

**WHAT Invite**  
**June 28<sup>th</sup>-30<sup>th</sup>, 2019**  
161 Cross Street, Middletown, CT

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L19-37. 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>       | Rob Riccobon      | whatcoaches@gmail.com  | 860-985-2818 |
| <b>Meet Referee:</b>        | Matt Brown        | <a href="mailto:mattbrown15@gmail.com">mattbrown15@gmail.com</a> | 860-205-7658 |
| <b>Lead Admin Official:</b> | Jennifer Lemus    | whatcoaches@gmail.com  | 860-985-2818 |
| <b>Entry Chair:</b>         | JoAnn McCaffrey   | keepintimeentries@gmail.com                                      |              |
| <b>Safety Chair:</b>        | Kristine Perrault | whatcoaches@gmail.com  | 860-985-2818 |
| <b>Officials Contact:</b>   | Pierre Guertin    | <a href="mailto:phg8@comcast.net">phg8@comcast.net</a>           | 860-463-5755 |
|                             | Matt Brown        | <a href="mailto:mattbrown15@gmail.com">mattbrown15@gmail.com</a> | 860-205-7658 |

**MEET HOST:** WHAT Swimming

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

**POOL EMERGENCY NUMBER:** 860-409-3650

**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. There will be 3 sessions on Saturday and Sunday: 11-12, 10 & Under and 13 & Over. Friday night distance events will be swum fastest to slowest, alternating girls & boys. The girls 800 free on Saturday and the boys 800 free on Sunday will be limited to 3 heats (24 swimmers). If the timeline allows we will try and run additional heats of the 800 free

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for the meet in their information packets listing all of their swimmers and the events for that session. Coaches must indicate all scratches on these sheets and turn them into the office within one half hour after the beginning of warm-up. If the scratch sheet is not received by that deadline all swimmers will be considered to be scratched.

**FACILITY:** Wesleyan University's Freeman Athletic Center Pool is 50 meters by 25 yards with 8 lanes for LCM competition. . Water depth at start end is: 14 feet. Water depth at turn end is: 5 feet. The competition course has been certified in accordance with 104.2.2C(4). The facility is equipped with a Colorado Timing System and has spectator seating for 340. The spectator area is accessible by stairs or elevator and is located above the competition pool.

- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Spectator Seating and Waiting areas· Personal folding chairs are not allowed in the building.
- No spectators or swimmers will be permitted to congregate in the center of the front lobby of the Athletic Center.
- No folding chairs are permitted in the pool area, hockey rink, or field house.

- Spectator area (stands) Seating in the spectator seats will be limited to 340. Only individuals with disabilities that cannot access to the stands will be permitted in the spectator viewing area (open space in front of the large window overlooking the pool).
- Pool and Pool Deck · Deck Occupancy is 350. · Only swimmers and meet workers with proper credentials (administrative, coaches, officials, timers, and marshals) will be allowed on the pool deck.
- A Wesleyan University Visitors Guide will be sent out to all coaches prior to the start of the meet. The coaches attending the meet are responsible for disseminating the information to their team.

**DISABLED ACCESS:** The Wesleyan University's Freeman Athletic Center Pool is handicapped accessible with a handicapped locker room. Please contact the meet director for more information or special arrangements.

**COURSE:** LCM.

**SESSION TIMES: Subject to Change**

|                                |                 |               |
|--------------------------------|-----------------|---------------|
| Friday                         | 3:00pm warm-up  | 4:15pm start  |
| Saturday/Sunday AM (11/12)     | 7:00am warm-up  | 8:00am start  |
| Saturday/Sunday MID (10/Un)    | 11:00am warm-up | 11:30am start |
| Saturday/Sunday PM (13 & Over) | 2:00pm warm-up  | 3:00pm start  |

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. The 11-12 & 13 & Over sessions will have 2 separate warm-up sessions. The 10 & under will have a single warm-up session. All assigned warm-ups will be followed by 10 minutes of controlled warm-up with sprint and pace lanes available. Warm-up assignments will be sent to coaches by Thursday prior to the meet.

**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](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](#).

**ENTRY OPENING DATE:** Entries will be accepted no earlier than 8:00 pm on April 16, 2019.

**ENTRY LIMITATIONS:** 4 individual events per day

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

**DEADLINES:** deadline is June 14th, 2019. Mail hardcopy and payment to the entry chairperson: WHAT Swimming, 113 Ballard Drive, West Hartford, CT 06119. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Receipt of an e-mailed entry will determine the date of entry.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is April 23<sup>rd</sup>, 2019. Receipt of an e-mailed entry will determine the date of entry. 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 keepintimeentries@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Receipt of an e-mailed entry will determine the date of 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: \$10.00 for individual events 200 meters and Under, \$12.00 for distance event. Manual entries: \$12.00 for individual events, \$15.00 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 WHAT Swimming and mail to: WHAT Swimming, 113 Ballard Drive, West Hartford, CT 06119. Payment must be received by 06/14/19.

### **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 6 and Under will be cut from the meet.
2. An email to the attending coaches will be generated with additional options and a virtual poll will be taken and presented to Program Operations for approval.
3. The distance events (400 meters or yards or greater) may be heat limited to the first 8 heats of entries per gender.
4. The maximum number of events allowed per day may be reduced by one (1).
5. 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.

**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:** Participating clubs will be notified of work assignments by the Monday before the meet. Participants in the 800 freestyle must provide their own timers and counters.

**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:** Yes

**PARKING:** A parking map will be sent to attending teams prior to the meet.

**DIRECTIONS: 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.

**2019 WHAT June Invitational - 6/28/2019 to 6/30/2019****Session Report**

Session: 1 Friday

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

| Round  | Event                           | Entries | Heats | Starts at |       |
|--------|---------------------------------|---------|-------|-----------|-------|
| Finals | 1 Girls 11 & Over 400 IM        | 0       | 0     | 04:15 PM  | _____ |
| Finals | 2 Boys 11 & Over 400 IM         | 0       | 0     | 04:15 PM  | _____ |
| Finals | 3 Girls 9-12 200 Backstroke     | 0       | 0     | 04:15 PM  | _____ |
| Finals | 4 Boys 9-12 200 Backstroke      | 0       | 0     | 04:15 PM  | _____ |
| Finals | 5 Girls 9-12 200 Butterfly      | 0       | 0     | 04:15 PM  | _____ |
| Finals | 6 Boys 9-12 200 Butterfly       | 0       | 0     | 04:15 PM  | _____ |
| Finals | 7 Girls 9-12 200 Breaststroke   | 0       | 0     | 04:15 PM  | _____ |
| Finals | 8 Boys 9-12 200 Breaststroke    | 0       | 0     | 04:15 PM  | _____ |
| Finals | 9 Girls 11 & Over 400 Freestyle | 0       | 0     | 04:15 PM  | _____ |
| Finals | 10 Boys 11 & Over 400 Freestyle | 0       | 0     | 04:15 PM  | _____ |
|        | Finish Time                     |         |       | 04:15 PM  | _____ |

Session: 2 Sat 11/12

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round  | Event                           | Entries | Heats | Starts at |       |
|--------|---------------------------------|---------|-------|-----------|-------|
| Finals | 11 Girls 11-12 50 Butterfly     | 0       | 0     | 08:00 AM  | _____ |
| Finals | 12 Boys 11-12 50 Butterfly      | 0       | 0     | 08:00 AM  | _____ |
| Finals | 13 Girls 11-12 50 Backstroke    | 0       | 0     | 08:00 AM  | _____ |
| Finals | 14 Boys 11-12 50 Backstroke     | 0       | 0     | 08:00 AM  | _____ |
| Finals | 15 Girls 11-12 100 Breaststroke | 0       | 0     | 08:00 AM  | _____ |
| Finals | 16 Boys 11-12 100 Breaststroke  | 0       | 0     | 08:00 AM  | _____ |
| Finals | 17 Girls 11-12 100 Freestyle    | 0       | 0     | 08:00 AM  | _____ |
| Finals | 18 Boys 11-12 100 Freestyle     | 0       | 0     | 08:00 AM  | _____ |
| Finals | 19 Girls 11-12 200 IM           | 0       | 0     | 08:00 AM  | _____ |
| Finals | 20 Boys 11-12 200 IM            | 0       | 0     | 08:00 AM  | _____ |
|        | Finish Time                     |         |       | 08:00 AM  | _____ |

Session: 3 Sat 10 &amp; under

Day of Meet: 2 Starts at 11:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

| Round  | Event                                | Entries | Heats | Starts at |       |
|--------|--------------------------------------|---------|-------|-----------|-------|
| Finals | 21 Girls 10 & Under 50 Butterfly     | 0       | 0     | 11:30 AM  | _____ |
| Finals | 22 Boys 10 & Under 50 Butterfly      | 0       | 0     | 11:30 AM  | _____ |
| Finals | 23 Girls 10 & Under 50 Backstroke    | 0       | 0     | 11:30 AM  | _____ |
| Finals | 24 Boys 10 & Under 50 Backstroke     | 0       | 0     | 11:30 AM  | _____ |
| Finals | 25 Girls 10 & Under 100 Breaststroke | 0       | 0     | 11:30 AM  | _____ |
| Finals | 26 Boys 10 & Under 100 Breaststroke  | 0       | 0     | 11:30 AM  | _____ |
| Finals | 27 Girls 10 & Under 100 Freestyle    | 0       | 0     | 11:30 AM  | _____ |
| Finals | 28 Boys 10 & Under 100 Freestyle     | 0       | 0     | 11:30 AM  | _____ |
| Finals | 29 Girls 10 & Under 200 IM           | 0       | 0     | 11:30 AM  | _____ |
| Finals | 30 Boys 10 & Under 200 IM            | 0       | 0     | 11:30 AM  | _____ |
|        | Finish Time                          |         |       | 11:30 AM  | _____ |

**2019 WHAT June Invitational - 6/28/2019 to 6/30/2019****Session Report**

Session: 4 Sat 13 &amp; over

Day of Meet: 2 Starts at 03:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round  | Event                               | Entries | Heats | Starts at |       |
|--------|-------------------------------------|---------|-------|-----------|-------|
| Finals | 31 Girls 13 & Over 200 IM           | 0       | 0     | 03:00 PM  | _____ |
| Finals | 32 Boys 13 & Over 200 IM            | 0       | 0     | 03:00 PM  | _____ |
| Finals | 33 Girls 13 & Over 100 Freestyle    | 0       | 0     | 03:00 PM  | _____ |
| Finals | 34 Boys 13 & Over 100 Freestyle     | 0       | 0     | 03:00 PM  | _____ |
| Finals | 35 Girls 13 & Over 200 Butterfly    | 0       | 0     | 03:00 PM  | _____ |
| Finals | 36 Boys 13 & Over 200 Butterfly     | 0       | 0     | 03:00 PM  | _____ |
| Finals | 37 Girls 13 & Over 100 Breaststroke | 0       | 0     | 03:00 PM  | _____ |
| Finals | 38 Boys 13 & Over 100 Breaststroke  | 0       | 0     | 03:00 PM  | _____ |
| Finals | 39 Girls 13 & Over 200 Backstroke   | 0       | 0     | 03:00 PM  | _____ |
| Finals | 40 Boys 13 & Over 200 Backstroke    | 0       | 0     | 03:00 PM  | _____ |
| Finals | 71 Girls 800 Freestyle              | 0       | 0     | 03:00 PM  | _____ |
|        | Finish Time                         |         |       | 03:00 PM  | _____ |

Session: 5 Sunday 11/12

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round  | Event                          | Entries | Heats | Starts at |       |
|--------|--------------------------------|---------|-------|-----------|-------|
| Finals | 41 Girls 11-12 50 Breaststroke | 0       | 0     | 08:00 AM  | _____ |
| Finals | 42 Boys 11-12 50 Breaststroke  | 0       | 0     | 08:00 AM  | _____ |
| Finals | 43 Girls 11-12 50 Freestyle    | 0       | 0     | 08:00 AM  | _____ |
| Finals | 44 Boys 11-12 50 Freestyle     | 0       | 0     | 08:00 AM  | _____ |
| Finals | 45 Girls 11-12 100 Backstroke  | 0       | 0     | 08:00 AM  | _____ |
| Finals | 46 Boys 11-12 100 Backstroke   | 0       | 0     | 08:00 AM  | _____ |
| Finals | 47 Girls 11-12 200 Freestyle   | 0       | 0     | 08:00 AM  | _____ |
| Finals | 48 Boys 11-12 200 Freestyle    | 0       | 0     | 08:00 AM  | _____ |
| Finals | 50 Boys 11-12 100 Butterfly    | 0       | 0     | 08:00 AM  | _____ |
| Finals | 49 Girls 11-12 100 Butterfly   | 0       | 0     | 08:00 AM  | _____ |
|        | Finish Time                    |         |       | 08:00 AM  | _____ |

Session: 6 Sunday 10 &amp; under

Day of Meet: 3 Starts at 11:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

| Round  | Event                               | Entries | Heats | Starts at |       |
|--------|-------------------------------------|---------|-------|-----------|-------|
| Finals | 51 Girls 10 & Under 50 Breaststroke | 0       | 0     | 11:30 AM  | _____ |
| Finals | 52 Boys 10 & Under 50 Breaststroke  | 0       | 0     | 11:30 AM  | _____ |
| Finals | 53 Girls 10 & Under 50 Freestyle    | 0       | 0     | 11:30 AM  | _____ |
| Finals | 54 Boys 10 & Under 50 Freestyle     | 0       | 0     | 11:30 AM  | _____ |
| Finals | 55 Girls 10 & Under 100 Butterfly   | 0       | 0     | 11:30 AM  | _____ |
| Finals | 56 Boys 10 & Under 100 Butterfly    | 0       | 0     | 11:30 AM  | _____ |
| Finals | 57 Girls 10 & Under 200 Freestyle   | 0       | 0     | 11:30 AM  | _____ |
| Finals | 58 Boys 10 & Under 200 Freestyle    | 0       | 0     | 11:30 AM  | _____ |
| Finals | 59 Girls 10 & Under 100 Backstroke  | 0       | 0     | 11:30 AM  | _____ |
| Finals | 60 Girls 10 & Under 100 Backstroke  | 0       | 0     | 11:30 AM  | _____ |
|        | Finish Time                         |         |       | 11:30 AM  | _____ |

**2019 WHAT June Invitational - 6/28/2019 to 6/30/2019****Session Report**

Session: 7 Sunday 13 &amp; over

Day of Meet: 3 Starts at 03:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

| <b>Round</b> | <b>Event</b>                        | <b>Entries</b> | <b>Heats</b> | <b>Starts at</b> |       |
|--------------|-------------------------------------|----------------|--------------|------------------|-------|
| Finals       | 61 Girls 13 & Over 50 Freestyle     | 0              | 0            | 03:00 PM         | _____ |
| Finals       | 62 Boys 13 & Over 50 Freestyle      | 0              | 0            | 03:00 PM         | _____ |
| Finals       | 63 Girls 13 & Over 200 Breaststroke | 0              | 0            | 03:00 PM         | _____ |
| Finals       | 64 Boys 13 & Over 200 Breaststroke  | 0              | 0            | 03:00 PM         | _____ |
| Finals       | 65 Girls 13 & Over 100 Butterfly    | 0              | 0            | 03:00 PM         | _____ |
| Finals       | 66 Boys 13 & Over 100 Butterfly     | 0              | 0            | 03:00 PM         | _____ |
| Finals       | 67 Girls 13 & Over 200 Freestyle    | 0              | 0            | 03:00 PM         | _____ |
| Finals       | 68 Boys 13 & Over 200 Freestyle     | 0              | 0            | 03:00 PM         | _____ |
| Finals       | 69 Girls 13 & Over 100 Backstroke   | 0              | 0            | 03:00 PM         | _____ |
| Finals       | 70 Boys 13 & Over 100 Backstroke    | 0              | 0            | 03:00 PM         | _____ |
| Finals       | 72 Boys 800 Freestyle               | 0              | 0            | 03:00 PM         | _____ |
|              | Finish Time                         |                |              | 03:00 PM         | _____ |