

Woodbridge Aquatic Club Invitational
June 6 – 8, 2025
Wesleyan University
Freeman Athletic Center
161 Cross Street, Middletown, CT 06457

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L25-22. 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:	Dave Reilly	dmr123wac@gmail.com	203-848-0307
Meet Referee:	Julia Shi	julia.shi@yale.edu	203-671-5405
Lead Admin Official:	Ken Yanagisawa	dockeny@yahoo.com	203-671-5405
Entry Chair:	Dave Reilly	dmr123wac@gmail.com	203-848-0307
Safety Chair:	Ken Yanagisawa	dockeny@yahoo.com	203-671-5405
Officials Contact:	Julia Shi	julia.shi@yale.edu	203-671-5405

MEET HOST: WAC

WEBSITE: wacswim.org

POOL EMERGENCY NUMBER: 203-848-0307

COURSE: LCM.

SESSION TIMES (Subject to Change):

Friday, Session 1: 12/U 400 Fr: 4:00 Warm-up, 4:45 Start.

Friday, Session 2: 12/O 800 Fr: 5:15 Warm-up, 6:00 Start.

Saturday, Session 3: 12/U 7:40 Warm-up, 8:30 Start.

Saturday, Session 4: 12/O 1500 Free: 11:30 Warm-up, 12:15 Start.

Saturday, Session 5: 13/O 1:15 Warm-up, 2:15 Start

Sunday, Session 6: 12/U 7:40 Warm-up, 8:30 Start.

Sunday, Session 7: 13/O 11:30 Warm-up, 12:30 Start.

ENTRY OPENING DATE: Entries will be accepted no earlier than Thursday, **April 24, 7:00 PM**. Entries will be accepted based on order of received entries until the meet is fully subscribed.

CONNECTICUT-ONLY DEADLINE: Connecticut entries only be accepted as stated above until April 27 at 11:59p.

OUT OF STATE ENTRIES: In the event the meet is not fully subscribed by end of day April 27th, entries will open to out of state teams on April 28 at 12:01a.

ENTRY DEADLINE: Entries close Wednesday, May 28.

PAYMENT INSTRUCTIONS: Please make checks payable to Woodbridge Aquatic Club.

Mail to:

Dave Reilly

8 River Colony

Guilford, CT 06437

ENTRY FEES: \$15.00 for individual events.
Per Swimmer Facility Fee: \$10.00.
Entry Fees are due no later than Sunday, June 8.

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 Finals. Friday's Distance Freestyle events will be swum fastest to slowest, seeded by time only, not gender. Saturday's 13/Over 1500 Free will be mixed gender, swum fastest to slowest. The 1500 Free will be limited to 3 heats. Only swimmers entered in at least 3 non 1500 Freestyle events may enter the 1500.

FACILITY: Wesleyan's Webster Family Natatorium is 8 lanes, 50 meters.. Water depth at start end is: 14 feet. Water depth at turn end is: 7.5 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; or The competition course has not been certified in accordance with 104.2.2C(4). Colorado Timing will be used. Limited Spectator Seating. A lifeguard will be on duty. No Locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms in permitted.

SPECTATOR SEATING AND WAITING AREAS: Personal folding chairs are not allowed in the building. No spectators or swimmers will be permitted to congregate in the center of the front lobby of the Athletic Center. No folding chairs are permitted in the pool area, hockey rink, or field house. Seating in the spectator seats will be limited to 340. Only individuals with disabilities that cannot access to the stands will be permitted in the spectator viewing area (open space in front of the large window overlooking pool).

POOL AND POOL DECK: Deck Occupancy is 350. Only swimmers and meet workers with proper credentials (administrative, coaches, officials, timers, and marshals) will be allowed on the pool deck.

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

WIFI ACCESS: Wi-Fi is available thru Wesleyan University. Connection is good.

MEDICAL SUPERVISION: Lifeguards will be present during all sessions. In addition, two members of our officiating staff are physicians.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 8 lanes will be used for all warm-ups. Teams will be assigned lanes based on the size of their entry.

EVENT INFORMATION: The building will open no more than 30 minutes prior to start of each session.

ENTRY LIMITATIONS: Swimmers may enter and swim a maximum of 5 events per day.

SCRATCH PROCEDURES: Teams will receive a scratch sheet for each day's events prior to that day's session. All scratch sheets are to be submitted to the administrative referee 20 minutes prior to the start of each session.

SAFE SPORT POLICIES: Spectators will be allowed in the facility but only in the stands area. Parents are not allowed on deck unless working a volunteer position.

DISABLED ACCESS: Limited handicapped parking is available behind the Freeman Athletic Center. Disabled access is through the front entrance only. The elevator in the front lobby leads to the locker rooms and deck access. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

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

Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. 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 NTs, please. Use estimates.

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 dmr123wac@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Teams will be notified of their entry status within 24 hours of receipt of the entry. If you have not received this confirmation within 24 hours of submitting your entry do not assume the entry was received. Contact the meet director if you don't receive entry status within this time period.

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 younger will be cut from the meet
2. The distance events (400 meters or yards or greater) *may* be limited to the first 4 heats of entries per gender in the order they were received with the exception of the mixed1500, which will be limited to a maximum of 3 heats.
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: 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 90 minutes from the start of each session.. The fee for Time Trial entries is \$15.00.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet. Friday sessions are "provide your own timer". Saturday's 1500 is "provide your own timer". Sunday's 13/Over 400 Freestyles are "provide your own timer".

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: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Is available around the Freeman Athletic Center. Please Park in properly designated areas. Illegal parking is subject to ticketing and towing at the expense of the vehicle owner.

DIRECTIONS: Wesleyan's Webster Family Natatorium is located in the Freeman Athletic Center, 161 Cross Street, Middletown, CT, 06457.

Woodbridge Aquatic Club Invitational - 6/6/2025 to 6/8/2025**Session Report**

Session: 1 12/Under 400 Free

Day of Meet: 1 Starts at 04:45 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 12 & Under 400 Freestyle	0	0	04:45 PM	_____
	Finish Time			04:45 PM	_____

Session: 2 12/Over 800 Free

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	2 Mixed 12 & Over 800 Freestyle	0	0	06:00 PM	_____
	Finish Time			06:00 PM	_____

Session: 3 12/Under Sat Timed Finals

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	4 Boys 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	5 Girls 10 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	6 Boys 10 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	7 Girls 11-12 50 Breaststroke	0	0	08:30 AM	_____
Finals	8 Boys 11-12 50 Breaststroke	0	0	08:30 AM	_____
Finals	9 Girls 10 & Under 50 Breaststroke	0	0	08:30 AM	_____
Finals	10 Boys 10 & Under 50 Breaststroke	0	0	08:30 AM	_____
	Break: 5 Minutes:				
Finals	11 Girls 11-12 100 Butterfly	0	0	08:35 AM	_____
Finals	12 Boys 11-12 100 Butterfly	0	0	08:35 AM	_____
Finals	13 Girls 10 & Under 100 Butterfly	0	0	08:35 AM	_____
Finals	14 Boys 10 & Under 100 Butterfly	0	0	08:35 AM	_____
Finals	15 Girls 11-12 100 Backstroke	0	0	08:35 AM	_____
Finals	16 Boys 11-12 100 Backstroke	0	0	08:35 AM	_____
Finals	17 Girls 10 & Under 100 Backstroke	0	0	08:35 AM	_____
Finals	18 Boys 10 & Under 100 Backstroke	0	0	08:35 AM	_____
Finals	19 Girls 11-12 200 Breaststroke	0	0	08:35 AM	_____
Finals	20 Boys 11-12 200 Breaststroke	0	0	08:35 AM	_____
Finals	21 Girls 10 & Under 200 Freestyle	0	0	08:35 AM	_____
Finals	22 Boys 10 & Under 200 Freestyle	0	0	08:35 AM	_____
Finals	23 Girls 11-12 200 Freestyle	0	0	08:35 AM	_____
Finals	24 Boys 11-12 200 Freestyle	0	0	08:35 AM	_____
	Finish Time			08:35 AM	_____

Woodbridge Aquatic Club Invitational - 6/6/2025 to 6/8/2025**Session Report**

Session: 4 12/Over 1500 Freestyle

Day of Meet: 2 Starts at 12:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Mixed 12 & Over 1500 Freestyle	0	0	12:15 PM	_____
	Finish Time			12:15 PM	_____

Session: 5 Saturday 13/Over Timed Finals

Day of Meet: 2 Starts at 02:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	26 Girls 13 & Over 50 Butterfly	0	0	02:15 PM	_____
Finals	27 Boys 13 & Over 50 Butterfly	0	0	02:15 PM	_____
Finals	28 Girls 13 & Over 50 Breaststroke	0	0	02:15 PM	_____
Finals	29 Boys 13 & Over 50 Breaststroke	0	0	02:15 PM	_____
	Break: 5 Minutes:				
Finals	30 Girls 13 & Over 200 Freestyle	0	0	02:20 PM	_____
Finals	31 Boys 13 & Over 200 Freestyle	0	0	02:20 PM	_____
Finals	32 Girls 13 & Over 200 Breaststroke	0	0	02:20 PM	_____
Finals	33 Boys 13 & Over 200 Breaststroke	0	0	02:20 PM	_____
Finals	34 Girls 13 & Over 100 Butterfly	0	0	02:20 PM	_____
Finals	35 Boys 13 & Over 100 Butterfly	0	0	02:20 PM	_____
Finals	36 Girls 13 & Over 200 Backstroke	0	0	02:20 PM	_____
Finals	37 Boys 13 & Over 200 Backstroke	0	0	02:20 PM	_____
Finals	38 Girls 13 & Over 400 IM	0	0	02:20 PM	_____
Finals	39 Boys 13 & Over 400 IM	0	0	02:20 PM	_____
	Finish Time			02:20 PM	_____

Woodbridge Aquatic Club Invitational - 6/6/2025 to 6/8/2025**Session Report**

Session: 6 Sunday 12/Under Timed Finals

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	40 Girls 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	41 Boys 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	42 Girls 10 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	43 Boys 10 & Under 100 Freestyle	0	0	08:30 AM	_____
	Break: 5 Minutes:				
Finals	44 Girls 11-12 50 Butterfly	0	0	08:35 AM	_____
Finals	45 Boys 11-12 50 Butterfly	0	0	08:35 AM	_____
Finals	46 Girls 10 & Under 50 Butterfly	0	0	08:35 AM	_____
Finals	47 Boys 10 & Under 50 Butterfly	0	0	08:35 AM	_____
	Break: 5 Minutes:				
Finals	48 Girls 11-12 200 IM	0	0	08:40 AM	_____
Finals	49 Boys 11-12 200 IM	0	0	08:40 AM	_____
Finals	50 Girls 10 & Under 200 IM	0	0	08:40 AM	_____
Finals	51 Boys 10 & Under 200 IM	0	0	08:40 AM	_____
	Break: 5 Minutes:				
Finals	52 Girls 11-12 50 Backstroke	0	0	08:45 AM	_____
Finals	53 Boys 11-12 50 Backstroke	0	0	08:45 AM	_____
Finals	54 Girls 10 & Under 50 Backstroke	0	0	08:45 AM	_____
Finals	55 Boys 10 & Under 50 Backstroke	0	0	08:45 AM	_____
	Break: 5 Minutes:				
Finals	56 Girls 11-12 100 Breaststroke	0	0	08:50 AM	_____
Finals	57 Boys 11-12 100 Breaststroke	0	0	08:50 AM	_____
Finals	58 Girls 9-10 100 Breaststroke	0	0	08:50 AM	_____
Finals	59 Boys 9-10 100 Breaststroke	0	0	08:50 AM	_____
Finals	60 Girls 11-12 200 Backstroke	0	0	08:50 AM	_____
Finals	61 Boys 11-12 200 Backstroke	0	0	08:50 AM	_____
Finals	62 Girls 11-12 200 Butterfly	0	0	08:50 AM	_____
Finals	63 Boys 11-12 200 Butterfly	0	0	08:50 AM	_____
	Finish Time			08:50 AM	_____

Woodbridge Aquatic Club Invitational - 6/6/2025 to 6/8/2025**Session Report**

Session: 7 Sunday 13/Over Timed Finals

Day of Meet: 3 Starts at 12:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	64 Girls 13 & Over 100 Freestyle	0	0	12:30 PM	_____
Finals	65 Boys 13 & Over 100 Freestyle	0	0	12:30 PM	_____
Finals	66 Girls 13 & Over 100 Breaststroke	0	0	12:30 PM	_____
Finals	67 Boys 13 & Over 100 Breaststroke	0	0	12:30 PM	_____
Finals	68 Girls 13 & Over 200 Butterfly	0	0	12:30 PM	_____
Finals	69 Boys 13 & Over 200 Butterfly	0	0	12:30 PM	_____
Finals	70 Girls 13 & Over 100 Backstroke	0	0	12:30 PM	_____
Finals	71 Boys 13 & Over 100 Backstroke	0	0	12:30 PM	_____
Finals	72 Girls 13 & Over 200 IM	0	0	12:30 PM	_____
Finals	73 Boys 13 & Over 200 IM	0	0	12:30 PM	_____
	Break: 5 Minutes:				
Finals	74 Girls 13 & Over 50 Backstroke	0	0	12:35 PM	_____
Finals	75 Boys 13 & Over 50 Backstroke	0	0	12:35 PM	_____
Finals	76 Girls 13 & Over 50 Freestyle	0	0	12:35 PM	_____
Finals	77 Boys 13 & Over 50 Freestyle	0	0	12:35 PM	_____
	Break: 5 Minutes:				
Finals	78 Girls 13 & Over 400 Freestyle	0	0	12:40 PM	_____
Finals	79 Boys 13 & Over 400 Freestyle	0	0	12:40 PM	_____
	Finish Time			12:40 PM	_____