



**2023 CT Open Water Championship  
and the  
CT Swimming Dave Parcels Open Water Festival  
Saturday, June 24, 2023  
Quassy Amusement Park  
2131 Middlebury Rd, Middlebury, CT  
Lake Quassapaug in Middlebury, CT  
Hosted by: Hamden Hall Aquatic Club**

<b>SANCTION</b>	Sanction held under sanction of USA Swimming and Connecticut Swimming, Inc. #L23- USA Swimming, Connecticut Swimming, Hamden Hall Aquatic Club, Meet Director, Officials, Race organizers, Committee members, Volunteers and Quassy Amusement Park shall be held free and harmless from all liabilities or claims for damages arising because of injuries to anyone during.
<b>Event Staff</b>	<p><b>Meet Director/Entry Director:</b> Jen Lyman coachlyman@hotmail.com (203) 464-6903</p> <p><b>Meet Referee:</b> Mike Huffman mhuffman99@gmail.com</p> <p><b>Course Referee:</b> Dave Heller</p> <p><b>Admin Official:</b> Scott Butler</p> <p><b>Independent Safety Monitor:</b> Dave Kunces</p>
<b>Image Authorization</b>	<p>All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.</p> <p><b>PHOTOGRAPHY AND VIDEO RECORDING:</b> Meet Management has the full authority to restrict any and all photography and visual recording at the event by spectators. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) is prohibited in any “Non-Camera Zones” as 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.</p> <p><b>DRONES:</b> 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</p>

**Safe Sport Information**

The Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy (“MAAPP”) prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531- 0340 or online at [uscenterforsafesport.org/report-a-concern](http://uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after 30 days prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other’s property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

<p><b>Athlete Protection</b></p>	<p>All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. This requirement applies to all athlete members who will reach their 18th birthday prior June 25, 2022. Any athlete who turns age 18 prior to June 24, 2023 who has not completed Athlete Protection Training by the first day of competition will be prohibited from participating in the competition. Performances achieved by an athlete who turns age 18 prior to June 24, 2023 who competes in a USA Swimming sanctioned event without completing this membership requirement will NOT count for qualification or recognition.</p> <p><b>Transgender Participants</b> Athletes attending this event must abide by IOC policies that state:</p> <p>Those who transition from male to female are eligible to compete in the female category under the following conditions:</p> <ul style="list-style-type: none"> <li>• The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.</li> <li>• The athlete must demonstrate that her total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to her first competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation, considering whether or not 12 months is a sufficient length of time to minimize any advantage in women's competition).</li> <li>• The athlete's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the female category.</li> <li>• Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months.</li> </ul> <p>Any athlete who desires to submit medical records to stay in compliance to the IOC rule shall submit to USA Swimming's National Team Managing Director: 1) a signed declaration that the member's gender identity is female, and (2) an attestation from a medical professional that the member's total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to the member's first competition. USA Swimming will not accept actual test results or other medical records from a member and any such documents received by USA Swimming will be destroyed immediately.</p> <p>As a transitioning athlete you may need to utilize a medication/substance that is prohibited and would require approval for use. To ensure compliance with these rules please contact the U.S. Anti-Doping Agency (USADA) at 719-785-2000.</p> <p>USA Swimming follows IOC guidelines for transgender participants, and therefore this information is subject to change as policy surrounding transgender elite athletes evolves. Information and selection criteria will be updated when changes are made.</p>
<p><b>FACILITY</b></p>	<p>Lake Quassapaug is a 296 acre lake situated in Middlebury, CT.</p> <p><b>Quassy Amusement Park</b>, Lake Quassapaug, Rt. 64 (2132 Middlebury Road) Middlebury, CT 06762   P.O. Box 887 1-800-FOR-PARK or 203-758-2913 Fax: 203-598-7261   <a href="mailto:info@quassy.com">info@quassy.com</a> <a href="http://www.quassy.com">www.quassy.com</a></p> <p>Quassy was founded as an amusement park in 1908, sitting on the south shore of Lake Quassapaug in Middlebury, Connecticut. On 20 plus acres, it boasts 22 amusement rides, a new Splash Away Bay Water Park and the beautiful Quassy beach.</p> <p><b>Water Quality Information:</b> <a href="http://www.ct.gov/caes/cwp/view.asp?a=2799&amp;q=488556">http://www.ct.gov/caes/cwp/view.asp?a=2799&amp;q=488556</a></p> <p>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p> <p>Meet Management may restrict access to specific competition areas, including the start, competition course, and finish areas. Only athletes, coaches, officials, and official meet staff actively participating in the meet shall be permitted in these areas. All coaches must present a valid USA</p>

	Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them to enter restricted areas of the race venue.
<b>MEET DIRECTOR</b>	Jen Lyman (Hamden Hall Aquatic Club) <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a> (203) 464-6903
<b>ELIGIBILITY</b>	<p>Open to all FULL USA Swimming member athletes registered prior to first day of the meet.</p> <ul style="list-style-type: none"> <li>• Must be a registered Full USA Swimming athlete to enter.</li> <li>• <b>A one-day CT Swimming/USA Swimming Membership registration is available for this event, but it MUST be completed prior to event day. No event-day USA/CT Swimming registrations will be permitted. See "Individual Entries" below. 1-day registration is NOT valid for the 5K.</b></li> <li>• Age on June 24, 2023 will determine age for the meet.</li> </ul> <p>Recommended entry standards:</p> <ul style="list-style-type: none"> <li>• For 12 and under events, Minimum of BB time standard in the 500yd freestyle or the 400M freestyle or successfully completed a minimum of a 500M open water swim in a bay, river, lake or at a beach.</li> <li>• For 13 - 14 and 15-18 events: Minimum of an A time standard in the 1000yd, 1650yd, 800M, or 1500M freestyle or successfully completed a minimum of a 1K open water in a bay, river, lake or at a beach.</li> <li>• For Senior/Open Event: Minimum of a AA time standard in the 1000yd, 1650yd, 800M, or 1500M freestyle for 15-18 Age Group or successfully completed a minimum of a 1K open water in a bay, river, lake or at a beach.</li> <li>• Athletes not completing the 5K within 1 hour and 30 minutes may be removed from the course at the discretion of Meet Management</li> </ul>
<b>DISABILITY SWIMMERS</b>	Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the Meet Referee of any disability prior to the competition
<b>TEAM ENTRIES</b>	<p>USA Swimming clubs can enter as a group by emailing electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format emailed as an attachment to the entry chair at <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>.</p> <p>Please check that your team's name, address, and contact information are listed correctly in this file. Meet files are posted on <a href="http://ctswim.org">ctswim.org</a>.</p> <p>Mail the printout and club check to (checks payable to P.A.T):  Jen Lyman  PO Box 185051  Hamden, CT 06518</p> <p>Entries must be received via email or TM file (teams) by 11:59 PM on 06/09/23.</p>
<b>INDIVIDUAL ENTRIES</b>	<ul style="list-style-type: none"> <li>• 1 event per person</li> <li>• NO ON-SITE OR SAME DAY MEMBERSHIP REGISTRATION WILL NOT BE PERMITTED!</li> <li>• Individual swimmers can register online through <a href="http://www.active.com">www.active.com</a>.</li> <li>• A one-event CT Swimming/USA Swimming registration is available for this event but MUST be completed prior to event day. This registration is for the Mini and 2.5K ONLY</li> <li>• The <b>1-day registration</b> is available and must be completed prior to the race day (You will need to create a Swims 3.0 login) Any questions regarding the 1-day registration please contact the CT Swimming office at <a href="mailto:office@ctswim.org">office@ctswim.org</a></li> </ul>
<b>REGISTRATION FEES</b>	<p>USA Swimming Members:  \$60.00 for 5K and 2.5K  \$50.00 for 1K (Mini)-Mile Championship Non-USA Swimming members are required to purchase a One-day membership in advance of the event and must register through <a href="http://www.Active.com">www.Active.com</a>  <b>No refunds will be given.</b></p> <p>All payments must be received by 11:59 PM on 06/16/23.</p>

<b>FORMAT</b> <i>(See Race Schedule For Wave Information)</i>	<p><b>5K (13/Overs):</b> The 5K race will be a 2.5 K double loop. (see 2.5K/5K map below). Athletes will start at the edge of the water on the Quassy recreational beach. The swim is planned for a clockwise swim on the outside of the turn buoys (buoys to the swimmer's right). The finish will be a beach finish at the eastern end of the Pavilion Beach. Athletes not completing the 5K within 1 hour and 30 minutes may be removed from the course at the discretion of Meet Management.</p> <p><b>2.5K (11 &amp; Over):</b> The 2.5K race will be a 2.5K single loop (see 2.5K/5K map below). Athletes will start at the edge of the water on the Quassy recreational beach. The swim is planned for a clockwise swim on the outside of the turn buoys (buys to the swimmer's right). The finish will be a beach finish.</p> <p><b>1K Mini -Mile (12 &amp; Under):</b> The Mini Championship race will be a single, two buoy loop of approximately 1K. Athletes will start on the beach at the edge of the water on the Quassy recreational beach. Swimmers will turn right at the first buoy and right again at the last buoy to a beach finish near the Lake Side Pavilion.</p>
<b>WARM-UPS &amp; WARMDOWNS</b>	<p>Warm-up will be available on the portion of the racecourse closest to the beach area. 6:00am-7:00am for all participants. No Warm-downs will be offered</p>
<b>OFFICIALS</b>	<p>Meet Referee: Mike Huffman, <a href="mailto:mhuffman99@gmail.com">mhuffman99@gmail.com</a></p> <p>Volunteer Open Water Officials are welcome and encouraged to officiate. To sign-up please visit: <a href="https://fast.ctswim.org/CTNet/CFPaintForm.aspx?f=181">https://fast.ctswim.org/CTNet/CFPaintForm.aspx?f=181</a></p>
<b>RULES</b>	<p>Current USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the USA Swimming Rules &amp; Regulations for complete list of Open Water Rules</p> <ul style="list-style-type: none"> <li>• Any swimmer not turning properly at the buoys will be asked to return to the buoy to take the turn properly. Failure to do so will result in the swimmer being disqualified.</li> <li>• No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy.</li> <li>• A maximum of two (2) caps may be used.</li> <li>• FINA rules for swimwear will be used for all events</li> </ul>
<b>LIABILITY</b>	<p>USA Swimming, the LSC, the venue, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in these events. Damage to the venue, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to all rules and coaches must supervise their swimmers at all times. Children must be supervised at all times.</p>
<b>SCORING</b>	<p>The meet will be scored.</p> <ul style="list-style-type: none"> <li>• Age group (2.5K) and senior (5K) scoring will be combined to determine over-all team championships – men's, women's and combined.</li> </ul> <p>Points: 1st Place- 20 Points, 2nd-17, 3rd- 16, 4th-15, 5th-14, 170 6th-13, 7th-12, 8th-11; 9th-9, 10th-7, 11th-6, 12th-5, 13th-4, 14th-3, 15th-2, and 16th-1.</p> <p><b>TEAM SCORING:</b> The scoring for the Individual events will be combined to determine the Male, Female and Combined Eastern Zone Champion teams.</p>
<b>AWARDS</b>	<p><b>5K &amp; 2.5K:</b></p> <ul style="list-style-type: none"> <li>• Ribbons will be awarded to individuals placing 1st through 8th places</li> <li>• A championship banner will be awarded to the winning Girls', Boys' and Overall CT OWS Champion teams.</li> </ul> <p><b>1K -Mini Mile Championship AWARDS:</b></p> <ul style="list-style-type: none"> <li>• Top three Male and Female in the following age groups (10&amp;under, 11-12)</li> </ul>

<p><b>SAFETY</b></p> <p>RACE DAY EMERGENCY Number 203- 464-6903</p>	<ol style="list-style-type: none"> <li>1. Finger and Toenails should be neatly trimmed and not extend past the finger/toe, to prevent injury to others. Race Officials may require nail trimming to compete.</li> <li>2. No shaving is permitted at the competition site.</li> <li>3. No glass containers are permitted within the facility.</li> <li>4. Swimmers (Under 18) 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.</li> <li>5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>6. All participants will be recorded by meet management on the entry to the racecourse and exit of the racecourse.</li> </ol>
<p><b>VOLUNTEERS</b></p>	<p>Open Water Officials with certification card are welcomed and encouraged to assist (See OFFICIALS)</p> <p>Each CSI team entering athletes is required to provide one adult volunteer to help with the event. Participating clubs will be notified of work assignments by the Monday before the meet. Additional volunteers are welcome and encouraged. Please contact the Meet Director</p>
<p><b>DIRECTIONS</b></p>	<p><b>From I-84 heading West:</b> (From Boston, Hartford, Bristol, Cheshire, Waterbury) I-84 West to exit 17. Go straight off the exit onto Rt. 64. Continue on Rt. 64 for approximately four miles and the park will be on the right.</p> <p><b>From I-84 heading East:</b> (From Pennsylvania, Westchester, Danbury, Newtown) I-84 East to exit 16 take a right off the exit and follow Rt. 188 to the Rt. 188 / Rt. 64 intersection (approximately two miles). Take a Left turn onto Rt. 64 and continue for approximately one mile and the park will be on the right.</p> <p><b>From Rt. 8 North:</b> (Bridgeport, Stratford, Seymour) Rt. 8 North to I-84 West and then follow the directions from I-84 West.</p> <p><b>From Rt. 8 South:</b> (From Torrington, Winsted, Litchfield) Rt. 8 South to I-84 West and then follow the directions from I-84 West.</p> <p><b>From New Haven:</b> Take Whalley Avenue. It turns into Rt. 63. Follow Rt. 63 all the way to Middlebury. At the intersection of Rt. 63 and Rt.64 take a left onto Rt. 64 heading West. Continue on Rt. 64 for approximately four miles and the park is on the right side.</p> <p><b>From New London, Groton, Mystic Rhode Island:</b> 95 South to Rt. 9 North. In Middletown take Rt. 66 West to I-691 West. Then take I-84 West. Follow the directions from I-84 West to the park.</p> <p><b>From Stamford, Norwalk:</b> 1.) Take Rt.7 North to Danbury. Then follow the directions from I-84 East to the park. 2.) I-95 North to Bridgeport. Then follow the directions from Bridgeport (Rt. 8 North) to the park.</p> <p><b>From New York City and points south:</b> Hutchinson River Parkway North to I-684 North. Pick up I-84 East toward Danbury. Once on I-84 follow the directions from I-84 East</p>
<p><b>PARKING</b></p>	<p>There is ample parking at the amusement park. Please follow Quassy staff instructions when arriving.</p>
<p><b>LODGING</b></p>	<p><b>Wyndham Southbury</b> 1284 Strongtown Road, Southbury, CT 06488 Quassy Amusement Park-2.1miles away</p> <p><b>Heritage Hotel Golf, Spa and Conference Center</b> 522 Heritage Road, Southbury, CT 06488 Quassy Amusement Park-4.5 miles away</p>

	<p><b>Hampton Inn Waterbury</b> 777 Chase Parkway, Waterbury, CT 06708 Quassy Amusement Park-4.3 miles away</p> <p><b>Courtyard Waterbury Downtown</b> 63 Grand Street , Waterbury, CT 06702 Quassy Amusement Park-6 miles away</p> <p><b>Comfort Inn Naugatuck</b> 716 New Haven Road, Naugatuck, CT 06770 Quassy Amusement Park-6.6 miles away</p>
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**RACE Day Check In**

**2.5k Championship**

- RACES REQUIRE Check-In between 6:00-7:00am. (participation will be revoked without refund if late to registration).
- Pre-Race Briefing Mandatory will be held at 7:15am held at the start of the racecourse.

**5K Championship**

- RACE REQUIRE Check-In between 6:00-7:15a.m. (participation will be revoked without refund if late to registration).
- Pre-Race Briefing Mandatory will be held at 7:15am held at the start of the race course

**1K Mini -Mile Championship**

- RACES REQUIRE Check-In between 7:45-8:30am. (participation will be revoked without refund if late to registration).
- Pre-Race Briefing Mandatory will be held at 9:00am held at the start of the racecourse.

**RACE SCHEDULE**

*Schedules and wave assignments are subject to change depending on number of entries and local conditions.*

**2.5K CT Championship**

- Wave 1: 7:30 am – Male Swimmers Ages 15 to 29
- Wave 2: 7:35am – Female Swimmers Ages 15 to 29
- Wave 3: 7:40 am – Female Swimmers Ages 11 to 14
- Wave 4: 7:45 am – Male Swimmers Ages 11 to 14
- Wave 5: 7:50 am – Female & Male Swimmers Ages 30

**5K CT Championship**

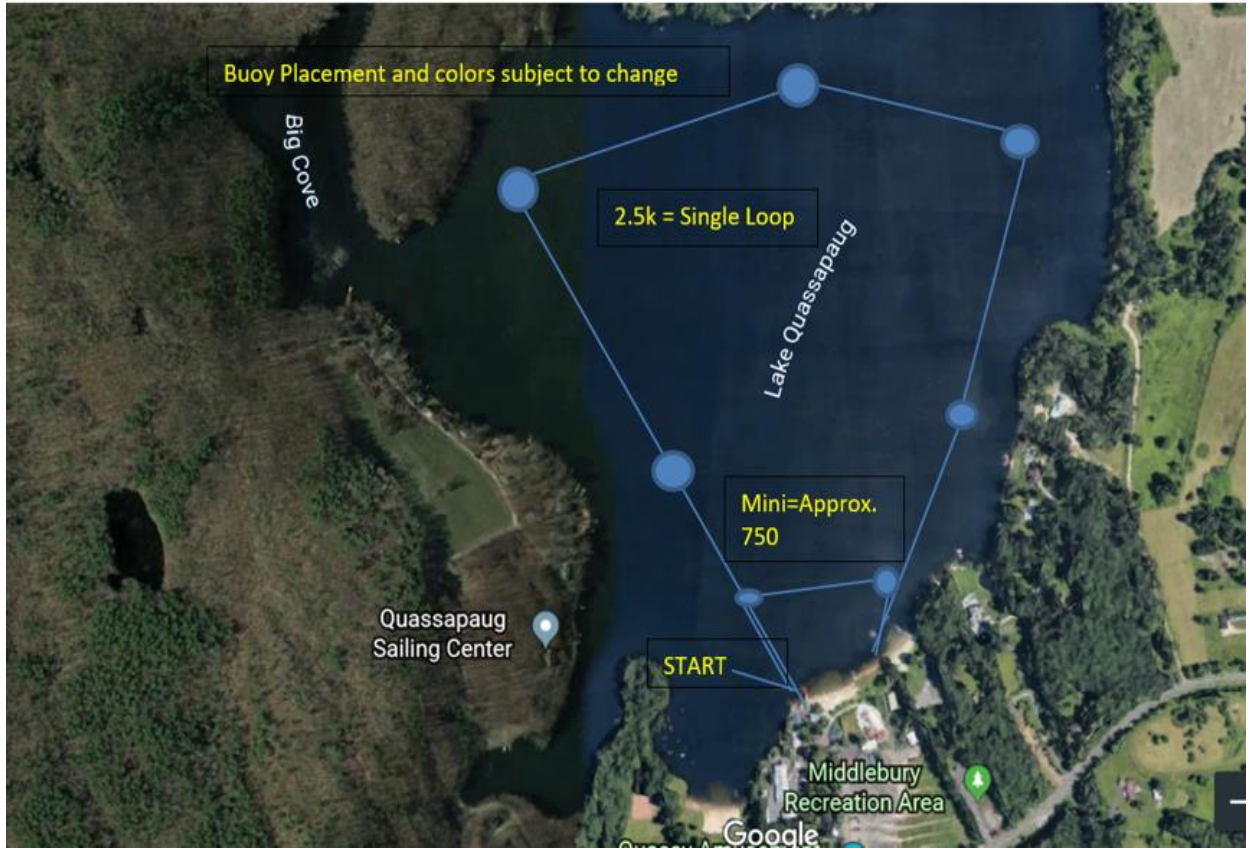
- Wave 1: 8:00 am – Male Swimmers
- Wave 2: 8:05 am – Female Swimmers

**1K Mini-Mile CT Championship**

- Wave 1: 9:30 am-Female Ages 12 and Under
- Wave 2: 9:45 am- Male Ages 12 and Under



# RACE MAP revised





**2023 CT Open Water Championship - 6/24/2023**  
**Session Report**

Session: 1 CT Open Water Championship

Day of Meet: 1 Starts at 07:30 AM Heat Interval: 90 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 1 Mile Open Water 2.5 K	0	0	07:30 AM	_____
Finals	2 Boys 1 Mile Open Water 2.5K	0	0	07:30 AM	_____
Finals	3 Girls 5k Open Water	0	0	07:30 AM	_____
Finals	4 Boys 5k Open Water	0	0	07:30 AM	_____
Finals	5 Girls 1k Open Water	0	0	07:30 AM	_____
Finals	6 Boys 1k Open Water	0	0	07:30 AM	_____
	Finish Time			07:30 AM	_____