

**Northeast CT Aquatics**  
**2023 LC Summer Invite (UPDATE)**  
**May 12-13, 2023**  
Star Hill Family Athletic Center  
100 Gerber Drive, Tolland, CT 06084

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L23-14. 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.

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	<b>Rob Ensling</b>	<a href="mailto:rensling@gmail.com">rensling@gmail.com</a>	<b>860-883-9385</b>
<b>Meet Referee:</b>	<b>Tak</b>		
<b>Lead Admin Official:</b>	<b>Shanna Custer</b>		
<b>Entry Chair:</b>	<b>Rob Ensling</b>		
<b>Safety Chair:</b>	<b>Rob Ensling</b>		
<b>Officials Contact: (optional)</b>			

**MEET HOST:** NCA

**WEBSITE:** [swimnca.com](http://swimnca.com)

**POOL EMERGENCY NUMBER:** 860-883-9385

**COURSE:** SCY.

**SESSION TIMES: Subject to Change**

Friday – Warmup 5p, Start 6p

Sat – Warmup 12p, Start 1p

**ENTRY OPENING DATE:** Entries will be accepted at any time prior to the deadline, **April 21 at 7:00p.**

**CONNECTICUT-ONLY DEADLINE:** There are **no CT only deadlines** for April and May meets.

**DEADLINES:** Deadline is [May 5, 2023](#), at 8pm.

**PAYMENT INSTRUCTIONS:** Please make checks payable to **Northeast CT Aquatics**.

Mail to:

[Rob Ensling](#)

681 Graham Road

South Windsor, CT, 06074.

Payment must be received by **05/12/23**.

**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: \$10.00 for individual events, \$10.00 for distance event, \$20.00 for relays. Per Swimmer Facility Fee: \$0.00. Manual entries: \$10.00 for individual events, \$10.00 for distance events,

\$20.00 for relays. **In the case of approved meets, include any other per swimmer fees here.** 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:** Sanctioned

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

**MEET FORMAT:** The meet will be swum as [Timed-Final](#)

**FACILITY:** [Star Hill Family Athletic Center](#) is a 6-lane, 25-yard pool. Water depth at start end is: 12'. Water depth at turn end is: 4'. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. [Colorado timing](#). [Spectator viewing is available](#). No lifeguards on duty. AED and first aid on site.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**WIFI ACCESS:** [Wifi is available at the facility](#)

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

[Friday – Warmup 5p, Start 6p](#)

[Sat– Warmup 12p, Start 1p](#)

**EVENT INFORMATION:** [Any additional information you wish to provide to entrants](#)

**ENTRY LIMITATIONS:** [Entry limit is 5 events per day. Deck entries accepted.](#)

**SCRATCH PROCEDURES:** [Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures. USA Swimming Rulebook 102.3](#)

**For meets with prelim/final sessions include the following:** **Failure to Compete in Finals:** Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. **Exceptions for Failure to Compete in Finals:** No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**LIST ANY PROTOCOLS FOR FACILITY or WHAT TO BRING:** [Bring deck chairs. Parent viewing will be staged outside in the back of the pool.](#)

**SAFE SPORT POLICIES:** [Parents will be outside of the pool and can come in to watch their athlete's swims.](#)

**DISABLED ACCESS:** [There's handicapped parking, handicapped entrances and locker rooms and spectator areas are accessible. Please contact Rob Ensling for special arrangements.](#)

**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. [List any restrictions, such as age, etc.](#) 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.

**For Approved Meets:** [List any restrictions, such as membership in invited teams, age, etc.](#)

**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: [SCY](#)

**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 [rensling@gmail.com](mailto:rensling@gmail.com). Please check that your team name, address, and contact information are listed correctly in this file. [Describe here when payment is expected and what date the entry is considered "in" the meet \(before or after payment is received\)](#). Also, you may list any other requirements if necessary (hardcopy, etc.).

**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](http://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. [All relays, if planned, will be eliminated.](#)
2. [\[This provision will always be last\]](#) 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:** [Yes](#)

### **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:** [NO](#)

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** 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:** [Yes, ducks for heat winners](#)

**CONCESSIONS:** [Yes](#)

**HOSPITALITY FOR COACHES AND OFFICIALS:** [Yes](#)

**MISCELLANEOUS:**

**PARKING:** [List parking instructions.](#)

**DIRECTIONS:** [The Anywhere College Athletic Complex is located at 123 Main Street.....](#)

**LODGING:** (OPTIONAL)

**NCA 2023 LC Summer Invite (UPDATE) - 5/12/2023 to 5/13/2023**  
**Session Report**

Session: 1 Friday Night Distance Session

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	<b>Actual</b>
Finals	1 Mixed 400 IM	0	0	06:00 PM	NA
	Break: 5 Minutes:				
Finals	2 Mixed 200 Freestyle	0	0	06:05 PM	NA
Finals	4 Mixed 200 Backstroke	0	0	06:05 PM	NA
Finals	6 Mixed 200 Breaststroke	0	0	06:05 PM	NA
Finals	8 Mixed 200 Butterfly	0	0	06:05 PM	NA
Finals	10 Mixed 200 IM	0	0	06:05 PM	NA
Finals	11 Mixed 500 Freestyle	0	0	06:05 PM	NA
	Finish Time			06:05 PM	e06:05 PM

**NCA 2023 LC Summer Invite (UPDATE) - 5/12/2023 to 5/13/2023****Session Report**

Session: 2 Saturday Afternoon Session

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	<b>Actual</b>
Finals	12 Mixed 200 Medley Relay Break: 5 Minutes:	0	0	01:00 PM	NA
Finals	13 Mixed 8 & Under 25 Freestyle	0	0	01:05 PM	NA
Finals	14 Mixed 50 Freestyle	0	0	01:05 PM	NA
Finals	15 Mixed 100 Freestyle Break: 10 Minutes: Pool Open	0	0	01:05 PM	NA
Finals	16 Mixed 8 & Under 25 Backstroke	0	0	01:15 PM	NA
Finals	17 Mixed 50 Backstroke	0	0	01:15 PM	NA
Finals	18 Mixed 100 Backstroke Break: 10 Minutes: Pool Open	0	0	01:15 PM	NA
Finals	19 Mixed 8 & Under 25 Breaststroke	0	0	01:25 PM	NA
Finals	20 Mixed 50 Breaststroke	0	0	01:25 PM	NA
Finals	21 Mixed 100 Breaststroke Break: 10 Minutes: Pool Open	0	0	01:25 PM	NA
Finals	22 Mixed 8 & Under 25 Butterfly	0	0	01:35 PM	NA
Finals	23 Mixed 50 Butterfly	0	0	01:35 PM	NA
Finals	24 Mixed 100 Butterfly Break: 10 Minutes: Pool Open	0	0	01:35 PM	NA
Finals	25 Mixed 200 Freestyle Relay Finish Time	0	0	01:45 PM 01:45 PM	NA e01:45 PM