boys 100 Butterfly	0	0	04:45 PM	_____
Finals	9 Girls 400 Freestyle	0	0	04:45 PM	_____
Finals	10 Boys 400 Freestyle	0	0	04:45 PM	_____
	Finish Time			04:45 PM	_____

**2016 Summer Sizzler - 6/3/2016 to 6/5/2016****Session Report**

Session: 2 Saturday morning session

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	11 Girls 50 Freestyle	0	0	08:15 AM	_____
Finals	12 Boys 50 Freestyle	0	0	08:15 AM	_____
	Break: 8 Minutes:				
Finals	13 Girls 200 Butterfly	0	0	08:23 AM	_____
Finals	14 Boys 200 Butterfly	0	0	08:23 AM	_____
Finals	15 Girls 200 Freestyle	0	0	08:23 AM	_____
Finals	16 Boys 200 Freestyle	0	0	08:23 AM	_____
Finals	17 Girls 200 IM	0	0	08:23 AM	_____
Finals	18 Boys 200 IM	0	0	08:23 AM	_____
Finals	19 Mixed 1500 Freestyle	0	0	08:23 AM	_____
	Finish Time			08:23 AM	_____

**2016 Summer Sizzler - 6/3/2016 to 6/5/2016****Session Report**

Session: 3 Saturday afternoon session

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	20 Mixed 11-12 400 Freestyle	0	0	02:00 PM	_____
Finals	21 Mixed 11-12 200 IM	0	0	02:00 PM	_____
Finals	22 Girls 11-12 200 Backstroke	0	0	02:00 PM	_____
Finals	23 Boys 11-12 200 Backstroke	0	0	02:00 PM	_____
	Break: 8 Minutes:				
Finals	24 Girls 11-12 50 Breaststroke	0	0	02:08 PM	_____
Finals	25 Boys 11-12 50 Breaststroke	0	0	02:08 PM	_____
Finals	26 Girls 11-12 50 Freestyle	0	0	02:08 PM	_____
Finals	27 Boys 11-12 50 Freestyle	0	0	02:08 PM	_____
Finals	28 Girls 11-12 50 Butterfly	0	0	02:08 PM	_____
Finals	29 Boys 11-12 50 Butterfly	0	0	02:08 PM	_____
Finals	30 Girls 11-12 50 Backstroke	0	0	02:08 PM	_____
Finals	31 Boys 11-12 50 Backstroke	0	0	02:08 PM	_____
	Finish Time			02:08 PM	_____



**2016 Summer Sizzler - 6/3/2016 to 6/5/2016****Session Report**

Session: 4 Saturday evening session

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	32 Girls 10 & Under 50 Backstroke	0	0	05:00 PM	_____
Finals	33 Boys 10 & Under 50 Backstroke	0	0	05:00 PM	_____
Finals	34 Girls 10 & Under 50 Breaststroke	0	0	05:00 PM	_____
Finals	35 Boys 10 & Under 50 Breaststroke	0	0	05:00 PM	_____
Finals	36 Girls 10 & Under 50 Freestyle	0	0	05:00 PM	_____
Finals	37 Boys 10 & Under 50 Freestyle	0	0	05:00 PM	_____
Finals	38 Girls 10 & Under 50 Butterfly	0	0	05:00 PM	_____
Finals	39 Boys 10 & Under 50 Butterfly	0	0	05:00 PM	_____
	Break: 8 Minutes:				
Finals	40 Mixed 10 & Under 200 IM	0	0	05:08 PM	_____
Finals	41 Mixed 10 & Under 400 Freestyle	0	0	05:08 PM	_____
	Finish Time			05:08 PM	_____

**2016 Summer Sizzler - 6/3/2016 to 6/5/2016****Session Report**

Session: 5 Sunday morning session

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	42 Girls 200 Backstroke	0	0	08:15 AM	_____
Finals	43 Boys 200 Backstroke	0	0	08:15 AM	_____
Finals	44 Girls 100 Freestyle	0	0	08:15 AM	_____
Finals	45 Boys 100 Freestyle	0	0	08:15 AM	_____
Finals	46 Girls 200 Breaststroke	0	0	08:15 AM	_____
Finals	47 Boys 200 Breaststroke	0	0	08:15 AM	_____
Finals	48 Mixed 1500 Freestyle	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

**2016 Summer Sizzler - 6/3/2016 to 6/5/2016****Session Report**

Session: 6 Sunday afternoon session

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	49 Mixed 11-12 200 Freestyle	0	0	02:00 PM	_____
Finals	50 Girls 11-12 100 Butterfly	0	0	02:00 PM	_____
Finals	51 Boys 11-12 100 Butterfly	0	0	02:00 PM	_____
Finals	52 Girls 11-12 200 Breaststroke	0	0	02:00 PM	_____
Finals	53 Boys 11-12 200 Breaststroke	0	0	02:00 PM	_____
Finals	54 Girls 11-12 100 Backstroke	0	0	02:00 PM	_____
Finals	55 Boys 11-12 100 Backstroke	0	0	02:00 PM	_____
Finals	56 Girls 11-12 200 Butterfly	0	0	02:00 PM	_____
Finals	57 Boys 11-12 200 Butterfly	0	0	02:00 PM	_____
Finals	58 Girls 11-12 100 Breaststroke	0	0	02:00 PM	_____
Finals	59 Boys 11-12 100 Breaststroke	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____

**2016 Summer Sizzler - 6/3/2016 to 6/5/2016****Session Report**

Session: 7 Sunday evening session

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	60 Girls 10 & Under 100 Freestyle	0	0	05:00 PM	_____
Finals	61 Boys 10 & Under 100 Freestyle	0	0	05:00 PM	_____
Finals	62 Girls 10 & Under 100 Backstroke	0	0	05:00 PM	_____
Finals	63 Boys 10 & Under 100 Backstroke	0	0	05:00 PM	_____
Finals	64 Girls 10 & Under 100 Breaststroke	0	0	05:00 PM	_____
Finals	65 Boys 10 & Under 100 Breaststroke	0	0	05:00 PM	_____
Finals	66 Girls 10 & Under 100 Butterfly	0	0	05:00 PM	_____
Finals	67 Boys 10 & Under 100 Butterfly	0	0	05:00 PM	_____
Finals	68 Mixed 10 & Under 200 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____