

CDOG May Distance Meet

Friday, May 9th, 2025

Cheshire Community Pool, 520 South Main Street, Cheshire, CT 06410
Mapping Software: <http://goo.gl/maps/3uiXX>

Held under sanction of USA Swimming and Connecticut Swimming, Inc.#L25-5. 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:	Sean Farrell	sfarrell@sccymca.org	203-217-0038
Meet Referee:	Luis Tejada	letejada@msn.com	
Lead Admin Official:	Jon Hale		
Entry Chair:	Sean Farrell	sfarrell@sccymca.org	203-217-0038
Safety Chair:	Kyle Shadeck	kshadeck@sccymca.org	203-903-3452
Officials Contact:	Luis Tejada	letejada@msn.org	
Disability Contact:	Kyle Shadeck	kshadeck@sccymca.org	203-903-3452

MEET HOST: CDOG

WEBSITE: www.seadogswim.org

POOL EMERGENCY NUMBER: 203-771-3208

COURSE: LC

SESSION TIMES: Subject to Change:

Session 1: Friday PM— 12/Under & 13/Over – Warm-Up @ 5:00pm; Start @ 5:50pm

ENTRY OPEN DATE: Entries will be accepted no earlier 7:00pm, Tuesday, April 11th, 2025.

CONNECTICUT –ONLY DEADLINE: There are no CT only deadlines for April & May Meets.

DEADLINES: Deadline is Thursday, **05/01/25**. Email pdf of hardcopy and CL2 or SD3 file to the entry chairperson: Sean Farrell at: sfarrell@sccymca.org. Payment or a copy of a check request must be received on 05/05/25 as well. All entries must be legible and must use full names and registration numbers from USA Swimming registration. The time date stamp on the email containing the electronic entry file will determine that order in which entries are received. Teams are financially responsible for their initial entry, unless they are asked to reduce the size of the entry due to oversubscription.

PAYMENT INSTRUCTIONS: Please mail checks payable to STPA.

Mail to:

Sean Farrell
967 S. Main St,
Cheshire, CT 06410

Payment must be made by 05/05/25.

ENTRY FEES: Electronic entries: \$15.00 for individual events. Manual Entries: \$25.00. Per swimmer facility fee: \$5.00. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. Deck Entries will only be accepted from athletes already in the meet at double the electronic entry price.

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. The 400IM and 800 Free will be swum fast to slow, the 200's odd stroke will be swum slow to fast.

FACILITY: The Cheshire Community Pool is an 8-lane, 50-Meter pool. Water depth at start end is: 12-6 Feet. Water depth at turn end is: 4 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 an 8 Line Electronic Daktronic Scoreboard with Touchpads at both ends. The meet will be Livestreamed.

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

SAFE SPORT POLICIES: A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

MEDICAL SUPERVISION: Lifeguards will be on duty for the duration of the meet, AED device is on the pool deck.

WIFI ACCESS: WiFi will be available to spectators and swimmers under the bubble and connectivity strength is fair.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 8-lanes will be used for warm-ups.

EVENT INFORMATION: The locker rooms are open, but swimmers should arrive prepared to warm up. Swimmers will enter and exit the Cheshire Community Pool facility through the main building doors.

ENTRY LIMITATIONS: : Swimmers are limited to 3 Events for the meet for 12/Under and 2 Events for the Meet for 13/Over.

SCRATCH PROCEDURES: Teams will receive scratch sheets at the start of each session. Scratches are due at the computer table no later than 30 minutes after the start of warm up.

FACILITY PROTOCOLS: The locker rooms are open, but swimmers should arrive prepared to warm up. Swimmers will enter and exit thru the Cheshire Community Pool facility through the main building doors. Any swimmer, coach, official, volunteer or spectator that is experiencing

COVID-19 symptoms may not enter. Heat sheets will be sold after scratches are received. Coaches and officials will be given a hard copy of the heat sheets.

DISABLED ACCESS: Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email: earle@regionalmca.org in advance to make arrangements.

ELIGIBILITY: 1. 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.

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. 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/CustomerContent/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf> and https://www.ctswim.org/CustomerContent/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 sfarrell@sccymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Payment must be sent to Sean Farrell, 967 S. Main St., Cheshire, CT 06410. Payment is due by the start of the Meet. The time date stamp on the email containing the electronic entry file will determine that order in which entries are received. Teams are financially responsible for their initial entry, unless they are asked to reduce the size of the entry due to oversubscription.

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. 7 & Under swimmers will be cut first.
1. The maximum number of events allowed per day may be reduced by one (1).
2. 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.

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 Wednesday 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 will not be scored.

AWARDS: No

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: All Swimmers and Essential Meet Staff will be required to park in the Cheshire Community Pool Parking Lot which is located immediately adjacent to the facility. DO NOT park in the Traffic Circle, behind the Pavilion, or in the Athletic Fields Lot.

DIRECTIONS: The Cheshire Community Pool is located at 520 South Main Street, Cheshire, CT, 06410.

2025 CDOG LC Distance Meet - 5/9/2025
Session Report

Session: 1 Session 1 2024 CDOG May Distance Meet

Day of Meet: 1 Starts at 05:50 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 11 & Over 400 IM	0	0	05:50 PM	_____
Finals	2 Mixed 12 & Under 200 Backstroke	0	0	05:50 PM	_____
Finals	3 Mixed 12 & Under 200 Butterfly	0	0	05:50 PM	_____
Finals	4 Mixed 12 & Under 200 Breaststroke	0	0	05:50 PM	_____
Finals	5 Mixed 11 & Over 800 Freestyle	0	0	05:50 PM	_____
	Finish Time			05:50 PM	_____