

ARAC Mid-Week 10/under Meet

Wednesday April 29, 2026

High Plains Community Center – Orange Town Pool
525 Orange Center Road, Orange, Connecticut 06477

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L26-2. 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.

	ARAC
Meet Director	Brendan Heller ARACSwimCoach@Gmail.com 203-510-6025
Entry Chair	Brendan Heller ARACSwimCoach@Gmail.com 203-510-6025
Referee	Jeremy Virgil Jeremy.Virgil@gmail.com 860-303-9631
Safety Chair	Ally Sega Ally98003@aol.com 860-212-8765
Official's Contact	Kelly Bodie Kellyabodie@yahoo.com 203-278-4298
FACILITY INFORMATION	
Location	High Plains Community Center – Orange Town Pool 525 Orange Center Road, Orange, Connecticut 06477
Facilities	The Orange Town Pool is an 8-lane, 25 yard pool. Water depth at start end is: 4 feet 11 inches in lane 8, and 11 feet in lane 1. Water depth at the turn end is 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). The facility uses Colorado Timing and has a new LED videoboard installed in August 2023. Spectator seating exists in a balcony above the pool area on the lane 1 side of the pool, capacity is about 150 people. Changing into or out of swimsuits other than in assigned locker rooms or other designated areas is prohibited.
Course	25 Yards
Emergency Phone	203-891-4761
Website	Amity Regional Aquatic Club Home (gomotionapp.com)
Wifi Access	Not Available
Medical Supervision	Town Lifeguard Staff On Duty for the duration of the swim meet
Safe Sport	Spectators are only authorized to use the upstairs restroom and not the locker rooms for the swimmers on the pool deck.
Handicapped/Disabled Access	For more information, please contact person listed on page 1.
Parking	Please use the parking lot adjacent to the Orange Fairgrounds and enter the pool lobby.
ENTRY INFORMATION	
Entry Open Date	Entries will be accepted no <u>earlier</u> than April 10th at 7:00 pm.
CT ONLY Deadline	N/A

Entry Deadline	Deadline is Wednesday April 22, 2026.
Entry Fees	Individual: \$10 per entry Relay: \$12 per relay entry (Mixed Gender; any combination)
Swimmer Surcharge	N/A
Send Payment to	Amity Regional Aquatic Club PO Box 721 Orange, CT 06477 Payment must be received by the start of the meet.
Makes checks payable to	Amity Regional Aquatic Club
MEET INFORMATION	
Meet Format	The meet will be swum as Timed Finals.
Entry Limitations	Max 4 individual Entries & 1 Relay
Meet Duration	Full meet with time limits as defined by CT/USA Swimming.
Sanction Type	Sanctioned
Rules	Current USA Swimming rules will govern all competition.
Relays	Yes
Time Trials	No
SCHEDULE	
Wednesday 4/29	Warm up: 5:30 pm One Way Sprints: 6-6:10 pm Meet Start: 6:15 pm
CT Swimming Warm-Up Procedures will be in effect.	
MISCELLANEOUS	
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 <u>prior</u> to competition. Adapted athletes may direct questions to the Connecticut Swimming office .
Outreach	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.
Adult Athletes	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 .
Hospitality	Yes (limited)
Concession	Yes (limited)
Awards	There will be no awards for this meet; however, there will be heat winning ducks awarded to the winner of each heat.
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 .
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.
Deck Access	Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.
Meet Changes	Once the meet has begun, the Meet Referee may make adjustments to the conduct of competition in accordance with USA Swimming Rule 102.11. Any pre-meet changes to the provisions of this meet announcement may only be made with approval of CT Swim Program Operations, unless specifically authorized by CT Swim policy.

SCRATCH PROCEDURES: Scratches are due to the computer table 30 minutes prior to the start of the meet.

ELIGIBILITY: All USA Swimming clubs and individuals

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. **This meet is for swimmers age 10 and younger ONLY.** 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.

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 ARACswimcoach@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. **Please submit payment at 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.

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. All relays, if planned, will be eliminated.
2. The maximum number of events allowed per day may be reduced by one (1).
3. 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).

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.

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.

ARAC Wednesday Night 10/u Meet - April - 4/29/2026**Session Report**

Session: 1 10/under Meet

Day of Meet: 1 Starts at 06:15 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 8 & Under 25 Freestyle	0	0	06:15 PM	_____
Finals	2 Boys 8 & Under 25 Freestyle	0	0	06:15 PM	_____
Finals	3 Girls 10 & Under 50 Freestyle	0	0	06:15 PM	_____
Finals	4 Boys 10 & Under 50 Freestyle	0	0	06:15 PM	_____
Finals	5 Girls 8 & Under 25 Backstroke	0	0	06:15 PM	_____
Finals	6 Boys 8 & Under 25 Backstroke	0	0	06:15 PM	_____
Finals	7 Girls 10 & Under 50 Backstroke	0	0	06:15 PM	_____
Finals	8 Boys 10 & Under 50 Backstroke	0	0	06:15 PM	_____
Finals	9 Girls 8 & Under 25 Breaststroke	0	0	06:15 PM	_____
Finals	10 Boys 8 & Under 25 Breaststroke	0	0	06:15 PM	_____
Finals	11 Girls 10 & Under 50 Breaststroke	0	0	06:15 PM	_____
Finals	12 Boys 10 & Under 50 Breaststroke	0	0	06:15 PM	_____
Finals	13 Girls 8 & Under 25 Butterfly	0	0	06:15 PM	_____
Finals	14 Boys 8 & Under 25 Butterfly	0	0	06:15 PM	_____
Finals	15 Girls 10 & Under 50 Butterfly	0	0	06:15 PM	_____
Finals	16 Boys 10 & Under 50 Butterfly	0	0	06:15 PM	_____
Finals	17 Mixed 10 & Under 200 Freestyle Relay	0	0	06:15 PM	_____
	Finish Time			06:15 PM	_____