

# 2026 Nutmeg State Games

August 2, 2026

Middletown Recreation Center Pool,  
140 Wilderman's Way Middletown, CT, 06457

Held as an approved meet under USA Swimming and Connecticut Swimming, Inc. guidelines.. In granting this approval 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.

|                                    |                                                                                                                                                                                                                                                                                                                                                                               |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                    | CAT                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Meet Director</b>               | Taylor Garboski<br>garboskit@mpsct.org                                                                                                                                                                                                                                                                                                                                        |
| <b>Entry Chair</b>                 | Taylor Garboski<br>garboskit@mpsct.org                                                                                                                                                                                                                                                                                                                                        |
| <b>Referee</b>                     | Bill Hawkins<br>willishawkins@comcast.net                                                                                                                                                                                                                                                                                                                                     |
| <b>Safety Chair</b>                | Rob Duguay<br><a href="mailto:Roberteduguay3@gmail.com">Roberteduguay3@gmail.com</a>                                                                                                                                                                                                                                                                                          |
| <b>Official's Contact</b>          | Bill Hawkins<br><a href="mailto:willishawkins@comcast.net">willishawkins@comcast.net</a>                                                                                                                                                                                                                                                                                      |
| <b>FACILITY INFORMATION</b>        |                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Location</b>                    | Middletown Recreation Center,<br>140 Wilderman's Way<br>Middletown, CT 06457                                                                                                                                                                                                                                                                                                  |
| <b>Facilities</b>                  | 6 lane 25 yd. competition pool . Colorado Timing. The competition course has been certified in accordance with 104.2.2C(4). Water depth at start end is 12ft and water depth at the turn end is 3.5 ft. * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.                                                               |
| <b>Course</b>                      | SCY                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Emergency Phone</b>             | 860-638-4500                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Website</b>                     | <a href="https://event.csmg.org/nsg-swim">https://event.csmg.org/nsg-swim</a>                                                                                                                                                                                                                                                                                                 |
| <b>Wifi Access</b>                 | Public WIFI connection with decent strength is provided by the City of Middletown via the Middletown Guest network                                                                                                                                                                                                                                                            |
| <b>Medical Supervision</b>         | At least two American Red Cross Certified lifeguards will be on duty at all times. There are two AEDs available in the hall way just outside the pool. The guard room is also stocked with a first aid kit and cabinet.                                                                                                                                                       |
| <b>Safe Sport</b>                  | There is ample spectator seating on the lane 6 side of the pool. Likewise, there will be public bathrooms designated for spectator and adult athlete usage. Only athletes, certified coaches and officials, and meet personnel will be allowed on the pool deck.                                                                                                              |
| <b>Handicapped/Disabled Access</b> | The Middletown Recreation Center has handicapped parking spaces. The locker rooms and pool deck are at ground level and are spacious enough to allow wheelchair access. For any questions regarding accessibility please reach out to Rob Duguay at <a href="mailto:bobbydoogs@gmail.com">bobbydoogs@gmail.com</a>                                                            |
| <b>Parking</b>                     | Please park in the MARKED Spaces either in the lots next to the Middletown Recreation Center or Beman Middle School. Cars parked in the fire lane in front of Beman Middle School WILL BE TOWED. To utilize handicapped parking please display your credential/ placard. Any cars parked in handicapped parking spots without credentials are subject to fines and/or towing. |
| <b>ENTRY INFORMATION</b>           |                                                                                                                                                                                                                                                                                                                                                                               |

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| <b>Entry Open Date</b>                                           | 7/2/2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>CT ONLY Deadline</b>                                          | There are no CT ONLY deadlines for any meet at any time this LC season                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Entry Deadline</b>                                            | <p>Deadline is July 26. Entries are processed online via <a href="https://event.csmg.org/nsg-swim">https://event.csmg.org/nsg-swim</a> for individual or unattached swimmers. Bulk team entries can be emailed to Entry Chair, Taylor Garboski at garboskit@mpsct.org</p> <p>If paying by check, check should be made payable to Connecticut Sports Management Group (CTSMG)</p> <p>All entries must be legible and must use full names and registration numbers from USA Swimming registration. An entry will be considered received using the time stamp on the email with entry file.</p>                                                                                                                                   |
| <b>Entry Fees</b>                                                | <p>Fees: \$35 for 2 events, \$5 each additional event, Max 5 events</p> <p><i>Swimmers do not have to be registered with USA Swimming, but those who are will have their times loaded into the CT and USA Swimming Times databases.</i> ** No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.</p>                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Swimmer Surcharge</b>                                         | 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. There is no surcharge to this meet.                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Send Payment to</b>                                           | Checks for team entries can be turned in at the timing table on August 2, 2026.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Makes checks payable to</b>                                   | <b>Connecticut Sports Management Group (CTSMG)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>MEET INFORMATION</b>                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Meet Format</b>                                               | The meet will be swum as Timed-Finals. All <b>events</b> will be swum fast-to-slow, alternating heats of women and men.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Entry Limitations</b>                                         | <b>All Swimmers are limited to Five (5) Events,</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Meet Duration</b>                                             | Full meet with time limits as defined by CT/USA Swimming.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Sanction Type</b>                                             | Approved/ Off Calendar                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Rules</b>                                                     | Current USA Swimming rules will govern all competition.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Relays</b>                                                    | No Relays will be offered at this meet.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Time Trials</b>                                               | <p>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. <b>Time Trials WILL NOT BE OFFERED at this meet.</b></p> <p>The deadline for Time Trial entries is NA for morning sessions and NA for afternoon sessions. The fee for Time Trial entries are \$0.00 for individual events and \$0.00 for relays.</p> |
| <b>SCHEDULE</b>                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Sunday</b>                                                    | <p>Warm up: 8:30am</p> <p>Start: 10:00am</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>CT Swimming Warm-Up Procedures will be in effect.</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>MISCELLANEOUS</b>                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Adapted Swimming</b>                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Adaptive Athletes</b>                                         | <p>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 <a href="#">Connecticut Swimming office</a>.</p>                                                                                                                                                                                                                                                                                                                                |
| <b>Adult Athletes<br/>Outreach Athlete<br/>Fee Reimbursement</b> | <p>This meet is restricted to athletes age 18 AND UNDER</p> <p>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</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

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|                                                  | 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 <a href="#">Outreach Athlete</a> page on ctswim.org.                                                                                         |
| <b><i>Unattached athletes and SAFE Sport</i></b> | All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the <a href="#">Minor Athlete Abuse Prevention Policy</a> .                                                                                                                   |
| <b><i>Hospitality</i></b>                        | Yes. Hospitality will be offered to officials and coaches.                                                                                                                                                                                                                                                                 |
| <b><i>Concession</i></b>                         | No                                                                                                                                                                                                                                                                                                                         |
| <b><i>Awards</i></b>                             | Yes<br>Medals will be given for the top 3 finishing positions for each gender in each event.                                                                                                                                                                                                                               |
| <b><i>Work Assignments</i></b>                   | 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.                                                                                                                  |
| <b><i>Registration Reporting</i></b>             | USA Swimming Membership is NOT required for this meet. However swimmers with USA Swimming memberships will need to make sure their entry information and USA Swimming numbers match their membership card for their times to be uploaded to their SWIMS profile.                                                           |
| <b><i>Deck Access</i></b>                        | Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck                                                                                                                                                                                               |
| <b><i>Meet Changes</i></b>                       | 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:** All scratches are due no later than 9:30am. Individual/ unattached entries can check in with the timing table. Failure to comply with this procedure will result in swimmers being entered with NT's. If a swimmer misses their event, they will be scored as "NS" for that event but will still be allowed to compete in the rest of the meet.

**ELIGIBILITY:** All USA, YMCA, and Park and Rec Swimming clubs and individuals age 18 and under.

**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 garboskit@mpsct.org

Please check that your team name, address, and contact information are listed correctly in this file. An entry will be considered received using the time stamp on the email with entry file.

**ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION:** Athletes entering this meet independent of a USA, YMCA, or Rec League Swimming club or coach shall: be under the supervision of a USA Swimming, YMCA, or Rec League coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a coach prior to the meet. Please contact the Meet Director for assistance. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

#### **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, or another organization, have been background checked, have signed off on MAAPP or other child abuse prevention policies 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, or another organization (Park and Rec Department, YMCA, JCC, etc.) and have been background checked, have signed off on MAAPP or other child abuse prevention training and/or 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 or Connecticut Sports Management Group.

**2026 Nutmeg State Games - 8/2/2026****2024 Nutmeg State Games****Session Report**

Session: 1 Nutmeg Games

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round  | Event                             | Entries | Heats | Starts at |       |
|--------|-----------------------------------|---------|-------|-----------|-------|
| Finals | 1 Girls 13-14 200 Freestyle       | 0       | 0     | 10:00 AM  | _____ |
| Finals | 2 Boys 13-14 200 Freestyle        | 0       | 0     | 10:00 AM  | _____ |
| Finals | 3 Girls 15 & Over 200 Freestyle   | 0       | 0     | 10:00 AM  | _____ |
| Finals | 4 Boys 15 & Over 200 Freestyle    | 0       | 0     | 10:00 AM  | _____ |
| Finals | 5 Girls 8 & Under 50 Backstroke   | 0       | 0     | 10:00 AM  | _____ |
| Finals | 6 Boys 8 & Under 50 Backstroke    | 0       | 0     | 10:00 AM  | _____ |
| Finals | 7 Girls 9-10 50 Backstroke        | 0       | 0     | 10:00 AM  | _____ |
| Finals | 8 Boys 9-10 50 Backstroke         | 0       | 0     | 10:00 AM  | _____ |
| Finals | 9 Girls 11-12 50 Backstroke       | 0       | 0     | 10:00 AM  | _____ |
| Finals | 10 Boys 11-12 50 Backstroke       | 0       | 0     | 10:00 AM  | _____ |
| Finals | 11 Girls 13-14 100 Backstroke     | 0       | 0     | 10:00 AM  | _____ |
| Finals | 12 Boys 13-14 100 Backstroke      | 0       | 0     | 10:00 AM  | _____ |
| Finals | 13 Girls 15 & Over 100 Backstroke | 0       | 0     | 10:00 AM  | _____ |
| Finals | 14 Boys 15 & Over 100 Backstroke  | 0       | 0     | 10:00 AM  | _____ |
| Finals | 15 Girls 8 & Under 50 Butterfly   | 0       | 0     | 10:00 AM  | _____ |
| Finals | 16 Boys 8 & Under 50 Butterfly    | 0       | 0     | 10:00 AM  | _____ |
| Finals | 17 Girls 9-10 50 Butterfly        | 0       | 0     | 10:00 AM  | _____ |
| Finals | 18 Boys 9-10 50 Butterfly         | 0       | 0     | 10:00 AM  | _____ |
| Finals | 19 Girls 11-12 50 Butterfly       | 0       | 0     | 10:00 AM  | _____ |
| Finals | 20 Boys 11-12 50 Butterfly        | 0       | 0     | 10:00 AM  | _____ |
| Finals | 21 Girls 13-14 100 Butterfly      | 0       | 0     | 10:00 AM  | _____ |
| Finals | 22 Boys 13-14 100 Butterfly       | 0       | 0     | 10:00 AM  | _____ |
| Finals | 23 Girls 15 & Over 100 Butterfly  | 0       | 0     | 10:00 AM  | _____ |
| Finals | 24 Boys 15 & Over 100 Butterfly   | 0       | 0     | 10:00 AM  | _____ |
| Finals | 25 Girls 8 & Under 100 IM         | 0       | 0     | 10:00 AM  | _____ |
| Finals | 26 Boys 8 & Under 100 IM          | 0       | 0     | 10:00 AM  | _____ |
| Finals | 27 Girls 9-10 100 IM              | 0       | 0     | 10:00 AM  | _____ |
| Finals | 28 Boys 9-10 100 IM               | 0       | 0     | 10:00 AM  | _____ |
| Finals | 29 Girls 11-12 100 IM             | 0       | 0     | 10:00 AM  | _____ |
| Finals | 30 Boys 11-12 100 IM              | 0       | 0     | 10:00 AM  | _____ |
| Finals | 31 Girls 13-14 200 IM             | 0       | 0     | 10:00 AM  | _____ |
| Finals | 32 Boys 13-14 200 IM              | 0       | 0     | 10:00 AM  | _____ |
| Finals | 33 Girls 15 & Over 200 IM         | 0       | 0     | 10:00 AM  | _____ |
| Finals | 34 Boys 15 & Over 200 IM          | 0       | 0     | 10:00 AM  | _____ |
| Finals | 35 Girls 8 & Under 50 Freestyle   | 0       | 0     | 10:00 AM  | _____ |
| Finals | 36 Boys 8 & Under 50 Freestyle    | 0       | 0     | 10:00 AM  | _____ |
| Finals | 37 Girls 9-10 50 Freestyle        | 0       | 0     | 10:00 AM  | _____ |
| Finals | 38 Boys 9-10 50 Freestyle         | 0       | 0     | 10:00 AM  | _____ |
| Finals | 39 Girls 11-12 50 Freestyle       | 0       | 0     | 10:00 AM  | _____ |
| Finals | 40 Boys 11-12 50 Freestyle        | 0       | 0     | 10:00 AM  | _____ |
| Finals | 41 Girls 13-14 50 Freestyle       | 0       | 0     | 10:00 AM  | _____ |
| Finals | 42 Boys 13-14 50 Freestyle        | 0       | 0     | 10:00 AM  | _____ |
| Finals | 43 Girls 15 & Over 50 Freestyle   | 0       | 0     | 10:00 AM  | _____ |

**2026 Nutmeg State Games - 8/2/2026****2024 Nutmeg State Games****Session Report**

Session: 1 Nutmeg Games

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round  | Event                               | Entries | Heats | Starts at |       |
|--------|-------------------------------------|---------|-------|-----------|-------|
| Finals | 44 Boys 15 & Over 50 Freestyle      | 0       | 0     | 10:00 AM  | _____ |
| Finals | 45 Girls 13-14 500 Freestyle        | 0       | 0     | 10:00 AM  | _____ |
| Finals | 46 Boys 13-14 500 Freestyle         | 0       | 0     | 10:00 AM  | _____ |
| Finals | 47 Girls 15 & Over 500 Freestyle    | 0       | 0     | 10:00 AM  | _____ |
| Finals | 48 Boys 15 & Over 500 Freestyle     | 0       | 0     | 10:00 AM  | _____ |
| Finals | 49 Girls 8 & Under 50 Breaststroke  | 0       | 0     | 10:00 AM  | _____ |
| Finals | 50 Boys 8 & Under 50 Breaststroke   | 0       | 0     | 10:00 AM  | _____ |
| Finals | 51 Girls 9-10 50 Breaststroke       | 0       | 0     | 10:00 AM  | _____ |
| Finals | 52 Boys 9-10 50 Breaststroke        | 0       | 0     | 10:00 AM  | _____ |
| Finals | 53 Girls 11-12 50 Breaststroke      | 0       | 0     | 10:00 AM  | _____ |
| Finals | 54 Boys 11-12 50 Breaststroke       | 0       | 0     | 10:00 AM  | _____ |
| Finals | 55 Girls 13-14 100 Breaststroke     | 0       | 0     | 10:00 AM  | _____ |
| Finals | 56 Boys 13-14 100 Breaststroke      | 0       | 0     | 10:00 AM  | _____ |
| Finals | 57 Girls 15 & Over 100 Breaststroke | 0       | 0     | 10:00 AM  | _____ |
| Finals | 58 Boys 15 & Over 100 Breaststroke  | 0       | 0     | 10:00 AM  | _____ |
| Finals | 59 Girls 8 & Under 100 Freestyle    | 0       | 0     | 10:00 AM  | _____ |
| Finals | 60 Boys 8 & Under 100 Freestyle     | 0       | 0     | 10:00 AM  | _____ |
| Finals | 61 Girls 9-10 100 Freestyle         | 0       | 0     | 10:00 AM  | _____ |
| Finals | 62 Boys 9-10 100 Freestyle          | 0       | 0     | 10:00 AM  | _____ |
| Finals | 63 Girls 11-12 100 Freestyle        | 0       | 0     | 10:00 AM  | _____ |
| Finals | 64 Boys 11-12 100 Freestyle         | 0       | 0     | 10:00 AM  | _____ |
| Finals | 65 Girls 13-14 100 Freestyle        | 0       | 0     | 10:00 AM  | _____ |
| Finals | 66 Boys 13-14 100 Freestyle         | 0       | 0     | 10:00 AM  | _____ |
| Finals | 67 Girls 15 & Over 100 Freestyle    | 0       | 0     | 10:00 AM  | _____ |
| Finals | 68 Boys 15 & Over 100 Freestyle     | 0       | 0     | 10:00 AM  | _____ |
|        | Finish Time                         |         |       | 10:00 AM  | _____ |

# 2026 Nutmeg State Games

August 2, 2026

Middletown Recreation Center Pool,  
140 Wilderman's Way Middletown, CT, 06457

Held as an approved meet under USA Swimming and Connecticut Swimming, Inc. guidelines.. In granting this approval 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.

|                                    |                                                                                                                                                                                                                                                                                                                                                                               |
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|                                    | CAT                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Meet Director</b>               | Taylor Garboski<br>garboskit@mpsct.org                                                                                                                                                                                                                                                                                                                                        |
| <b>Entry Chair</b>                 | Taylor Garboski<br>garboskit@mpsct.org                                                                                                                                                                                                                                                                                                                                        |
| <b>Referee</b>                     | Bill Hawkins<br>willishawkins@comcast.net                                                                                                                                                                                                                                                                                                                                     |
| <b>Safety Chair</b>                | Rob Duguay<br><a href="mailto:Roberteduguay3@gmail.com">Roberteduguay3@gmail.com</a>                                                                                                                                                                                                                                                                                          |
| <b>Official's Contact</b>          | Bill Hawkins<br><a href="mailto:willishawkins@comcast.net">willishawkins@comcast.net</a>                                                                                                                                                                                                                                                                                      |
| <b>FACILITY INFORMATION</b>        |                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Location</b>                    | Middletown Recreation Center,<br>140 Wilderman's Way<br>Middletown, CT 06457                                                                                                                                                                                                                                                                                                  |
| <b>Facilities</b>                  | 6 lane 25 yd. competition pool . Colorado Timing. The competition course has been certified in accordance with 104.2.2C(4). Water depth at start end is 12ft and water depth at the turn end is 3.5 ft. * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.                                                               |
| <b>Course</b>                      | SCY                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Emergency Phone</b>             | 860-638-4500                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Website</b>                     | <a href="https://event.csmg.org/nsg-swim">https://event.csmg.org/nsg-swim</a>                                                                                                                                                                                                                                                                                                 |
| <b>Wifi Access</b>                 | Public WIFI connection with decent strength is provided by the City of Middletown via the Middletown Guest network                                                                                                                                                                                                                                                            |
| <b>Medical Supervision</b>         | At least two American Red Cross Certified lifeguards will be on duty at all times. There are two AEDs available in the hall way just outside the pool. The guard room is also stocked with a first aid kit and cabinet.                                                                                                                                                       |
| <b>Safe Sport</b>                  | There is ample spectator seating on the lane 6 side of the pool. Likewise, there will be public bathrooms designated for spectator and adult athlete usage. Only athletes, certified coaches and officials, and meet personnel will be allowed on the pool deck.                                                                                                              |
| <b>Handicapped/Disabled Access</b> | The Middletown Recreation Center has handicapped parking spaces. The locker rooms and pool deck are at ground level and are spacious enough to allow wheelchair access. For any questions regarding accessibility please reach out to Rob Duguay at <a href="mailto:bobbydoogs@gmail.com">bobbydoogs@gmail.com</a>                                                            |
| <b>Parking</b>                     | Please park in the MARKED Spaces either in the lots next to the Middletown Recreation Center or Beman Middle School. Cars parked in the fire lane in front of Beman Middle School WILL BE TOWED. To utilize handicapped parking please display your credential/ placard. Any cars parked in handicapped parking spots without credentials are subject to fines and/or towing. |
| <b>ENTRY INFORMATION</b>           |                                                                                                                                                                                                                                                                                                                                                                               |

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| <b>Entry Open Date</b>                                           | 7/2/2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>CT ONLY Deadline</b>                                          | There are no CT ONLY deadlines for any meet at any time this LC season                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Entry Deadline</b>                                            | <p>Deadline is July 26. Entries are processed online via <a href="https://event.csmg.org/nsg-swim">https://event.csmg.org/nsg-swim</a> for individual or unattached swimmers. Bulk team entries can be emailed to Entry Chair, Taylor Garboski at garboskit@mpsct.org</p> <p>If paying by check, check should be made payable to Connecticut Sports Management Group (CTSMG)</p> <p>All entries must be legible and must use full names and registration numbers from USA Swimming registration. An entry will be considered received using the time stamp on the email with entry file.</p>                                                                                                                                   |
| <b>Entry Fees</b>                                                | <p>Fees: \$35 for 2 events, \$5 each additional event, Max 5 events</p> <p><i>Swimmers do not have to be registered with USA Swimming, but those who are will have their times loaded into the CT and USA Swimming Times databases.</i> ** No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.</p>                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Swimmer Surcharge</b>                                         | 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. There is no surcharge to this meet.                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Send Payment to</b>                                           | Checks for team entries can be turned in at the timing table on August 2, 2026.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Makes checks payable to</b>                                   | <b>Connecticut Sports Management Group (CTSMG)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>MEET INFORMATION</b>                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Meet Format</b>                                               | The meet will be swum as Timed-Finals. All <b>events</b> will be swum fast-to-slow, alternating heats of women and men.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Entry Limitations</b>                                         | <b>All Swimmers are limited to Five (5) Events,</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Meet Duration</b>                                             | Full meet with time limits as defined by CT/USA Swimming.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Sanction Type</b>                                             | Approved/ Off Calendar                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Rules</b>                                                     | Current USA Swimming rules will govern all competition.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Relays</b>                                                    | No Relays will be offered at this meet.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Time Trials</b>                                               | <p>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. <b>Time Trials WILL NOT BE OFFERED at this meet.</b></p> <p>The deadline for Time Trial entries is NA for morning sessions and NA for afternoon sessions. The fee for Time Trial entries are \$0.00 for individual events and \$0.00 for relays.</p> |
| <b>SCHEDULE</b>                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Sunday</b>                                                    | <p>Warm up: 8:30am</p> <p>Start: 10:00am</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>CT Swimming Warm-Up Procedures will be in effect.</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>MISCELLANEOUS</b>                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Adapted Swimming</b>                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Adaptive Athletes</b>                                         | <p>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 <a href="#">Connecticut Swimming office</a>.</p>                                                                                                                                                                                                                                                                                                                                |
| <b>Adult Athletes<br/>Outreach Athlete<br/>Fee Reimbursement</b> | <p>This meet is restricted to athletes age 18 AND UNDER</p> <p>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</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

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|                                                  | 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 <a href="#">Outreach Athlete</a> page on ctswim.org.                                                                                         |
| <b><i>Unattached athletes and SAFE Sport</i></b> | All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the <a href="#">Minor Athlete Abuse Prevention Policy</a> .                                                                                                                   |
| <b><i>Hospitality</i></b>                        | Yes. Hospitality will be offered to officials and coaches.                                                                                                                                                                                                                                                                 |
| <b><i>Concession</i></b>                         | No                                                                                                                                                                                                                                                                                                                         |
| <b><i>Awards</i></b>                             | Yes<br>Medals will be given for the top 3 finishing positions for each gender in each event.                                                                                                                                                                                                                               |
| <b><i>Work Assignments</i></b>                   | 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.                                                                                                                  |
| <b><i>Registration Reporting</i></b>             | USA Swimming Membership is NOT required for this meet. However swimmers with USA Swimming memberships will need to make sure their entry information and USA Swimming numbers match their membership card for their times to be uploaded to their SWIMS profile.                                                           |
| <b><i>Deck Access</i></b>                        | Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck                                                                                                                                                                                               |
| <b><i>Meet Changes</i></b>                       | 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. |
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**SCRATCH PROCEDURES:** All scratches are due no later than 9:30am. Individual/ unattached entries can check in with the timing table. Failure to comply with this procedure will result in swimmers being entered with NT's. If a swimmer misses their event, they will be scored as "NS" for that event but will still be allowed to compete in the rest of the meet.

**ELIGIBILITY:** All USA, YMCA, and Park and Rec Swimming clubs and individuals age 18 and under.

**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 garboskit@mpsct.org

Please check that your team name, address, and contact information are listed correctly in this file. An entry will be considered received using the time stamp on the email with entry file.

**ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION:** Athletes entering this meet independent of a USA, YMCA, or Rec League Swimming club or coach shall: be under the supervision of a USA Swimming, YMCA, or Rec League coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a coach prior to the meet. Please contact the Meet Director for assistance. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

#### **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, or another organization, have been background checked, have signed off on MAAPP or other child abuse prevention policies 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, or another organization (Park and Rec Department, YMCA, JCC, etc.) and have been background checked, have signed off on MAAPP or other child abuse prevention training and/or 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 or Connecticut Sports Management Group.