

ZEUS Juneteenth Meet

June, 19, 2025

Velo-CT 8 Willard Rd Norwalk, CT 06851

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L25-34. 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:	Dennis Flores	dennis.flores@zeusswimteam.org	203-505-4512
Meet Referee:	Yolanda Jahan	yoli.jahan1@gmail.com	
Lead Admin Official:	Jo Ann McCaffrey	jmccaffrey@riverbrookymca.org	
Entry Chair:	Bob Vializ	zeusmeetentries@gmail	
Safety Chair:	Tony Coleman	tony@velo-ct.com	475-393-9183
Officials Contact:	Yolanda Jahan	yoli.jahan1@gmail.com	

MEET HOST: Zeus Swim Team

WEBSITE: zeusswimteam.org

POOL EMERGENCY NUMBER: 203-202-8081

COURSE: LCM

SESSION TIMES: Subject to Change

Thursday 2:00 Warm-up 3:30 Start

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

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

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

ENTRY DEADLINE: Deadline is **June 13, 2025**

PAYMENT INSTRUCTIONS: Please make checks payable to Connecticut Aquatics.

Mail to:

Connecticut Aquatics, LLC

137 Rowayton Avenue Suite 400, 4th Floor

Norwalk, CT 06853

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: \$15.00 for individual events, and \$17.00 for distance events. Manual entries: \$15.00 for individual events, and \$17.00 for distance events. 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. The 800 Free will run Fast-to-slow as a mixed event. The 800 swimmers **MUST** have a minimum BB time standard and will cap at 1.5 sessions. 800 swimmers must provide their own timers and counters for the 800. The 400 IM and 400 Free will be run Fastest-to-Slowest.

FACILITY: The Velo-CT pool is a 6-lane 50 meter with an SST system with a display. The competition course has not been certified in accordance with 104.2.2C (4). The water depth at the start and end is 7 feet. The water depth at the turn end is 4.5 feet.

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

WIFI ACCESS: Velo-CT guest connection is fair

MEDICAL SUPERVISION: Lifeguards will be on duty, facility has AED's and fully equipped with first aid supplies and back boards in case of an emergency.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 6-lanes will be used for warm-ups. Each team will have access to the pool for a team warm-up. Warm-up sessions will be created after the entry deadline. Each team will keep a record of lane assignments for swimmers within their warm-up block. If time allows for short warm-up breaks during the meet each team will be assigned specific lanes for usage. Swimmers will also have access to the small pool for warm-up and swim-down. Coaches are to communicate to their athletes that swimmers are not to play in the warmdown pool. The lane closest to the computer will not be open for use.

EVENT INFORMATION: Depending on the amount of entries received will determine if the session will be split up between 13/O and 12/U. If the session is longer than 4 hours sessions will have to be split.

ENTRY LIMITATIONS: 3 events

SCRATCH PROCEDURES: Each team will receive a scratch sheet for each session of the meet in their information packet listing all of their swimmers and events for that session. Coaches must indicate all scratches on these sheets and turn them into the computer table within one-half hour after the beginning of warm-ups even if there are no scratches. 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

SAFE SPORT POLICIES: There will be limited space for spectators Select bleachers on deck will be designated for parents viewing. We will also have tv's in the lounge where parents can view the scoreboard.

DISABLED ACCESS: Handicap accessibility throughout the facility.

ELIGIBILITY: Open to all USA Swimming registered clubs. 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.

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 LCM. No NT

ELECTRONIC ENTRIES: Electronic entries: \$15.00 for individual events, \$17.00 for distance events. Manual entries: \$15.00 for individual events, and \$17.00 for distance events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

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. Individual Events will be reduced from 3 to 2
2. The 200M Events will be held to a minimum time standard of "A" motivational time standard.
3. The distance events (200 meters or yards or greater) may be heat-limited to the first 3 heats of entries per gender in the order they were received.
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: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet. 400 Free 400 IM and 800 Freestyle swimmers must provide their own timers and counters

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

DECK ACCESS: Only athletes, coaches, officials, and officials meet staff actively participating in the meet are permitted on the pool deck. SPECTATORS will be ALLOWED but will have limited amount of space.

SCORING: No

AWARDS: No

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS: Please NO Drop off in front of the facility all participants should park in the lot and walk across the street to the facility. Teams must bring tents to sit outside the facility. A warm-down pool will be available.

PARKING: There is ample parking available across the street.

DIRECTIONS: Velo-CT Sports complex is located at 8 Willard Street, Norwalk, CT 06851

LODGING: (OPTIONAL)

ZEUS 2025 Juneteenth Meet - 6/19/2025

Session Report

Session: 1 Thursday Afternoon

Day of Meet: 1 Starts at 03:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 200 IM	0	0	03:30 PM	_____
Finals	2 Boys 12 & Under 200 IM	0	0	03:30 PM	_____
Finals	3 Girls 13 & Over 200 Freestyle	0	0	03:30 PM	_____
Finals	4 Boys 13 & Over 200 Freestyle	0	0	03:30 PM	_____
Finals	5 Girls 12 & Under 100 Freestyle	0	0	03:30 PM	_____
Finals	6 Boys 12 & Under 100 Freestyle	0	0	03:30 PM	_____
Finals	7 Girls 13 & Over 100 Backstroke	0	0	03:30 PM	_____
Finals	8 Boys 13 & Over 100 Backstroke	0	0	03:30 PM	_____
Finals	9 Girls 200 Breaststroke	0	0	03:30 PM	_____
Finals	10 Boys 200 Breaststroke	0	0	03:30 PM	_____
Finals	11 Girls 200 Butterfly	0	0	03:30 PM	_____
Finals	12 Boys 200 Butterfly	0	0	03:30 PM	_____
Finals	13 Girls 12 & Under 50 Backstroke	0	0	03:30 PM	_____
Finals	14 Boys 12 & Under 50 Backstroke	0	0	03:30 PM	_____
Finals	15 Girls 13 & Over 100 Breaststroke	0	0	03:30 PM	_____
Finals	16 Boys 13 & Over 100 Breaststroke	0	0	03:30 PM	_____
Finals	17 Girls 12 & Under 50 Backstroke	0	0	03:30 PM	_____
Finals	18 Boys 12 & Under 50 Backstroke	0	0	03:30 PM	_____
Finals	19 Girls 13 & Over 100 Butterfly	0	0	03:30 PM	_____
Finals	20 Boys 13 & Over 100 Butterfly	0	0	03:30 PM	_____
Finals	21 Girls 200 Backstroke	0	0	03:30 PM	_____
Finals	22 Boys 200 Backstroke	0	0	03:30 PM	_____
Finals	23 Girls 12 & Under 50 Butterfly	0	0	03:30 PM	_____
Finals	24 Boys 12 & Under 50 Butterfly	0	0	03:30 PM	_____
Finals	25 Boys 13 & Over 100 Freestyle	0	0	03:30 PM	_____
Finals	26 Girls 13 & Over 100 Freestyle	0	0	03:30 PM	_____
Finals	27 Boys 12 & Under 200 Freestyle	0	0	03:30 PM	_____
Finals	28 Girls 12 & Under 200 Freestyle	0	0	03:30 PM	_____
Finals	29 Boys 13 & Over 200 IM	0	0	03:30 PM	_____
Finals	30 Girls 13 & Over 200 IM	0	0	03:30 PM	_____
Finals	31 Boys 50 Freestyle	0	0	03:30 PM	_____
Finals	32 Girls 50 Freestyle	0	0	03:30 PM	_____
	Finish Time			03:30 PM	_____