

2023 SHOPRITE NUTMEG STATE GAMES YOUTH SWIM MEET
OFF-CALENDAR APPROVED MEET
Sunday, July 30th, 2023
Middletown High School, Pool
200 La Rosa Ln, Middletown, CT 06457
Mapping Software: <https://goo.gl/maps/1GkcWi8nUEhnx2Mr6>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #A23-1. 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.

| | Name | Email | Phone |
|---------------------------------------|-----------------|--|----------------|
| Meet Director: | Taylor Garboski | garboskit@mpsct.org | (860) 395-7852 |
| Assistant - Medals, Volunteers | Sandy Jordan | Sandy@csmg.org | (860) 788 7041 |
| Meet Referee: | Bill Hawkins | willishawkins@comcast.net | |
| Admin Referee and Entry Chair: | Taylor Garboski | garboskit@mpsct.org | (860) 395-7852 |
| Operational Risk Coordinator: | Taylor Garboski | garboskit@mpsct.org | (860) 395-7852 |
| Officials Contact: | Bill Hawkins | willishawkins@comcast.net | |

COVID-19 Statement

In applying for this sanction, the Host, the CT Sports Management Group (Nutmeg State Games), agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, Middletown.

<https://www.middletownct.gov/1123/City-of-Middletown-COVID-19-Updates>

COVID-19 Assumption of Risk Disclaimer

We, the CT Sports Management Group (Nutmeg State Games), have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at the Nutmeg State Games Swim Meet or on site at Middletown High School. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at the Nutmeg State Games Swim Meet and being on site at Middletown High School, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LOCATION: Middletown High School, Pool200 La Rosa Ln, Middletown, CT 06457

WEBSITE: <http://nutmegstategames.org/individual-sports/swimming/>

POOL EMERGENCY NUMBER: (860) 395-7852

MEET TYPE: Off-Calendar Approved. **NOTE:** This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championship). This meet will not count toward the eligibility requirement of Connecticut Swimming Scholar Athlete, Athlete Travel Assistance, or other CSI recognition programs with meet eligibility requirements. This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CT Zone Team selection

MEET FORMAT: The meet will be swum as a Timed-Final.

- Participants must submit entry times on the registration form. Heats will be seeded by entry times.
- Heat and lane assignments for entries submitted without seeding times will be determined by draw.
- No on deck entries, no event changes will be permitted after registration deadline.
- The Nutmeg State Games will NOT be offering relays for the swim meet.

SCRATCH PROCEDURES: Swimmers will positively check in at the table in the lobby when entering the facility. Swimmers must check in no later than 20 minutes after the start of warm-ups.

FACILITY: The Middletown High School Pool is located in Middletown, CT. The venue has a six lanes and 25-yard pool. Water depth at start end is: 12 Feet and water depth at turn end is: 4'6" 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. There is a Colorado Timing System, six Lane LCD scoreboards, and an ample deck and has the capacity to seat up to 275 spectators.

DISABLED ACCESS: Handicapped Parking is located immediately outside facility entrance. Handicap access to the pool deck and locker rooms is through the main doors. The pool deck and locker rooms are located on the ground

floor and do not require an elevator. Locker rooms and spectator areas are all handicap accessible. Please contact the Meet Director if you need special assistance: *Taylor Garboski garboskit@mpsct.org (860) 395-7852*

COURSE: SCY

SESSION TIMES: Subject to Change

Warm-ups (all ages): 8:30 AM – 9:50 AM

Starting Time: 10:00 AM (all events will be timed finals)

** The Meet Director Reserves the right to make changes based on meet entry.*

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect.

ELIGIBILITY:

This meet is open to all Connecticut athletes. **Out of state participation** is allowed if an athlete meets the following criteria:

- If the athlete's state does not offer a state games program
OR
- If the athlete's state games program does not offer a swim meet

All athletes must have registered through the Nutmeg State Games Office. Age on the first day of the meet shall determine the swimmer's age and age group for the meet (Sunday, August 4th). In addition to the Individual Sport Registration Form and Individual Sport Fee participants are requested to include PROOF OF AGE. Proof of age includes a copy (please do not send originals) of one of the following: valid driver's license, copy of a birth certificate or a copy of a passport.

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. The Nutmeg State Games reserves the right to cut the meet in the event of over subscription. This event is recommended for those who participate in an organized swim program or team.

ADAPTED SWIMMING: Any Connecticut athlete 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: No on deck entries and no event changes will be permitted after registration deadline. The Nutmeg State Games will *NOT* be offering relays for the swim meet.

ENTRY LIMITATIONS: Participants will not be allowed to compete in more than five (5) events.

ENTRY TIMES: Submit entry times in: SCY. If there are no official times for an athlete, please submit estimated times. No Times (NT) will not be accepted.

DEADLINES: Entry Deadline: is **Friday, July 21st**

- Mail hardcopy registration form and payment to the:
Connecticut Sports Management Group, Inc. 975 Middle St. Unit. G Middletown, CT 06457
- To get to the downloadable form or to register online, go to: <http://nutmegstategames.org/individual-sports/swimming/>

All entries must be legible and must use full names and registration numbers from USA Swimming or CT Swimming

registration. No onsite Registration will be allowed. We will notify a participant of his or her status by a confirmation email once the registration goes through.

ENTRY FEES: Electronic entries for all events: \$35.00 will allow participants to compete in up to two (2) events. Each additional event will cost \$5.00. Participants will not be allowed to compete in more than five (5) events. **No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry**

PAYMENT INSTRUCTIONS:

- Checks payable to: Connecticut Sports Management Group, Inc.
- Mail to: 975 Middle St. Unit. G, Middletown, CT 06457
- *Payment must be received before Friday, July 22nd*

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. Participants will be selected on a first come, first served basis.
2. Participants not selected because of receipt after the registration deadline will receive a full refund as soon as verification is possible.

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 Relays will be offered at this meet.

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.
6. Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.
7. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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 USA Swimming Vice President of Program Operations.

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

TIME TRIALS: No Time Trials will be offered at this meet.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: These positions will be filled by volunteers, not assigned.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: No

AWARDS: Gold, Silver and Bronze medals will be awarded to the top three finishers in each individual event. Awards will be given to coaches after the meet concludes.

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Please use the Copernicus Parking Garage adjacent to the facility. All vehicles parked in reserved or unmarked parking spots will be subject to ticketing and/or towing at the owners expense.

DIRECTIONS: The Middletown High School Pool is located at 200 LaRosa Lane in Middletown, CT 06457.

- Please visit <http://nutmegstategames.org/individual-sports/swimming/> for directions.

LODGING: To view the rates of participating hotels that the Nutmeg State Games exclusively offer, please [click here](#) or visit <http://nutmegstategames.org/hotels>

2023 Nutmeg Games Swimming – 7/30/23

Session Report

Session: 1 AM Session

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

** The Meet Referee and Admin Referee Reserve the right to make changes to heat intervals as needed.*

ORDER OF EVENTS

| Girls | Events – Timed Finals | Boys |
|-------|----------------------------|------|
| 1 | 8 & Under 50 Backstroke | 2 |
| 3 | 9-10 50 Backstroke | 4 |
| 5 | 11-12 50 Backstroke | 6 |
| 7 | 13-14 100 Backstroke | 8 |
| 9 | 15 & Over 100 Backstroke | 10 |
| 11 | 8 & Under 50 Butterfly | 12 |
| 13 | 9-10 50 Butterfly | 14 |
| 15 | 11-12 50 Butterfly | 16 |
| 17 | 13-14 100 Butterfly | 18 |
| 19 | 15 & Over 100 Butterfly | 20 |
| | Break: 10 Minutes: Awards | |
| 21 | 8 & Under 100 IM | 22 |
| 23 | 9-10 100 IM | 24 |
| 25 | 11-12 100 IM | 26 |
| 27 | 13-14 200 IM | 28 |
| 29 | 15 & Over 200 IM | 30 |
| | Break: 10 Minutes: awards | |
| 31 | 8 & Under 50 Freestyle | 32 |
| 33 | 9-10 50 Freestyle | 34 |
| 35 | 11-12 50 Freestyle | 36 |
| 37 | 13-14 50 Freestyle | 38 |
| 39 | 15 & Over 50 Freestyle | 40 |
| 41 | 13-14 500 Freestyle | 42 |
| 43 | 15 & Over 500 Freestyle | 44 |
| | Break: 10 Minutes: Awards | |
| 45 | 8 & Under 50 Breaststroke | 46 |
| 47 | 9-10 50 Breaststroke | 48 |
| 49 | 11-12 50 Breaststroke | 50 |
| 51 | 13-14 100 Breaststroke | 52 |
| 53 | 15 & Over 100 Breaststroke | 54 |
| 55 | 8 & Under 100 Freestyle | 56 |
| 57 | 9-10 100 Freestyle | 58 |
| 59 | 11-12 100 Freestyle | 60 |
| 61 | 13-14 100 Freestyle | 62 |
| 63 | 15 & Over 100 Freestyle | 64 |
| | Break: 10 Minutes: Awards | |
| | Finish | |

2023 Nutmeg Games Swimming - 7/30/2023**Session Report**

Session: Sunday

Day of Meet: 7/30/23 Starts at 10:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------|----------------------------------|---------|-------|-----------|
| Finals | 1 Girls 8 & Under 50 Backstroke | 0 | 0 | 10:00 AM |
| Finals | 2 Boys 8 & Under 50 Backstroke | 0 | 0 | 10:00 AM |
| Finals | 3 Girls 9-10 50 Backstroke | 0 | 0 | 10:00 AM |
| Finals | 4 Boys 9-10 50 Backstroke | 0 | 0 | 10:00 AM |
| Finals | 5 Girls 11-12 50 Backstroke | 0 | 0 | 10:00 AM |
| Finals | 6 Boys 11-12 50 Backstroke | 0 | 0 | 10:00 AM |
| Finals | 7 Girls 13-14 100 Backstroke | 0 | 0 | 10:00 AM |
| Finals | 8 Boys 13-14 100 Backstroke | 0 | 0 | 10:00 AM |
| Finals | 9 Girls 15 & Over 100 Backstroke | 0 | 0 | 10:00 AM |
| Finals | 10 Boys 15 & Over 100 Backstroke | 0 | 0 | 10:00 AM |
| Finals | 11 Girls 8 & Under 50 Butterfly | 0 | 0 | 10:00 AM |
| Finals | 12 Boys 8 & Under 50 Butterfly | 0 | 0 | 10:00 AM |
| Finals | 13 Girls 9-10 50 Butterfly | 0 | 0 | 10:00 AM |
| Finals | 14 Boys 9-10 50 Butterfly | 0 | 0 | 10:00 AM |
| Finals | 15 Girls 11-12 50 Butterfly | 0 | 0 | 10:00 AM |
| Finals | 16 Boys 11-12 50 Butterfly | 0 | 0 | 10:00 AM |
| Finals | 17 Girls 13-14 100 Butterfly | 0 | 0 | 10:00 AM |
| Finals | 18 Boys 13 & Over 100 Butterfly | 0 | 0 | 10:00 AM |
| Finals | 19 Girls 15 & Over 100 Butterfly | 0 | 0 | 10:00 AM |
| Finals | 20 Boys 15 & Over 100 Butterfly | 0 | 0 | 10:00 AM |
| | Break: 10 Minutes: awards | | | |
| Finals | 21 Girls 8 & Under 100 IM | 0 | 0 | 10:10 AM |
| Finals | 22 Boys 8 & Under 100 IM | 0 | 0 | 10:10 AM |
| Finals | 23 Girls 9-10 100 IM | 0 | 0 | 10:10 AM |
| Finals | 24 Boys 9-10 100 IM | 0 | 0 | 10:10 AM |
| Finals | 25 Girls 11-12 100 IM | 0 | 0 | 10:10 AM |
| Finals | 26 Boys 11-12 100 IM | 0 | 0 | 10:10 AM |
| Finals | 27 Girls 13-14 200 IM | 0 | 0 | 10:10 AM |
| Finals | 28 Boys 13-14 200 IM | 0 | 0 | 10:10 AM |
| Finals | 29 Girls 15 & Over 200 IM | 0 | 0 | 10:10 AM |
| Finals | 30 Boys 15 & Over 200 IM | 0 | 0 | 10:10 AM |
| | Break: 10 Minutes: awards | | | |
| Finals | 31 Girls 8 & Under 50 Freestyle | 0 | 0 | 10:20 AM |
| Finals | 32 Boys 8 & Under 50 Freestyle | 0 | 0 | 10:20 AM |
| Finals | 33 Girls 9-10 50 Freestyle | 0 | 0 | 10:20 AM |
| Finals | 34 Boys 9-10 50 Freestyle | 0 | 0 | 10:20 AM |
| Finals | 35 Girls 11-12 50 Freestyle | 0 | 0 | 10:20 AM |
| Finals | 36 Boys 11-12 50 Freestyle | 0 | 0 | 10:20 AM |
| Finals | 37 Girls 13-14 50 Freestyle | 0 | 0 | 10:20 AM |
| Finals | 38 Boys 13-14 50 Freestyle | 0 | 0 | 10:20 AM |
| Finals | 39 Girls 15 & Over 50 Freestyle | 0 | 0 | 10:20 AM |
| Finals | 40 Boys 15 & Over 50 Freestyle | 0 | 0 | 10:20 AM |
| Finals | 41 Girls 13-14 500 Freestyle | 0 | 0 | 10:20 AM |

Finals 42 Boys 13-14 500 Freestyle 0 0 10:20 AM

Nutmeg State Games

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2022 Nutmeg Games Swimming - 7/30/2023

Session Report

Session: Sunday

Day of Meet: 7/30/23 Starts at 10:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------|-------------------------------------|---------|-------|-----------|
| Finals | 43 Girls 15 & Over 500 Freestyle | 0 | 0 | 10:20 AM |
| Finals | 44 Boys 15 & Over 500 Freestyle | 0 | 0 | 10:20 AM |
| | Break: 10 Minutes: Awards | | | |
| Finals | 45 Girls 8 & Under 50 Breaststroke | 0 | 0 | 10:30 AM |
| Finals | 46 Boys 8 & Under 50 Breaststroke | 0 | 0 | 10:30 AM |
| Finals | 47 Girls 9-10 50 Breaststroke | 0 | 0 | 10:30 AM |
| Finals | 48 Boys 9-10 50 Breaststroke | 0 | 0 | 10:30 AM |
| Finals | 49 Girls 11-12 50 Breaststroke | 0 | 0 | 10:30 AM |
| Finals | 50 Boys 11-12 50 Breaststroke | 0 | 0 | 10:30 AM |
| Finals | 51 Girls 13-14 100 Breaststroke | 0 | 0 | 10:30 AM |
| Finals | 52 Boys 13-14 100 Breaststroke | 0 | 0 | 10:30 AM |
| Finals | 53 Girls 15 & Over 100 Breaststroke | 0 | 0 | 10:30 AM |
| Finals | 54 Boys 15 & Over 100 Breaststroke | 0 | 0 | 10:30 AM |
| Finals | 55 Girls 8 & Under 100 Freestyle | 0 | 0 | 10:30 AM |
| Finals | 56 Boys 8 & Under 100 Freestyle | 0 | 0 | 10:30 AM |
| Finals | 57 Girls 9-10 100 Freestyle | 0 | 0 | 10:30 AM |
| Finals | 58 Boys 9-10 100 Freestyle | 0 | 0 | 10:30 AM |
| Finals | 59 Girls 11-12 100 Freestyle | 0 | 0 | 10:30 AM |
| Finals | 60 Boys 11-12 100 Freestyle | 0 | 0 | 10:30 AM |
| Finals | 61 Girls 13-14 100 Freestyle | 0 | 0 | 10:30 AM |
| Finals | 62 Boys 13-14 100 Freestyle | 0 | 0 | 10:30 AM |
| Finals | 63 Girls 15 & Over 100 Freestyle | 0 | 0 | 10:30 AM |
| Finals | 64 Boys 15 & Over 100 Freestyle | 0 | 0 | 10:30 AM |
| | Break: 10 Minutes: Awards | | | |
| | Finish Time | | | 10:40 AM |