

CAC Spring Invitational

Fri May 2 – Sunday May 4, 2025

Wesleyan University
161 Cross Street, Middletown, CT

Mapping Software: <http://goo.gl/maps/7hoX>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L25-2. 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: | Jon Caswell | joncacswwim@gmail.com | 401-256-7483 |
| Meet Referee: | Dave Pite | joncacswwim@gmail.com | |
| Lead Admin Official: | Jon Caswell | joncacswwim@gmail.com | 401-256-7483 |
| Entry Chair: | Jon Caswell | joncacswwim@gmail.com | 401-256-7483 |
| Safety Chair: | Hillary Goldstein | joncacswwim@gmail.com | |
| Officials Contact: | Jon Caswell | joncacswwim@gmail.com | 401-256-7483 |

MEET HOST: CAC

WEBSITE: <https://caceawolvesswim.captynsites.com/cac-host-meets>

POOL EMERGENCY NUMBER: 860-685-2915

COURSE: LCM.

SESSION TIMES: Subject to Change

Fri PM (All Ages) Warmup 430pm, Meet 515pm

Sat/Sun AM (13 & O)

Warmup 7am, Meet 810am

Sat/Sun PM (12 & U)

Warmup 1230pm, Meet 130pm

ENTRY OPENING DATE: Entries will be accepted no earlier than, **April 11, 2025 at 7:00pm.**

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

DEADLINES: Deadline is Friday, April 25, 2025.

PAYMENT INSTRUCTIONS: Please make checks payable to : CAC

Mail to:

CAC, 5443 Post Road, Charlestown, RI 02813

Payment must be received by **Friday, May 2, 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: \$15.00 for individual events. Per Swimmer Facility Fee: \$10.00. Manual entries: \$20.00 for individual events. 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. Friday PM Distance events will be swum fastest to slowest alternating women and men. There will be a 10 minute break between events on Friday PM for warmup/warm-down. The 800 Free on Sunday is subject to time availability. If session is close to the 4 hour time limit, the event will be cancelled and teams will be refunded those entries.

FACILITY: Wesleyan University's Freeman Athletic Center Pool is a 8 lane, 50 meter pool. Water depth at start end and turn end is between 7.5 and 14 ft. Colorado electronic timing system will be utilized. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. No locks may be left on Wesleyan lockers. No shaving on premises is permitted. Spectator seating is available in the balcony. A lifeguard will be on duty.

Wesleyan has strict policies regarding the use of the Freeman Athletic Center including limits on both deck and spectator area occupancy as well as limitations on the use and placement of chairs in the lobby. It is imperative that all individuals attending the meet be aware of and adhere to the rules and procedures outlined below. PLEASE READ THOROUGHLY AND CAREFULLY.

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. Spectator area (stands) · 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: Wifi is available thru Wesleyan University. Connection is good.

MEDICAL SUPERVISION: [There will be a lifeguard on duty for duration of the meet.](#)

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All sessions will have 2 separate warm-up assignments. All assigned warm-ups will be followed by 10 minutes of controlled warmup with sprint and pace lanes. Warm-up assignments will be posted on CAC website and emailed to all teams by Wednesday prior to the meet.

EVENT INFORMATION: Deck entries will be accepted only if swimmer is previously entered in the meet.

ENTRY LIMITATIONS: Timed final meets are 5 per day maximum.

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 30 minutes prior to the start of the session.

LIST ANY PROTOCOLS FOR FACILITY or WHAT TO BRING: List anything participants must do before entering facility or while at the facility. Temperature checks, sign waivers, shower at home, suit-up at home, etc. Parent or athlete staging, bullpens, etc.

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 USA Swimming clubs and individuals. 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. 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 joncacswwim@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Please send check to arrive before Friday, May 5th. If not, please bring checks and submit on Friday of the meet.

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 ctswwim.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.
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 10 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. 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: Yes.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Timer assignments will be determined by the size of the team's pre-scratch entry and are for the entire session. Exceptions are as follows: Athletes will provide their own timers for the 400 Free and 400 IM. 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, volunteers, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The 13 & Overs will not be scored. 10 & U, 11-12 will be scored for high point and team awards.

AWARDS: 9-10 & 11-12 High Point winners and 12 & under Team Awards. Heat winners for 12 & unders.

CONCESSIONS: Limited concessions available.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes. Breakfast and Lunch will be provided and light snacks.

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:** If coming West on Route 66/Washington Street, go past High Street and turn left at next light onto Vine Street (cemetery on corner). Travel on Vine Street (tennis courts on right), turning to the right onto Knowles Avenue where the street branches off. At the stop sign turn right. Parking for the Freeman Athletic Center is available in both Lot R on the right side of Cross Street across from the Freeman Athletic Center or in Lot Q, which is located on the left side of Cross Street (first left after the fire station) . If coming East on Route 66/Washington Street, turn right on Vine Street (cemetery on corner), which is the first light past Dunkin' Donuts and Midas. Travel on Vine Street (tennis courts on right), turning right onto Knowles Avenue where the street branches off. At the stop sign turn right. Parking for the Freeman Athletic Center is available in both Lot R on the right side of Cross Street across from the Freeman Athletic Center or in Lot Q, which is located on the left side of Cross Street (first left after the fire station) .

2025 CAC Spring Age Group Invite - 5/2/2025 to 5/4/2025**Session Report**

Session: 1 Friday PM

Day of Meet: 1 Starts at 05:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | Actual |
|--------------|-------------------------------------|----------------|--------------|------------------|---------------|
| Finals | 1 Mixed 50 Breaststroke | 0 | 0 | 05:15 PM | e05:15 PM |
| Finals | 2 Mixed 50 Freestyle | 0 | 0 | 05:15 PM | e05:15 PM |
| Finals | 3 Mixed 12 & Under 200 Butterfly | 0 | 0 | 05:15 PM | e05:15 PM |
| Finals | 4 Mixed 12 & Under 200 Breaststroke | 0 | 0 | 05:15 PM | e05:15 PM |
| | Break: 3 Minutes: | | | | |
| Finals | 5 Mixed 50 Butterfly | 0 | 0 | 05:18 PM | e05:18 PM |
| Finals | 6 Mixed 50 Backstroke | 0 | 0 | 05:18 PM | e05:18 PM |
| Finals | 7 Mixed 12 & Under 200 Backstroke | 0 | 0 | 05:18 PM | e05:18 PM |
| | Break: 10 Minutes: | | | | |
| Finals | 8 Mixed 400 IM | 0 | 0 | 05:28 PM | e05:28 PM |
| | Break: 10 Minutes: | | | | |
| Finals | 9 Mixed 400 Freestyle | 0 | 0 | 05:38 PM | e05:38 PM |
| | Finish Time | | | 05:38 PM | e05:38 PM |

Session: 2 Sat AM 13 & O

Day of Meet: 2 Starts at 08:10 AM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | Actual |
|--------------|---|----------------|--------------|------------------|---------------|
| Finals | 11 Girls 13 & Over 200 IM | 0 | 0 | 08:10 AM | e08:10 AM |
| Finals | 12 Boys 13 & Over 200 IM | 0 | 0 | 08:10 AM | e08:10 AM |
| Finals | 13 Girls 13 & Over 100 Backstroke | 0 | 0 | 08:10 AM | e08:10 AM |
| Finals | 14 Boys 13 & Over 100 Backstroke | 0 | 0 | 08:10 AM | e08:10 AM |
| Finals | 15 Girls 13 & Over 200 Breaststroke | 0 | 0 | 08:10 AM | e08:10 AM |
| Finals | 16 Boys 13 & Over 200 Breaststroke | 0 | 0 | 08:10 AM | e08:10 AM |
| | Break: 10 Minutes: pool open warm up/down | | | | |
| Finals | 17 Girls 13 & Over 100 Butterfly | 0 | 0 | 08:20 AM | e08:20 AM |
| Finals | 18 Boys 13 & Over 100 Butterfly | 0 | 0 | 08:20 AM | e08:20 AM |
| Finals | 19 Girls 13 & Over 100 Freestyle | 0 | 0 | 08:20 AM | e08:20 AM |
| Finals | 20 Boys 13 & Over 100 Freestyle | 0 | 0 | 08:20 AM | e08:20 AM |
| | Finish Time | | | 08:20 AM | e08:20 AM |

2025 CAC Spring Age Group Invite - 5/2/2025 to 5/4/2025**Session Report**

Session: 3 Sat PM 12 & U

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | Actual |
|--------|--------------------------------------|---------|-------|-----------|-----------|
| Finals | 21 Girls 12 & Under 50 Backstroke | 0 | 0 | 01:30 PM | e01:30 PM |
| Finals | 22 Boys 12 & Under 50 Backstroke | 0 | 0 | 01:30 PM | e01:30 PM |
| Finals | 23 Girls 12 & Under 200 IM | 0 | 0 | 01:30 PM | e01:30 PM |
| Finals | 24 Boys 12 & Under 200 IM | 0 | 0 | 01:30 PM | e01:30 PM |
| Finals | 25 Girls 12 & Under 100 Breaststroke | 0 | 0 | 01:30 PM | e01:30 PM |
| Finals | 26 Boys 12 & Under 100 Breaststroke | 0 | 0 | 01:30 PM | e01:30 PM |
| Finals | 27 Girls 12 & Under 100 Freestyle | 0 | 0 | 01:30 PM | e01:30 PM |
| Finals | 28 Boys 12 & Under 100 Freestyle | 0 | 0 | 01:30 PM | e01:30 PM |
| | Break: 3 Minutes: | | | | |
| Finals | 29 Girls 12 & Under 50 Butterfly | 0 | 0 | 01:33 PM | e01:33 PM |
| Finals | 30 Boys 12 & Under 50 Butterfly | 0 | 0 | 01:33 PM | e01:33 PM |
| | Finish Time | | | 01:33 PM | e01:33 PM |

Session: 4 Sun AM 13 & O

Day of Meet: 3 Starts at 08:10 AM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | Actual |
|--------|---|---------|-------|-----------|-----------|
| Finals | 31 Girls 13 & Over 200 Freestyle | 0 | 0 | 08:10 AM | e08:10 AM |
| Finals | 32 Boys 13 & Over 200 Freestyle | 0 | 0 | 08:10 AM | e08:10 AM |
| Finals | 33 Girls 13 & Over 200 Backstroke | 0 | 0 | 08:10 AM | e08:10 AM |
| Finals | 34 Boys 13 & Over 200 Backstroke | 0 | 0 | 08:10 AM | e08:10 AM |
| | Break: 10 Minutes: Pool Open for warm up/down | | | | |
| Finals | 35 Girls 13 & Over 100 Breaststroke | 0 | 0 | 08:20 AM | e08:20 AM |
| Finals | 36 Boys 13 & Over 100 Breaststroke | 0 | 0 | 08:20 AM | e08:20 AM |
| Finals | 37 Girls 13 & Over 200 Butterfly | 0 | 0 | 08:20 AM | e08:20 AM |
| Finals | 38 Boys 13 & Over 200 Butterfly | 0 | 0 | 08:20 AM | e08:20 AM |
| | Break: 3 Minutes: | | | | |
| Finals | 39 Girls 13 & Over 50 Freestyle | 0 | 0 | 08:23 AM | e08:23 AM |
| Finals | 40 Boys 13 & Over 50 Freestyle | 0 | 0 | 08:23 AM | e08:23 AM |
| | Break: 10 Minutes: | | | | |
| Finals | 51 Mixed 800 Freestyle | 0 | 0 | 08:33 AM | e08:33 AM |
| | Finish Time | | | 08:33 AM | e08:33 AM |

2025 CAC Spring Age Group Invite - 5/2/2025 to 5/4/2025
Session Report

Session: 5 Sun PM 12 & U

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | Actual |
|--------------|-------------------------------------|----------------|--------------|------------------|---------------|
| Finals | 41 Girls 12 & Under 50 Breaststroke | 0 | 0 | 01:30 PM | e01:30 PM |
| Finals | 42 Boys 12 & Under 50 Breaststroke | 0 | 0 | 01:30 PM | e01:30 PM |
| | Break: 3 Minutes: | | | | |
| Finals | 43 Girls 12 & Under 200 Freestyle | 0 | 0 | 01:33 PM | e01:33 PM |
| Finals | 44 Boys 12 & Under 200 Freestyle | 0 | 0 | 01:33 PM | e01:33 PM |
| Finals | 45 Girls 12 & Under 100 Butterfly | 0 | 0 | 01:33 PM | e01:33 PM |
| Finals | 46 Boys 12 & Under 100 Butterfly | 0 | 0 | 01:33 PM | e01:33 PM |
| Finals | 47 Girls 12 & Under 100 Backstroke | 0 | 0 | 01:33 PM | e01:33 PM |
| Finals | 48 Boys 12 & Under 100 Backstroke | 0 | 0 | 01:33 PM | e01:33 PM |
| Finals | 49 Girls 12 & Under 50 Freestyle | 0 | 0 | 01:33 PM | e01:33 PM |
| Finals | 50 Boys 12 & Under 50 Freestyle | 0 | 0 | 01:33 PM | e01:33 PM |
| | Finish Time | | | 01:33 PM | e01:33 PM |