

2019 CONNECTICUT SWIMMING DISTANCE QUALIFIER

161 Cross Street, Middletown, CT 06457

<http://goo.gl/maps/KD21C>

July 6, 2019

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L19- 46. 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:	Kaeley Steinnagel	Kaeley9@comcast.net	
Meet Referee:	Mark Wollen	ops@mjwollen.com	
Lead Admin Official:	Luis Tejada	letejada@msn.com	
Entry Chair:	Nan Cooper	office@ctswim.org	
Safety Chair:	Duffy Mudry	duffymudry@yahoo.com	
Officials Contact:	Mark Wollen	ops@mjwollen.com	

MEET HOST: CSI – Connecticut Swimming

WEBSITE: www.ctswim.org

POOL EMERGENCY NUMBER: Public Safety: 860 685-2345

SANCTIONED OR APPROVED: Sanctioned

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming.

MEET FORMAT: The meet will be swum as Timed-Final format. The 1500 Freestyle event will be swum fast-to-slow, alternating heats of women and men.

SCRATCH PROCEDURES: All swimmers must be POSITIVELY CHECKED IN by 8:15am. Psych sheets will be posted by July 5th at 8:00pm.

FACILITY: Wesleyan University's Freeman Athletic Center Pool

- The Freeman Center Pool is a 50-meter by 25 yard venue with a Colorado Timing System. 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 electronic timing system. Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. Limited spectator seating; limited refreshments.
- No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.
- Changing into or out of swimsuits, whole or in part, other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Misbehavior, unsportsmanlike conduct, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.
- No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet.

- No Folding Chairs are allowed anywhere in the building
- Seating for swimmers on the pool deck will be limited. Additional seating is available in gym.
- Spectators will be allowed to SIT only in spectator viewing area. Any vehicle parked anywhere other than in a parking space will be subject to fines and being towed.

DISABLED ACCESS: Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby goes to locker rooms and pool deck. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: LCM.

SESSION TIMES: Subject to Change

Saturday 8:00am warm-up. 8:45am start.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All 8 lanes will be used for warm-ups. All clubs must warm-up under the supervision of a coach. Coaches should register in the office when they arrive in order for their clubs to begin warm-up. Only swimmers entered in this meet may use the warm-up lanes. All athletes must have a coach in attendance. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify Kaeley Steinnagel. No diving will be permitted, except in the sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches. No training equipment is allowed in the pool. Entry into pool is feet-first from the turn ends of the pool.

One lane will be reserved during the meet for warm-up/cool-down.

ELIGIBILITY: All USA Swimming clubs and individuals. 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. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming meet policies:

<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>
and

https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf

Any swimmer entered in the meet must 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 **without the use of the backstroke ledge**. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 the [Connecticut Swimming office](#).

EVENT INFORMATION: This is a 1500M freestyle distance meet. Positive check in will be required. The competition will be run in 7 lanes with the 8th lane being reserved for warm-up/warm-down.

ENTRY OPENING DATE: Entries will be accepted no earlier than 8:00 pm on June 12th, 2019.

ENTRY LIMITATIONS: One event max.

ENTRY TIMES: Submit entry times in LCM. Swimmers must be entered with an entry time for the 1500M freestyle. NT entries will not be accepted and will be rejected without reimbursement. Please submit all times in LCM.

DEADLINES: Deadline is 8:00pm on June 25th, 2019. Payment will be due with submission of entry. Please see PAYMENT section for details.

CONNECTICUT-ONLY DEADLINE: CT deadline is June 25th, 2019 at 8:00pm. CT clubs meeting this deadline will be entered before out of state clubs.

ENTRY PROCEDURE: CSI-member USA Swimming clubs will enter using Connecticut FAST Online Entries. Click on "Championship Entries." To enter an athlete with an estimated time, use FAST Custom Times option. Enter an adapted athlete by contacting office@ctswim.org. Unattached athletes not affiliated with a club should email an entry file (*.sd3 or *.cl2) and proof of time to office@ctswim.org. If meet entry software is not available, email office@ctswim.org the athlete name, USA ID, age, event number, event name, time, and proof of time. Extra fees for manual entries will apply.

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: \$12.00 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: Payment will be collected upon submission of entry by credit card or by signed check/check request. If paying by check an image of the signed check/check request must be submitted with the entry. The check must then be mailed to the address below.

Connecticut Swimming
c/o Ginger McCurdy
28 Farms Village Rd
Wethersfield, CT 06109

CUT PROTOCOL: If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. Athletes aged 11 and Under will be cut from the meet.
2. Athletes age 12 will be cut from the meet.
3. The 1500M Freestyle may be heat limited to the stay within a 5-hour timeline.
4. CT Swimming and Program Operations reserve the right to split the meet into girls and boys sessions or to tier the meet based on entry times.

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.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Program & Events Committee Chair or designee.

RULES: Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy](#), will govern all competition.

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: All swimmers must provide their own timers and counters. Watches to be provided by meet host.

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: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Limited Hospitality.

DIRECTIONS: From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. 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:

Crowne Plaza Cromwell
100 Berlin Road, Cromwell
800-308-4589

Marriott Courtyard
4 Sebethe Dr, Cromwell
860-635-1001

Inn at Middletown
70 Main Street Middletown
860-854-6300

Comfort Inn
Route 372, Cromwell
860-635-4100

Ramada Plaza Hotel
275 Research Pkwy, Meriden
203-238-2380

Hampton Inn
20 Waterchase Dr, Rocky Hill
860-563-7877

Super 8 Motel
1 Industrial Dr, Cromwell
800-843-1991

Hawthorne Inn
2387 Wilbur Cross Pkwy,
Berlin
860-828-4181

CSI Distance Qualifier, Sanction #: L19-46
July 6, 2019, Wesleyan University
Session Report

Session: 1 Saturday

Day of Meet: 1 Starts at 08:45 AM Heat Interval: 12 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	1 Women 1500 Freestyle	0	0	08:45 AM	e08:45 AM
Finals	2 Men 1500 Freestyle	0	0	08:45 AM	e08:45 AM
	Finish Time			08:45 AM	e08:45 AM