

Chelsea Piers Aquatic Club
May Age Group Qualifier (LCM)
May 16-18, 2025

Chelsea Piers CT 1 Blachley Road, Stamford, CT 06902
<https://maps.app.goo.gl/vzfGsKngYmxRnAmW9>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L25-13. 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:	Jamie Barone	jbarone@chelseapiers.com	
Meet Referee:	Suzannah Rogers	cpacentries@gmail.com	
Lead Admin Official:	Tim Goertel		
Entry Chair:	Aaron Montgomery	cpacentries@gmail.com	
Safety Chair:	Jim Goodwin	jgoodwin@chelseapiers.com	
Officials Contact:	Suzannah Rogers	rogerssuzannah@gmail.com	
Disability Contact	Jim Goodwin	jgoodwin@chelseapiers.com	

MEET HOST: CPAC

WEBSITE: <https://www.gomotionapp.com/team/ctcp/page/home>

POOL EMERGENCY NUMBER: 203-989-1300

COURSE: LCM

SESSION TIMES: Subject to Change

Session 1 - Friday 3:00pm Warmup 4:30pm Start
Session 2 - Saturday 7:30am Warmup 9:00am Start
Session 3 - Saturday 1:15pm Warmup 2:00pm Start
Session 4 - Sunday 7:30am Warmup 9:00am Start
Session 5 - Sunday 1:15pm Warmup 2:00pm Start

ENTRY OPENING DATE: Entries will be accepted no earlier than **April 11th at 7p.**

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

DEADLINES: Deadline is [May 11, 2025](#)

PAYMENT INSTRUCTIONS: Please make checks payable to Chelsea Piers Aquatic Club

Mail to:

Chelsea Piers CT

c/o Jamie Barone

1 Blachley Road Stamford, CT 06902

Payment must be received by Friday, May 16, 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: ENTRY FEES: Electronic entries: \$15 for individual events and \$20 for distance events. Per Swimmer Facility Fee: \$0.00. Manual entries: \$20 for individual events and \$25 for distance events.

No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. Your financially viable entry will be due 24 hours after the host team's emails notifying you that the meet is full. A second email will be sent to remind you of the pending deadline.

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 1. Timed-Final with distance events being held fastest to slowest alternating girls then boys. At the discretion of the Meet Director, the 12&U 400FR may be limited to the top 2 heats depending but not withheld to the number of entries, the length of the session, and the estimated end time of Sunday afternoon.

FACILITY: Chelsea Piers CT is a 10 lane, 50M pool. Water depth at start end is: 8'. Water depth at turn end is: 4.5'. The competition course has not been certified in accordance with 104.2.2C(4). **TIMING SYSTEM:** We will use an electronic timing system (Daktronics) and one timer per lane..

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

WIFI ACCESS: Public Wi-Fi is available for all. Signal strength is good

MEDICAL SUPERVISION: Lifeguards will be on duty. AED is available on site.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. There will be ten lanes available for an open warmup. If the meet closes, a scheduled warmup will be distributed to participating teams.

Session 1 - Friday 3:00pm Warmup 4:30pm Start
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Session 3 - Saturday 1:15pm Warmup 2:00pm Start
Session 4 - Sunday 7:30am Warmup 9:00am Start
Session 5 - Sunday 1:15pm Warmup 2:00pm Start

EVENT INFORMATION: All entries should be e-mailed to cpacentries@gmail.com. Entries will be taken in the order in which they are received. In the event of oversubscription, all teams will be notified. No deck entries will be accepted.

ENTRY LIMITATIONS: Athletes are limited to entering max. 3 individual events on Friday, Saturday, and Sunday; with max. 7 total individual events for the meet. No over-entries accepted.

SCRATCH PROCEDURES: All scratches should be turned in 45 minutes prior to the start of the session.

SAFE SPORT POLICIES: Spectators will be limited to 150 see below for details. Spectators will be allowed to sit in the spectator viewing area ONLY.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition.

- 1. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.**
- 2. Spectators will be allowed, but seating is limited to 150.**
- 3. To control the number of spectators in the stands, wristbands may be used.**
 - i. If used, wristbands will be given to each Team in proportion to Team size**

DISABLED ACCESS: [Handicapped parking accessible with elevators on-site. Please contact Jim Goodwin for more information about disabled access. For more information, please contact the person listed on page 1.](#)

ELIGIBILITY: All USA Swimming clubs and individuals

For Sanctioned Meets: 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/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. No Times \(NT entries\) will not be accepted. If there are no official times for an athlete, you must submit estimated times in your entry.](#)

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 cpacentries@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. If payment for the entry is not received by May, 16, 2025, receipt may be delayed until the date such payment is received, jeopardizing place in order of receipt.

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 8 and Under will be cut from the meet.](#)
2. The distance events (400 meters or yards or greater) may be heat limited to the first 2 heats of entries per gender in the order they were received.
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: [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 fee for Time Trial entries are [\\$20.00](#) for individual events and [\\$40.00](#) 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 [will not](#) be scored.

AWARDS: [No](#).

CONCESSIONS: [Yes](#)

HOSPITALITY FOR COACHES AND OFFICIALS: [Yes](#)

MISCELLANEOUS:

PARKING: The Chelsea piers CT complex is located at 1 Blachley Road, Stamford. Northbound I 95: Take exit 9. Make a left at the end of the ramp. Make a left on to Rt.1. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings. Southbound I 95: Take exit 9. Make a right at the end of the ramp.

DIRECTIONS: [The Chelsea piers CT complex is located at 1 Blachley Road, Stamford. Northbound I 95: Take exit 9. Make a left at the end of the ramp. Make a left on to Rt.1. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings. Southbound I 95: Take exit 9. Make a right at the end of the ramp. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings.](#)

LODGING: [The Sheraton Stamford Hotel is 1 mile from Chelsea Piers CT, take exit 8 from I-95. Address: 700 East Main St, Stamford, CT 06901 Phone: \(203\) 358-8400 • Fax: \(203\) 358-8872 Please mention Chelsea Piers if making a reservation.](#)

CT 2025 May AGQ CPAC - 5/16/2025 to 5/18/2025**Session Report**

Session: 1 Friday PM 13&O

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 50 Freestyle	0	0	04:00 PM	_____
Finals	2 Boys 50 Freestyle	0	0	04:00 PM	_____
Finals	3 Girls 100 Breaststroke	0	0	04:00 PM	_____
Finals	4 Boys 100 Breaststroke	0	0	04:00 PM	_____
Finals	5 Girls 100 Butterfly	0	0	04:00 PM	_____
Finals	6 Boys 100 Butterfly	0	0	04:00 PM	_____
Finals	7 Girls 400 IM	0	0	04:00 PM	_____
Finals	8 Boys 400 IM	0	0	04:00 PM	_____
	Finish Time			04:00 PM	_____

Session: 2 Saturday AM 13&O

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Girls 200 Butterfly	0	0	09:00 AM	_____
Finals	10 Boys 200 Butterfly	0	0	09:00 AM	_____
Finals	11 Girls 100 Freestyle	0	0	09:00 AM	_____
Finals	12 Boys 100 Freestyle	0	0	09:00 AM	_____
Finals	13 Girls 200 Breaststroke	0	0	09:00 AM	_____
Finals	14 Boys 200 Breaststroke	0	0	09:00 AM	_____
Finals	15 Girls 100 Backstroke	0	0	09:00 AM	_____
Finals	16 Boys 100 Backstroke	0	0	09:00 AM	_____
Finals	17 Girls 400 Freestyle	0	0	09:00 AM	_____
Finals	18 Boys 400 Freestyle	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

Session: 3 Saturday PM 12&U

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 12 & Under 200 IM	0	0	02:00 PM	_____
Finals	20 Boys 12 & Under 200 IM	0	0	02:00 PM	_____
Finals	21 Girls 12 & Under 50 Butterfly	0	0	02:00 PM	_____
Finals	22 Boys 12 & Under 50 Butterfly	0	0	02:00 PM	_____
Finals	23 Girls 12 & Under 100 Backstroke	0	0	02:00 PM	_____
Finals	24 Boys 12 & Under 100 Backstroke	0	0	02:00 PM	_____
Finals	25 Girls 12 & Under 50 Breaststroke	0	0	02:00 PM	_____
Finals	26 Boys 12 & Under 50 Breaststroke	0	0	02:00 PM	_____
Finals	27 Girls 12 & Under 200 Freestyle	0	0	02:00 PM	_____
Finals	28 Boys 12 & Under 200 Freestyle	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____

CT 2025 May AGQ CPAC - 5/16/2025 to 5/18/2025

Session Report

Session: 4 Sunday AM 13&O

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 200 Freestyle	0	0	09:00 AM	_____
Finals	30 Boys 200 Freestyle	0	0	09:00 AM	_____
Finals	31 Girls 200 Backstroke	0	0	09:00 AM	_____
Finals	32 Boys 200 Backstroke	0	0	09:00 AM	_____
Finals	33 Girls 200 IM	0	0	09:00 AM	_____
Finals	34 Boys 200 IM	0	0	09:00 AM	_____
Finals	35 Girls 800 Freestyle	0	0	09:00 AM	_____
Finals	36 Boys 1500 Freestyle	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

Session: 5 Sunday PM 12&U

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	37 Girls 12 & Under 50 Freestyle	0	0	02:00 PM	_____
Finals	38 Boys 12 & Under 50 Freestyle	0	0	02:00 PM	_____
Finals	39 Girls 12 & Under 100 Butterfly	0	0	02:00 PM	_____
Finals	40 Boys 12 & Under 100 Butterfly	0	0	02:00 PM	_____
Finals	41 Girls 12 & Under 50 Backstroke	0	0	02:00 PM	_____
Finals	42 Boys 12 & Under 50 Backstroke	0	0	02:00 PM	_____
Finals	43 Girls 12 & Under 100 Breaststroke	0	0	02:00 PM	_____
Finals	44 Boys 12 & Under 100 Breaststroke	0	0	02:00 PM	_____
Finals	45 Girls 12 & Under 400 Freestyle	0	0	02:00 PM	_____
Finals	46 Boys 12 & Under 400 Freestyle	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____