

Woodbridge Aquatic Club Invitational
June 5 – 7, 2026
Wesleyan University
Freeman Athletic Center
161 Cross Street, Middletown, CT 06457

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L26-24. 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:	Dave Reilly	dmr123wac@gmail.com	203-848-0307
Entry Chair:	Dave Reilly	dmr123wac@gmail.com	203-848-0307
Referee:	Julia Shi	julia.shi@yale.edu	203-671-5405
Safety Chair:	Ken Yanagisawa	dockenya@yahoo.com	203-671-5405
Officials Contact:	Julia Shi	julia.shi@yale.edu	203-671-5405

FACILITY INFORMATION

Location	Wesleyan University, 161 Cross Street, Middletown, CT 06457
Facilities	<p>Wesleyan’s Webster Family Natatorium is 8 lanes, 50 meters. Water depth at the start end is 14 feet. Water depth at the turn end is 7.5 feet. The competition course has been certified in accordance with 104.2.2C(4). The cope of such certification is on file with USA Swimming. Colorado Timing will be used. Limited spectator seating. A lifeguard will be on duty. No locks may be left on Wesleyan lockers. No shaving on the premises will be permitted. No access to faculty locker rooms is permitted.</p> <p>Wesleyan has strict policies regarding the use of the Freeman Athletic Center, including limits on both deck and spectator area occupac</p>
Course	LCM
Emergency Phone	860-685-2915
Website	wacswim.org
Wifi Access	Wifi is available through Wesleyan.edu
Medical Supervision	Lifeguard will be on site
Safe Sport	Personal folding chairs are not allowed in the building. No spectators or swimmers will be permitted to congregate in the center of the front lobby of the athletic center. No personal chairs are permitted in the pool area, hockey rink, or field house or spectator area. Seating in the spectator area is limited to 340.
Handicapped/Disabled Access	Only individuals with disabilities that cannot access the spectator stands will be permitted in the spectator viewing area (the open space in front of the large window overlooking the pool. Please contact dmr123wac@gmail.com if more info is needed.
Parking	There is numerous parking lots available surrounding the athletic center. Do not park in illegal zones, do not park on grass areas. Additional parking information will be made available to participating teams a few days before the start of the competition.

ENTRY INFORMATION

Entry Open Date	Entries will be accepted no earlier than Friday, April 24 at, 7:00 PM.
CT ONLY Deadline	There is no CT ONLY Deadline.
Entry Deadline	Entries deadline is Thursday, May 28, 11:59 PM.
Entry Fees	All events are \$15.00 each.
Swimmer Surcharge	\$10.00 per swimmer.
Send Payments To	Dave Reilly, 8 River Colony Road, Guilford, CT 06537
Checks Payable to:	Woodbridge Aquatic Club

MEET INFORMATION

Meet Format	The meet will be swum as timed finals. Friday distance events will be swum fastest to slowest, seeded by time only, not by gender. Saturday's 1500 will be mixed gender, swum fastest to slowest, limited to 3 heats. Only swimmers entered in at least 3 non 1500 events may enter the 1500.
Entry Limitations	5 events per day.
Sanction Type	Sanctioned.
Rules	Current USA Swimming rules will govern all competition.
Relays	No
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. Time trials will count towards the swimmer's event limitations for that day. If they are offered, only swimmers 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 deadline for time trial entries is 2 hours before the end of each session. Time Trials are \$20.00 each.
Warm-ups	CT Swimming Warm-up Procedures Will Be In Effect.

SCHEDULE

Friday	12/Under 400 Free: 4:00 Warm-up, 4:45 Start. 12/Over 800 Free: 5:20 Warm-up, 6:00 Start.
Saturday	12/Under: 7:30 Warm-up, 8:30 Start. 1500 Free: 11:30 Warm-up, 12:15 Start. 13/Over: 1:15 Warm-up, 2:15 Start.
Sunday	12/Under: 7:30 Warm-up, 8:30 Start. 12/Over: 11:30 Warm-up, 12:30 Start.

MISCELLANEOUS

Adapted Swimming	Any current athlete member 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 the 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 <u>Minor Athlete Abuse Prevention Policy</u> .
Hospitality	Yes
Concessions	No
Awards	No
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 <u>Minor Athlete Abuse Prevention Policy</u> .
Registration Reporting	The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to insure that no swimmer without their APT credentials or unregistered swimmers participate in a sanctioned 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 the approval of CT Swim Program Operations, unless specifically authorized by CT Swim Policy.

SCRATCH PROCEDURES: Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures. USA Swimming Rulebook 102.3

For meets with prelim/final sessions include the following: **Failure to Compete in Finals:** Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. Exceptions for Failure to Compete in Finals: No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

ELIGIBILITY: Select one: 1. All USA Swimming clubs and individuals; 2. All CT Swimming clubs and individuals; 3. USA Swimming clubs by invitation (for Short course yard meets only). Invited clubs are listed here; no more than two may be from outside of Connecticut. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible. Please note, in order to host a by invite only meet, a Team **MUST** host an equal number of regular invite sessions during the season (basically you need to host another meet that is not an invite only).

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. List any restrictions, such as age, etc. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete **registration procedures**. Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a

\$100 fine per instance, as described in CT Swimming meet policies:

<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>

and

https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

For Approved Meets: List any restrictions, such as membership in invited teams, age, etc.

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 xxxxxx@xyz.com. Please check that your team name, address, and contact information are listed correctly in this file. Describe here when payment is expected and what date the entry is considered "in" the meet (before or after payment is received). Also, you may list any other requirements if necessary (hardcopy, etc.).

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. Athletes aged 7 and Under will be cut from the meet. [This provision SHOULD not be listed for 8/U meets]**
- 2. All relays, if planned, will be eliminated.**
- 3. The distance events (400 meters or yards or greater) may be heat limited to the first X heats of entries per gender in the order they were received.**
- 4. The maximum number of events allowed per day may be reduced by one (1).**
- 5. [This provision will always be last] 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.

Woodbridge Aquatic Club Invitational - 6/5/2026 to 6/7/2026**Session Report**

Session: 1 12/Under 400 Free

Day of Meet: 1 Starts at 04:45 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 12 & Under 400 Freestyle	0	0	04:45 PM	_____
	Finish Time			04:45 PM	_____

Session: 2 12/Over 800 Free

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	2 Mixed 12 & Over 800 Freestyle	0	0	06:00 PM	_____
	Finish Time			06:00 PM	_____

Session: 3 12/Under Sat Timed Finals

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	4 Boys 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	5 Girls 10 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	6 Boys 10 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	7 Girls 11-12 50 Breaststroke	0	0	08:30 AM	_____
Finals	8 Boys 11-12 50 Breaststroke	0	0	08:30 AM	_____
Finals	9 Girls 10 & Under 50 Breaststroke	0	0	08:30 AM	_____
Finals	10 Boys 10 & Under 50 Breaststroke	0	0	08:30 AM	_____
	Break: 5 Minutes:				
Finals	11 Girls 11-12 100 Butterfly	0	0	08:35 AM	_____
Finals	12 Boys 11-12 100 Butterfly	0	0	08:35 AM	_____
Finals	13 Girls 10 & Under 100 Butterfly	0	0	08:35 AM	_____
Finals	14 Boys 10 & Under 100 Butterfly	0	0	08:35 AM	_____
Finals	15 Girls 11-12 100 Backstroke	0	0	08:35 AM	_____
Finals	16 Boys 11-12 100 Backstroke	0	0	08:35 AM	_____
Finals	17 Girls 10 & Under 100 Backstroke	0	0	08:35 AM	_____
Finals	18 Boys 10 & Under 100 Backstroke	0	0	08:35 AM	_____
Finals	19 Girls 11-12 200 Breaststroke	0	0	08:35 AM	_____
Finals	20 Boys 11-12 200 Breaststroke	0	0	08:35 AM	_____
Finals	21 Girls 10 & Under 200 Freestyle	0	0	08:35 AM	_____
Finals	22 Boys 10 & Under 200 Freestyle	0	0	08:35 AM	_____
Finals	23 Girls 11-12 200 Freestyle	0	0	08:35 AM	_____
Finals	24 Boys 11-12 200 Freestyle	0	0	08:35 AM	_____
	Finish Time			08:35 AM	_____

Woodbridge Aquatic Club Invitational - 6/5/2026 to 6/7/2026**Session Report**

Session: 4 12/Over 1500 Freestyle

Day of Meet: 2 Starts at 12:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Mixed 12 & Over 1500 Freestyle	0	0	12:15 PM	_____
Finals	225 Mixed 12 & Over 1500 Freestyle Time Trial	0	0	12:15 PM	_____
	Finish Time			12:15 PM	_____

Session: 5 Saturday 13/Over Timed Finals

Day of Meet: 2 Starts at 02:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	26 Girls 13 & Over 50 Butterfly	0	0	02:15 PM	_____
Finals	27 Boys 13 & Over 50 Butterfly	0	0	02:15 PM	_____
Finals	28 Girls 13 & Over 50 Breaststroke	0	0	02:15 PM	_____
Finals	29 Boys 13 & Over 50 Breaststroke	0	0	02:15 PM	_____
	Break: 5 Minutes:				
Finals	30 Girls 13 & Over 200 Freestyle	0	0	02:20 PM	_____
Finals	31 Boys 13 & Over 200 Freestyle	0	0	02:20 PM	_____
Finals	32 Girls 13 & Over 200 Breaststroke	0	0	02:20 PM	_____
Finals	33 Boys 13 & Over 200 Breaststroke	0	0	02:20 PM	_____
Finals	34 Girls 13 & Over 100 Butterfly	0	0	02:20 PM	_____
Finals	35 Boys 13 & Over 100 Butterfly	0	0	02:20 PM	_____
Finals	36 Girls 13 & Over 200 Backstroke	0	0	02:20 PM	_____
Finals	37 Boys 13 & Over 200 Backstroke	0	0	02:20 PM	_____
Finals	38 Girls 13 & Over 400 IM	0	0	02:20 PM	_____
Finals	39 Boys 13 & Over 400 IM	0	0	02:20 PM	_____
	Finish Time			02:20 PM	_____

Woodbridge Aquatic Club Invitational - 6/5/2026 to 6/7/2026
Session Report

Session: 6 Sunday 12/Under Timed Finals

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	40 Girls 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	41 Boys 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	42 Girls 10 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	43 Boys 10 & Under 100 Freestyle	0	0	08:30 AM	_____
	Break: 5 Minutes:				
Finals	44 Girls 11-12 50 Butterfly	0	0	08:35 AM	_____
Finals	45 Boys 11-12 50 Butterfly	0	0	08:35 AM	_____
Finals	46 Girls 10 & Under 50 Butterfly	0	0	08:35 AM	_____
Finals	47 Boys 10 & Under 50 Butterfly	0	0	08:35 AM	_____
	Break: 5 Minutes:				
Finals	48 Girls 11-12 200 IM	0	0	08:40 AM	_____
Finals	49 Boys 11-12 200 IM	0	0	08:40 AM	_____
Finals	50 Girls 10 & Under 200 IM	0	0	08:40 AM	_____
Finals	51 Boys 10 & Under 200 IM	0	0	08:40 AM	_____
	Break: 5 Minutes:				
Finals	52 Girls 11-12 50 Backstroke	0	0	08:45 AM	_____
Finals	53 Boys 11-12 50 Backstroke	0	0	08:45 AM	_____
Finals	54 Girls 10 & Under 50 Backstroke	0	0	08:45 AM	_____
Finals	55 Boys 10 & Under 50 Backstroke	0	0	08:45 AM	_____
	Break: 5 Minutes:				
Finals	56 Girls 11-12 100 Breaststroke	0	0	08:50 AM	_____
Finals	57 Boys 11-12 100 Breaststroke	0	0	08:50 AM	_____
Finals	58 Girls 10 & Under 100 Breaststroke	0	0	08:50 AM	_____
Finals	59 Boys 10 & Under 100 Breaststroke	0	0	08:50 AM	_____
Finals	60 Girls 11-12 200 Backstroke	0	0	08:50 AM	_____
Finals	61 Boys 11-12 200 Backstroke	0	0	08:50 AM	_____
Finals	62 Girls 11-12 200 Butterfly	0	0	08:50 AM	_____
Finals	63 Boys 11-12 200 Butterfly	0	0	08:50 AM	_____
	Finish Time			08:50 AM	_____

Woodbridge Aquatic Club Invitational - 6/5/2026 to 6/7/2026**Session Report**

Session: 7 Sunday 13/Over Timed Finals

Day of Meet: 3 Starts at 12:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	64 Girls 13 & Over 100 Freestyle	0	0	12:30 PM	_____
Finals	65 Boys 13 & Over 100 Freestyle	0	0	12:30 PM	_____
Finals	66 Girls 13 & Over 100 Breaststroke	0	0	12:30 PM	_____
Finals	67 Boys 13 & Over 100 Breaststroke	0	0	12:30 PM	_____
Finals	68 Girls 13 & Over 200 Butterfly	0	0	12:30 PM	_____
Finals	69 Boys 13 & Over 200 Butterfly	0	0	12:30 PM	_____
Finals	70 Girls 13 & Over 100 Backstroke	0	0	12:30 PM	_____
Finals	71 Boys 13 & Over 100 Backstroke	0	0	12:30 PM	_____
Finals	72 Girls 13 & Over 200 IM	0	0	12:30 PM	_____
Finals	73 Boys 13 & Over 200 IM	0	0	12:30 PM	_____
	Break: 5 Minutes:				
Finals	74 Girls 13 & Over 50 Backstroke	0	0	12:35 PM	_____
Finals	75 Boys 13 & Over 50 Backstroke	0	0	12:35 PM	_____
Finals	76 Girls 13 & Over 50 Freestyle	0	0	12:35 PM	_____
Finals	77 Boys 13 & Over 50 Freestyle	0	0	12:35 PM	_____
	Break: 5 Minutes:				
Finals	78 Girls 13 & Over 400 Freestyle	0	0	12:40 PM	_____
Finals	79 Boys 13 & Over 400 Freestyle	0	0	12:40 PM	_____
	Finish Time			12:40 PM	_____