

Charter OAK Freestyle Challenge

12 & Under Age Group Qualifier

June 8th 2025

Centennial Center at The Ethel Walker School
230 Bushy Hill Road, Simsbury CT, 06070

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L25-25. 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:	Karim Mabrouk	karim.mabrouk@ctoak.org	914-433-1473
Meet Referee:	David Heller	hellerd@nationwide.com	
Lead Admin Official:	Katie Drouin	kdrouin08@gmail.com	
Entry Chair:	Karim Mabrouk	Karim.mabrouk@ctoak.org	914-433-1473
Safety Chair:	Karim Mabrouk	Karim.mabrouk@ctoak.org	
Officials Contact:	Karim Mabrouk	<u>Karim.mabrouk@ctoak.org</u>	914-433-1473

MEET HOST: OAK

WEBSITE: Charter OAK Aquatic Club

POOL EMERGENCY NUMBER: 914-433-1473

COURSE: Short Course Yards, SCY

SESSION TIMES: Subject to Change

Sunday June 8th – Warmup 8AM

Sunday June 8th – Start time 9AM

ENTRY OPENING DATE: Entries will be accepted no earlier than **April 24th 2025 at 7PM.**

CONNECTICUT-ONLY DEADLINE: **April 27th 2025 at 11:59PM**
CT clubs meeting this deadline will be entered before out of state clubs.

Order of entries received will follow the order of the time stamped to the entry emails.

DEADLINES: Deadline for all entries is June 1st 2025 at 11:59PM.

PAYMENT INSTRUCTIONS: Please make checks payable to **Charter OAK Aquatic Club**.

Mail to:

Jill Hogan

3 Oxford Road

Farmington CT 06032

Payment must be received by **June 8th 2025**.

SWIMMER SURCHARGE: Teams that are charged pool rental for running a regularly scheduled non CSI Championship meet during the LC season (4/1-8/31), can charge a per swimmer facility fee not to exceed \$10. This charge will NOT be subject to CSI surcharges.

ENTRY FEES: Electronic entries: \$12 for individual events, \$15 for distance event, \$20 for relays. Per Swimmer Facility Fee: \$0. Manual entries: \$12 for individual events, \$15 for distance events, \$20 for relays. 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 Timed Finals

FACILITY: The Centennial Center Pool at the Ethel Walker School is an 8 -lane, 25-yard pool. Water depth at start end is: 7feet. Water depth at turn end is: 7feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Electronic timing will be used throughout the duration of the meet. There is a designated spectator section upstairs in Centennial Center.

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

WIFI ACCESS: Ethel Walker Guest Wifi Access is available. You just need to provide and email address to login. Connectivity is fair.

MEDICAL SUPERVISION: The Meet Safety Chair is lifeguard certified, and he will be onsite through the duration of the meet.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Warmup will start at 8AM and conclude at 8:55AM. All lanes will be used for warmup. Warmup assignments will be sent out ahead of meet day.

EVENT INFORMATION: Swimmers are encouraged to swim all freestyle events. Using a point system, swimmers will accumulate points only for the Freestyle events. Top 3 in each age group and gender will be determined based on the number of points accumulated.

ENTRY LIMITATIONS: 5 entries maximum per swimmer

SCRATCH PROCEDURES: All scratches need to be submitted no later than 30 minutes prior to the meet start time. Other scratches and no shows need to be communicated as Declared False Starts with the meet referee and the Administrative Official.

SAFE SPORT POLICIES: Parents can observe the meet from the spectator section. No parents are allowed in the bathrooms/changing rooms downstairs. Adult bathrooms are located upstairs. Swimmer bathrooms are downstairs.

DISABLED ACCESS: There is an elevator. If access to the spectator section is not possible, then access onto the pool deck would be made possible. Please contact the Meet Safety Chair if needed.

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.

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. 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: 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 karim.mabrouk@ctoak.org. Please check that your team name, address, and contact information are listed correctly in this file. A payment made to Charter OAK Aquatic Club is expected to be received no later than June 8th 2025.

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. The maximum number of events allowed per day may be reduced by one (1).
2. The maximum number of events allowed per day will be reduced by two (2).
3. Athletes aged 7 and Under will be cut from the meet

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 Relays

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.

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- 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 on June 8th 2025. The fee for Time Trial entries are \$15 for individual events and \$20 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 is not scored

AWARDS: Yes. Top 3 swimmers in the freestyle events (combined points scored across all freestyle events) in each age group and each gender will receive an award.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Parking is very limited around the Centennial Center. Overflow parking is available across the road at the Cobb Montessori School parking lot.

DIRECTIONS: Follow the GPS directions linked at the top of the meet announcement. It is best to park at the Cobb Montessori School parking lot and walk over to the Centennial Center.

Charter OAK Freestyle Challenge - 6/8/2025**Session Report**

Session: 1 Sunday June 8th

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 8 & Under 100 Freestyle	0	0	09:00 AM	_____
Finals	2 Boys 8 & Under 100 Freestyle	0	0	09:00 AM	_____
Finals	3 Girls 9-10 200 Freestyle	0	0	09:00 AM	_____
Finals	4 Boys 9-10 200 Freestyle	0	0	09:00 AM	_____
Finals	5 Girls 11-12 200 Freestyle	0	0	09:00 AM	_____
Finals	6 Boys 11-12 200 Freestyle	0	0	09:00 AM	_____
Finals	7 Girls 12 & Under 50 Butterfly	0	0	09:00 AM	_____
Finals	8 Boys 12 & Under 50 Butterfly	0	0	09:00 AM	_____
Finals	9 Girls 12 & Under 100 Butterfly	0	0	09:00 AM	_____
Finals	10 Boys 12 & Under 100 Butterfly	0	0	09:00 AM	_____
Finals	11 Girls 8 & Under 50 Freestyle	0	0	09:00 AM	_____
Finals	12 Boys 8 & Under 50 Freestyle	0	0	09:00 AM	_____
Finals	13 Girls 9-10 100 Freestyle	0	0	09:00 AM	_____
Finals	14 Boys 9-10 100 Freestyle	0	0	09:00 AM	_____
Finals	15 Girls 11-12 100 Freestyle	0	0	09:00 AM	_____
Finals	16 Boys 11-12 100 Freestyle	0	0	09:00 AM	_____
Finals	17 Girls 12 & Under 50 Backstroke	0	0	09:00 AM	_____
Finals	18 Boys 12 & Under 50 Backstroke	0	0	09:00 AM	_____
Finals	19 Girls 12 & Under 100 Backstroke	0	0	09:00 AM	_____
Finals	20 Boys 12 & Under 100 Backstroke	0	0	09:00 AM	_____
Finals	21 Girls 8 & Under 25 Freestyle	0	0	09:00 AM	_____
Finals	22 Boys 8 & Under 25 Freestyle	0	0	09:00 AM	_____
Finals	23 Girls 9-10 50 Freestyle	0	0	09:00 AM	_____
Finals	24 Boys 9-10 50 Freestyle	0	0	09:00 AM	_____
Finals	25 Girls 11-12 50 Freestyle	0	0	09:00 AM	_____
Finals	26 Boys 11-12 50 Freestyle	0	0	09:00 AM	_____
Finals	27 Girls 12 & Under 50 Breaststroke	0	0	09:00 AM	_____
Finals	28 Boys 12 & Under 50 Breaststroke	0	0	09:00 AM	_____
Finals	29 Girls 12 & Under 100 Breaststroke	0	0	09:00 AM	_____
Finals	30 Boys 12 & Under 100 Breaststroke	0	0	09:00 AM	_____
Finals	31 Girls 12 & Under 100 IM	0	0	09:00 AM	_____
Finals	32 Boys 12 & Under 100 IM	0	0	09:00 AM	_____
Finals	33 Girls 12 & Under 200 IM	0	0	09:00 AM	_____
Finals	34 Boys 12 & Under 200 IM	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____