

**CP-AC June Throwdown
Qualifier
June 23-25, 2023**

1 Blachley Road, Stamford, CT 06902

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L23-38. 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:	Matt Hurst	mhurst@chelseapiers.com	814-777-8096
Meet Referee:	Suzannah Rogers		
Lead Admin Official:	Tim Goertel		
Entry Chair:	Aaron Montgomery	cpacentries@gmail.com	914-319-3811
Safety Chair:	James Goodwin	jgoodwin@chelseapiers.com	
Officials Contact:			

MEET HOST: CP-AC

WEBSITE: <https://www.teamunify.com/Home.jsp?team=ctcp>.

POOL EMERGENCY NUMBER: 203-989-1300

COURSE: LCM.

SESSION TIMES: Subject to Change:

All Preliminary Sessions, Fri/Sat/Sun

7:30 am WU

9:00 am Start

All Finals Sessions, Fri/Sat/Sun

4:00pm WU

5:30 pm Start

ENTRY OPENING DATE: Entries will be accepted no earlier than **April 21st at 8:00p.**

CONNECTICUT-ONLY DEADLINE: April 24, 2023.

DEADLINES: Deadline is June 22, 2023. Entries will be taken in the order in which they are received once entries open. Only entries which arrive after entries open will be considered. Entry order will be determined by e-mail timestamp. Teams will be notified once the entry cap is reached.

PAYMENT INSTRUCTIONS: Please make checks payable to Chelsea Piers Aquatics Club.

Mail to:

Chelsea Piers CT

c/o Matt Hurst

1 Blachley Road

Stamford, CT 06902

Payment must be received by Sunday, May 21, 2023.

NEW FOR LC 2023 SEASON ONLY (4/1-8/31): Teams that are charged pool rental for running a regularly scheduled non CSI Championship meets, can charge a per swimmer facility fee not to exceed \$10. This charge will NOT be subject to CSI surcharges.

ENTRY FEES: Electronic entries: \$15.00 for individual events, \$15.00 for distance event. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

NEW FOR 2022-23: The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction USA/CT Swimming meet.

SANCTIONED OR APPROVED: 1. Sanctioned

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

MEET FORMAT: The meet will be swum as Prelims and Finals. The Meet Director reserves the right to flight the meet depending on enrollment. The 'A' flight will not exceed 3 hours. If a 'B' flight is needed, there will be a 45 minute warm-up break between flights. For finals, the 'A' Final will be reserved for the fastest 8 qualifiers of any age. The 'B' Final will be reserved for the 8 fastest 13-14 qualifiers that are not in the 'A' final. The 'C' Final will be reserved for the 8 fastest 12&Under qualifiers that are not in the 'A' Final. The 400 Free and 400 IM will have an 'A' and 'B' Final only. The 'A' Final will be the fastest 8 qualifiers of any age, the 'B' Final will be the fastest 8 qualifiers 14&Under qualifiers that are not in the 'A' Final.

FACILITY: Chelsea Piers CT is a 10 lane, 25 yard pool. Water depth at start end is: 8'. Water depth at turn end is: 8'. The competition course has not been certified in accordance with 104.2.2C(4). **TIMING SYSTEM:** We will use an electronic timing system (Daktronics) and one timer per lane. No Spectators permitted. Public Wi-Fi is available for coaches. Signal strength is good. Lifeguards will be on duty.

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

All Preliminary Sessions, Fri/Sat/Sun	7:30 am WU	9:00 am Start
All Finals Sessions, Fri/Sat/Sun	4:00pm WU	5:30 pm Start

12 & Under Session Warm-Ups: The Meet Director will designate lanes or tiers of warm-up as 12&Under only in accordance with CSI meet warm-up rules.

13 & Over Session Warm-Ups: at the conclusion of the open general warm-up there will be an additional warm-up period for all teams with each outer lane being pace lanes and inner lanes designated as one-way sprints with starts from the blocks.

The meet director reserves the right to condense or expand this warm-up format dependent upon meet subscription.

During competition, continuous **warm-up/warm-down** lanes may also be available in the outside lanes at the discretion of the Referee. No Diving will be allowed in these lanes. Swimmers must enter these lanes feet first. Other restrictions may be applied at the discretion of the Referee.

EVENT INFORMATION: Deck entries will not be accepted. All events will be swum slowest to fastest. The 800 Freestyle will be conducted as Timed Finals. The fastest heat of girls and fastest heat of boys will be swum as the first event in Finals on Sunday night. The remaining heats will be swum slowest to fastest at the conclusion of preliminaries on Sunday. An additional warm-up session may be provided at the discretion of the

Meet Referee. Swimmers in the 800 must provide their own counter. Other than those competing during the final session, swimmers must also provide their own timer. Swimmers in the 400 Free and 400 IM must provide their own timer.

ENTRY LIMITATIONS: All athletes may enter 7 events total and up to 3 events per day.

SCRATCH PROCEDURES: All scratches should be turned in 30 minutes prior to the start of the session. For Finals, athletes will have 30 minutes to declare their intention to scratch following the announcement of results in prelims. Any athlete who fails to scratch from finals and is a no-show, will be removed from the meet. Positive Check-In for the 800 Freestyle is due by 6pm on SATURDAY. Athletes may elect to swim the 800 in the morning on Sunday instead of with finals Sunday evening.

SAFE SPORT POLICIES: The meet will be live-streamed for free on the Internet. Livestream links will be distributed to coaches the evening before the meet begins. Parents will be allowed to observe the meet from the balcony. Spectators will be limited to 100 people at a time. Spectator access may be altered at the discretion of the Meet Director.

DISABLED ACCESS: Handicapped parking accessible with elevators on-site. Please contact Jim Goodwin for more information about disabled access.

ELIGIBILITY: All USA Swimming clubs and individuals

For Sanctioned Meets: 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.

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

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 TIMES: Submit entry times in: **LCM. No Times (NT entries) will not be accepted.** If there are no official times for an athlete, you **must** submit estimated times in your entry.

Financially Responsible Date: At this date (6/25/2023, or earlier if the Cut Protocol has been invoked) all entered teams will be considered financially responsible for their entire entry; so please note that the entry check should be in the mail or have been already received by this date.

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 cpacentries@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. If payment for the entry is not received by the Entry Deadline, the Date of Entry /Receipt may be delayed until the date such payment is received, jeopardizing place in order of receipt.

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.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

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 7 and Under will be cut from the meet.
2. The distance events (400 meters or yards or greater) may be heat limited to the first 4 heats of entries per gender in the order they were received.
3. The maximum number of events allowed per day may be reduced by one (1).
4. 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.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. 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.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

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.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

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 USA Swimming Vice President of Program Operations.

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 10:00am for morning sessions and 3:00pm for afternoon sessions. The fee for Time Trial entries are \$20.00 for individual events and \$40.00 for relays.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Athletes participating in the prelims of the 800 free, 400 Free, and 400 IM must provide their own timers. Athletes participating in the 800 must provide their own counter. Participating clubs will be notified of work assignments by the Monday before the meet.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

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.

MISCELLANEOUS:

PARKING: There is parking located on site at Chelsea Piers Connecticut. If full, off-site parking may be provided at Rogers International School, 202 Blachley Road, Stamford, CT 06902. Please follow any parking signs/instructions or your car may be subject to towing/ticketing.

DIRECTIONS: The Chelsea piers CT complex is located at 1 Blachley Road, Stamford. Northbound I 95: Take exit 9. Make a left at the end of the ramp. Make a left on to Rt.1. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings. Southbound I 95: Take exit 9. Make a right at the end of the ramp. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings

LODGING: The Sheraton Stamford Hotel is 1 mile from Chelsea Piers CT, take exit 8 from I-95. Address: 700 East Main St, Stamford, CT 06901 Phone: (203) 358-8400 • Fax: (203) 358-8872 Please mention Chelsea Piers if making a reservation.

CP-AC June Throwdown - 6/23/2023 to 6/25/2023

Session Report

Session: 1 Friday Prelims

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	1 Girls 50 Backstroke	0	0	09:00 AM	_____
Prelims	2 Boys 50 Backstroke	0	0	09:00 AM	_____
Prelims	3 Girls 200 Butterfly	0	0	09:00 AM	_____
Prelims	4 Boys 200 Butterfly	0	0	09:00 AM	_____
Prelims	5 Girls 100 Freestyle	0	0	09:00 AM	_____
Prelims	6 Boys 100 Freestyle	0	0	09:00 AM	_____
Prelims	7 Girls 200 Breaststroke	0	0	09:00 AM	_____
Prelims	8 Boys 200 Breaststroke	0	0	09:00 AM	_____
Prelims	9 Girls 400 Freestyle	0	0	09:00 AM	_____
Prelims	10 Boys 400 Freestyle	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

CP-AC June Throwdown - 6/23/2023 to 6/25/2023

Session Report

Session: 2 Friday Finals

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 50 Backstroke	0	3 u	05:30 PM	_____
Finals	2 Boys 50 Backstroke	0	3 u	05:34 PM	_____
Finals	3 Girls 200 Butterfly	0	3 u	05:38 PM	_____
Finals	4 Boys 200 Butterfly	0	3 u	05:49 PM	_____
Finals	5 Girls 100 Freestyle	0	3 u	05:59 PM	_____
Finals	6 Boys 100 Freestyle	0	3 u	06:05 PM	_____
Finals	7 Girls 200 Breaststroke	0	3 u	06:10 PM	_____
Finals	8 Boys 200 Breaststroke	0	3 u	06:22 PM	_____
Finals	9 Girls 400 Freestyle	0	3 u	06:33 PM	_____
Finals	10 Boys 400 Freestyle	0	3 u	06:55 PM	_____
	Entry / Heat Totals:	0	30		
	Finish Time			07:17 PM	_____

CP-AC June Throwdown - 6/23/2023 to 6/25/2023

Session Report

Session: 3 Saturday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	11 Girls 50 Breaststroke	0	0	09:00 AM	_____
Prelims	12 Boys 50 Breaststroke	0	0	09:00 AM	_____
Prelims	13 Girls 200 Freestyle	0	0	09:00 AM	_____
Prelims	14 Boys 200 Freestyle	0	0	09:00 AM	_____
Prelims	15 Girls 200 Backstroke	0	0	09:00 AM	_____
Prelims	16 Boys 200 Backstroke	0	0	09:00 AM	_____
Prelims	17 Girls 50 Freestyle	0	0	09:00 AM	_____
Prelims	18 Boys 50 Freestyle	0	0	09:00 AM	_____
Prelims	19 Girls 400 IM	0	0	09:00 AM	_____
Prelims	20 Boys 400 IM	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

CP-AC June Throwdown - 6/23/2023 to 6/25/2023

Session Report

Session: 4 Saturday Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Girls 50 Breaststroke	0	3 u	05:30 PM	_____
Finals	12 Boys 50 Breaststroke	0	3 u	05:34 PM	_____
Finals	13 Girls 200 Freestyle	0	3 u	05:37 PM	_____
Finals	14 Boys 200 Freestyle	0	3 u	05:47 PM	_____
Finals	15 Girls 200 Backstroke	0	3 u	05:56 PM	_____
Finals	16 Boys 200 Backstroke	0	3 u	06:08 PM	_____
Finals	17 Girls 50 Freestyle	0	3 u	06:19 PM	_____
Finals	18 Boys 50 Freestyle	0	3 u	06:22 PM	_____
Finals	19 Girls 400 IM	0	3 u	06:25 PM	_____
Finals	20 Boys 400 IM	0	3 u	06:46 PM	_____
	Entry / Heat Totals:	0	30		
	Finish Time			07:06 PM	_____

CP-AC June Throwdown - 6/23/2023 to 6/25/2023**Session Report**

Session: 5 Sunday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	21 Girls 50 Butterfly	0	0	09:00 AM	_____
Prelims	22 Boys 50 Butterfly	0	0	09:00 AM	_____
Prelims	23 Girls 100 Breaststroke	0	0	09:00 AM	_____
Prelims	24 Boys 100 Breaststroke	0	0	09:00 AM	_____
Prelims	25 Girls 100 Backstroke	0	0	09:00 AM	_____
Prelims	26 Boys 100 Backstroke	0	0	09:00 AM	_____
Prelims	27 Girls 100 Butterfly	0	0	09:00 AM	_____
Prelims	28 Boys 100 Butterfly	0	0	09:00 AM	_____
Prelims	29 Girls 200 IM	0	0	09:00 AM	_____
Prelims	30 Boys 200 IM	0	0	09:00 AM	_____
Finals	31 Girls 800 Freestyle	0	0	09:00 AM	_____
Finals	32 Boys 800 Freestyle	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

CP-AC June Throwdown - 6/23/2023 to 6/25/2023

Session Report

Session: 6 Sunday Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	21 Girls 50 Butterfly	0	3 u	05:30 PM	_____
Finals	22 Boys 50 Butterfly	0	3 u	05:34 PM	_____
Finals	23 Girls 100 Breaststroke	0	3 u	05:37 PM	_____
Finals	24 Boys 100 Breaststroke	0	3 u	05:42 PM	_____
Finals	25 Girls 100 Backstroke	0	3 u	05:48 PM	_____
Finals	26 Boys 100 Backstroke	0	3 u	05:54 PM	_____
Finals	27 Girls 100 Butterfly	0	3 u	06:00 PM	_____
Finals	28 Boys 100 Butterfly	0	3 u	06:06 PM	_____
Finals	29 Girls 200 IM	0	3 u	06:11 PM	_____
Finals	30 Boys 200 IM	0	3 u	06:22 PM	_____
	Entry / Heat Totals:	0	30		
	Finish Time			06:33 PM	_____