

MAC MAY/JUNE Meters Invitational.

May 31- June 2, 2024

Wesleyan University Pool, Middletown, CT, 06457

Wesleyan University

Freeman Athletics Center

161 Cross St, Middletown, CT 06459

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L24-20. 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:	Bill Evison	william.evison@gmail.com	860-836-1776
Meet Referee:	Lisa Whitaker	llwhitaker@mac.com	203-982-6854
Lead Admin Official:	Rob Duguay	bobbydoogs@gmail.com	203-695-5771
Entry Chair:	Bill Evison	william.evison@gmail.com	860-836-1776
Safety Chair:	Bill Evison	william.evison@gmail.com	860-836-1776
Officials Contact:	Lisa Whitaker	llwhitaker@mac.com	203-982-6854

MEET HOST: [MAC \(CT\)](#)

WEBSITE: [Middlesex Aquatics Club Home \(gomotionapp.com\)](#)

POOL EMERGENCY NUMBER: [\(860\) 685-2690](tel:8606852690)

COURSE: LCM.

SESSION TIMES: Subject to Change Friday May 31 Evening Session: Warm up 4:30pm, Start 5:45pm
Saturday June 1, 12 & Under Session: Warm up : 7:00am Start: 8:15am 13 & Over Session: Warm up 12:00pm
Start: 1:15pm, Sunday June 2, 12 & Under Session: Warm up: 7:00am Start: 8:15am 13 & Over Session: Warm
Up 12:00pm Start 1:15pm.

ENTRY OPENING DATE: Entries will be accepted no earlier than **April 18, 2024**

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

DEADLINES: Deadline is [May 24, 2024](#) for Electronic and Mail in Entries.

PAYMENT INSTRUCTIONS: Please make checks payable to **Middlesex Aquatic Club (MAC)**.

Mail to:

Bill Evison

24 Rose Hill Rd

Portland, CT 06480-1218.

Payment must be received by **05/24/24**.

LC 2024 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, \$0.00 for relays. Per Swimmer Facility Fee: \$10.00. Manual entries: \$18.00 for individual events, \$18.00 for distance events, \$0.00 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.

REGISTRATION REPORTING: 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 all heats run slowest to fastest.**

FACILITY: **The Wesleyan University Pool is an 8 -lane, 50-Meter Pool.** Water depth at start end is: **14 Feet 0 Inches.** Water depth at turn end is: **4 Feet 0 inches:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming; **We will be using automatic timing provided by Colorado Systems Touch Pads at both ends of the pool with back up plungers and at least one-1 watch per lanes as backups.** Spectators will be allowed to sit in the stands above the turn end of the pool, the spectator entrance will be from the lobby.

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

WIFI ACCESS: **WiFi is available and the signal strength is good.**

MEDICAL SUPERVISION: **There are AEDs and First aid supplies available at the pool.**

WARM-UPS: **CT Swimming Warm-Up Procedures will be in effect. For Friday Night Warm-ups will start at 4:30pm. Morning Sessions Saturday and Sunday warm-ups will start at 7:00am. Afternoon Session Warm-ups will begin at 12:00pm.**

EVENT INFORMATION: **There will be breaks through out the meet. On Friday there will be a 10 minute break after the 400m Freestyle and the 50m Butterfly. On Saturday morning there will be 5 minute breaks after the 200m IM and before and after any of the 50m races. On Saturday afternoon there will be a 5 minute break after the 200m IM, the 200m Butterfly and the 200m Backstroke. On Sunday morning there will be a 5 minute break after the 200m Freestyle, the 50m Breastroke, the 100m Backstroke and the 200m Breaststroke. On Sunday afternoon there will be a 5 minute break after the 200m Freestyle, the 100m Backstroke and the 200m Breaststroke. Additional breaks maybe added or existing breaks edited at the discretion of the meet referee.**

ENTRY LIMITATIONS: **Swimmers are limited to NO MORE THAN FIVE-5 Individual Events per day.**

SCRATCH PROCEDURES: **All scratches are due Forty-Five- 45 Minutes before the Start time of each session. Swimmer not scratched will be seeded and if they fail to swim will be recorded as a No Start “NS”. They will be allowed to swim their other entered events but will still be charged for the missed swim.**

SAFE SPORT POLICIES: **For the safety of the athletes adults other than athletes, coaches, officials, or authorized meet personnel (timers, safety monitors, lifeguards, etc.) will NOT be allowed on the pool deck. Spectators can watch the meet from the stands located in the balcony above the turn end of the pool.**

DISABLED ACCESS: Building is accessible with elevators from the lobby and access to accessible bathrooms and locker rooms on the ground floor.

ELIGIBILITY: All USA Swimming clubs and individuals; Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

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

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](#).

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 william.evison@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.

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. [This provision SHOULD not be listed for 8/U meets]
2. All relays, if planned, will be eliminated.
3. The distance events (400 meters or yards or greater) may be heat limited to the first Three -3 heats of entries per gender in the order they were received.
4. The maximum number of events allowed per day may be reduced by one (1).
5. [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: No Relays will be contested 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.

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, restrooms 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/are **8:30am** for morning sessions and **1:30pm** for afternoon sessions. The fee for Time Trial entries are **\$20.00** for individual events and **\$0.00** for relays.

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: **No ribbons or medals will be awarded but heat winners will receive rubber ducks.**

CONCESSIONS: **No.**

HOSPITALITY FOR COACHES AND OFFICIALS: **Yes.**

PARKING: **There is ample on street parking and lots surrounding campus.**

DIRECTIONS: **The Freeman Athletic is located at 161 Cross St, Middletown, CT 06459**

2024 MAC May/June Meters Invitational Meet - 5/31/2024 to 6/2/2024**Session Report**

Session: 1 Friday Night

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 400 Freestyle	0	0	05:15 PM	_____
Finals	2 Boys 400 Freestyle	0	0	05:15 PM	_____
	Break: 10 Minutes:				
Finals	3 Girls 13 & Over 50 Backstroke	0	0	05:25 PM	_____
Finals	4 Boys 13 & Over 50 Backstroke	0	0	05:25 PM	_____
Finals	5 Girls 13 & Over 50 Breaststroke	0	0	05:25 PM	_____
Finals	6 Boys 13 & Over 50 Breaststroke	0	0	05:25 PM	_____
Finals	7 Girls 13 & Over 50 Butterfly	0	0	05:25 PM	_____
Finals	8 Boys 13 & Over 50 Butterfly	0	0	05:25 PM	_____
	Break: 10 Minutes:				
Finals	9 Girls 400 IM	0	0	05:35 PM	_____
Finals	10 Boys 400 IM	0	0	05:35 PM	_____
	Finish Time			05:35 PM	_____

2024 MAC May/June Meters Invitational Meet - 5/31/2024 to 6/2/2024**Session Report**

Session: 2 Saturday Morning 12 and unders

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

Round	Event	Entries	Heats	Starts at	
Finals	11 Girls 12 & Under 200 IM	0	0	08:15 AM	_____
Finals	12 Boys 12 & Under 200 IM	0	0	08:15 AM	_____
	Break: 5 Minutes:				
Finals	13 Girls 12 & Under 50 Backstroke	0	0	08:20 AM	_____
Finals	14 Boys 12 & Under 50 Backstroke	0	0	08:20 AM	_____
	Break: 5 Minutes:				
Finals	15 Girls 12 & Under 100 Breaststroke	0	0	08:25 AM	_____
Finals	16 Boys 12 & Under 100 Breaststroke	0	0	08:25 AM	_____
Finals	17 Girls 12 & Under 200 Butterfly	0	0	08:25 AM	_____
Finals	18 Boys 12 & Under 200 Butterfly	0	0	08:25 AM	_____
	Break: 5 Minutes:				
Finals	19 Girls 12 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	20 Boys 12 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	21 Girls 12 & Under 200 Backstroke	0	0	08:30 AM	_____
Finals	22 Boys 12 & Under 200 Backstroke	0	0	08:30 AM	_____
	Break: 5 Minutes:				
Finals	23 Girls 12 & Under 50 Butterfly	0	0	08:35 AM	_____
Finals	24 Boys 12 & Under 50 Butterfly	0	0	08:35 AM	_____
	Finish Time			08:35 AM	_____

2024 MAC May/June Meters Invitational Meet - 5/31/2024 to 6/2/2024**Session Report**

Session: 3 Saturday Afternoon 13 & Over

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

Round	Event	Entries	Heats	Starts at	
Finals	25 Girls 13 & Over 200 IM	0	0	01:15 PM	_____
Finals	26 Boys 13 & Over 200 IM	0	0	01:15 PM	_____
	Break: 5 Minutes:				
Finals	27 Girls 13 & Over 100 Breaststroke	0	0	01:20 PM	_____
Finals	28 Boys 13 & Over 100 Breaststroke	0	0	01:20 PM	_____
Finals	29 Girls 13 & Over 200 Butterfly	0	0	01:20 PM	_____
Finals	30 Boys 13 & Over 200 Butterfly	0	0	01:20 PM	_____
	Break: 5 Minutes:				
Finals	31 Girls 13 & Over 100 Freestyle	0	0	01:25 PM	_____
Finals	32 Boys 13 & Over 100 Freestyle	0	0	01:25 PM	_____
	Break: 5 Minutes:				
Finals	33 Girls 13 & Over 200 Backstroke	0	0	01:30 PM	_____
Finals	34 Boys 13 & Over 200 Backstroke	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____

2024 MAC May/June Meters Invitational Meet - 5/31/2024 to 6/2/2024**Session Report**

Session: 4 Sunday Morning 12 & Unders

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

Round	Event	Entries	Heats	Starts at	
Finals	35 Girls 12 & Under 200 Freestyle	0	0	08:15 AM	_____
Finals	36 Boys 12 & Under 200 Freestyle	0	0	08:15 AM	_____
	Break: 5 Minutes:				
Finals	37 Girls 12 & Under 50 Breaststroke	0	0	08:20 AM	_____
Finals	38 Boys 12 & Under 50 Breaststroke	0	0	08:20 AM	_____
	Break: 5 Minutes:				
Finals	39 Girls 12 & Under 100 Butterfly	0	0	08:25 AM	_____
Finals	40 Boys 12 & Under 100 Butterfly	0	0	08:25 AM	_____
Finals	41 Girls 12 & Under 100 Backstroke	0	0	08:25 AM	_____
Finals	42 Boys 12 & Under 100 Backstroke	0	0	08:25 AM	_____
	Break: 5 Minutes:				
Finals	43 Girls 12 & Under 200 Breaststroke	0	0	08:30 AM	_____
Finals	44 Boys 12 & Under 200 Breaststroke	0	0	08:30 AM	_____
	Break: 5 Minutes:				
Finals	45 Girls 12 & Under 50 Freestyle	0	0	08:35 AM	_____
Finals	46 Boys 12 & Under 50 Freestyle	0	0	08:35 AM	_____
	Finish Time			08:35 AM	_____

2024 MAC May/June Meters Invitational Meet - 5/31/2024 to 6/2/2024**Session Report**

Session: 5 Sunday Afternoon 13& Overs

Day of Meet: 3 Starts at 01:15 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	47 Girls 13 & Over 200 Freestyle	0	0	01:15 PM	_____
Finals	48 Boys 13 & Over 200 Freestyle	0	0	01:15 PM	_____
	Break: 5 Minutes:				
Finals	49 Girls 13 & Over 100 Butterfly	0	0	01:20 PM	_____
Finals	50 Boys 13 & Over 100 Butterfly	0	0	01:20 PM	_____
Finals	51 Girls 13 & Over 100 Backstroke	0	0	01:20 PM	_____
Finals	52 Boys 13 & Over 100 Backstroke	0	0	01:20 PM	_____
	Break: 5 Minutes:				
Finals	53 Girls 13 & Over 200 Breaststroke	0	0	01:25 PM	_____
Finals	54 Boys 13 & Over 200 Breaststroke	0	0	01:25 PM	_____
Finals	55 Girls 13 & Over 50 Freestyle	0	0	01:25 PM	_____
Finals	56 Boys 13 & Over 50 Freestyle	0	0	01:25 PM	_____
	Finish Time			01:25 PM	_____