

2025 SHOPRITE NUTMEG STATE GAMES YOUTH SWIM MEET
OFF-CALENDAR APPROVED MEET
Sunday, August 3rd, 2025
Middletown Recreation Pool
140 Wildermans Way, Middletown, CT 06457
Mapping Software: [Middletown Recreation](#)

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #A25-1. 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:	Trevor Charles	charlest@mpsct.org	(860) 395-7852
Meet Referee:	Bill Hawkins	willishawkins@comcast.net	
Lead Admin Official:	Rob Duguay	bobbydoogs@gmail.com	(203) 982-6854
Entry Chair:	Taylor Garboski	garboskit@mpsct.org	(860) 803-9263
Safety Chair:	Trevor Charles	charlest@mpsct.org	(860) 395-7852
Officials Contact:	Bill Hawkins	willishawkins@comcast.net	
Assistant - Medals, Volunteers	Sandy Jordan	Sandy@csmg.org	(860) 788-7041

LOCATION: Middletown Recreation, 140 Wildermans Way, 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 Recreation 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: Trevor Charles charlest@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 3rd). 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 25th**

- 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>

2024 Nutmeg Games Swimming – 8/4/24 Session**Report**

Session: 1 AM Session

Day of Meet: 1 Starts at 10:00 AM

** 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	13-14 200 Freestyle	2
3	15 & Over 200 Freestyle	4
5	8 & Under 50 Backstroke	6
7	9-10 50 Backstroke	8
9	11-12 50 Backstroke	10
11	13-14 100 Backstroke	12
13	15 & Over 100 Backstroke	14
15	8 & Under 50 Butterfly	16
17	9-10 50 Butterfly	18
19	11-12 50 Butterfly	20
21	13-14 100 Butterfly	22
23	15& Over 100 Butterfly	24
	Break: 10 Minutes: Awards	
25	8 & Under 100 IM	26
27	9-10 100 IM	28
29	11-12 100 IM	30
31	13-14 200 IM	32
33	15 & Over 200 IM	34
	Break: 10 Minutes: awards	
35	8 & Under 50 Freestyle	36
37	9-10 50 Freestyle	38
39	11-12 50 Freestyle	40
41	13-14 50 Freestyle	42
43	15 & Over 50 Freestyle	44
45	13-14 500 Freestyle	46
47	15 & Over 500 Freestyle	48
	Break: 10 Minutes: Awards	
49	8 & Under 50 Breaststroke	50
51	9-10 50 Breaststroke	52
53	11-12 50 Breaststroke	54
55	13-14 100 Breaststroke	56
57	15 & Over 100 Breaststroke	58
59	8 & Under 100 Freestyle	60
61	9-10 100 Freestyle	62
63	11-12 100 Freestyle	64
65	13-14 100 Freestyle	66
67	15 & Over 100 Freestyle	68
	Break: 10 Minutes: Awards	
	Finish	