

# CAC Spring Invitational

Fri May 1– Sunday May 3 2026

Wesleyan University  
 161 Cross Street, Middletown, CT  
 Mapping Software: <http://goo.gl/maps/7hoX>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L26-3. 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.

	CAC
<i>Meet Director</i>	Jon Caswell joncaeswim@gmail.com 401-256-7483
<i>Entry Chair</i>	Jon Caswell joncaeswim@gmail.com 401-256-7483
<i>Referee</i>	Dave Pite dave@pitelaw.com
<i>Safety Chair</i>	Robert Schultz
<i>Official's Contact</i>	Dave Pite dave@pitelaw.com
<b>FACILITY INFORMATION</b>	
<i>Location</i>	161 Cross Street, Middletown, CT
<i>Facilities</i>	<p>Wesleyan University's Freeman Athletic Center Pool is a 8 lane, 50 meter pool. Water depth at start end and turn end is between 7.5 and 14 ft. Colorado electronic timing system will be utilized. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. No locks may be left on Wesleyan lockers. No shaving on premises is permitted. Spectator seating is available in the balcony. A lifeguard will be on duty.</p> <p>Wesleyan has strict policies regarding the use of the Freeman Athletic Center including limits on both deck and spectator area occupancy as well as limitations on the use and placement of chairs in the lobby. It is imperative that all individuals attending the meet be aware of and adhere to the rules and procedures outlined below.  <b>PLEASE READ THOROUGHLY AND CAREFULLY.</b></p> <p><b><u>Spectator Seating and Waiting areas</u></b> · 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 folding chairs are permitted in the pool area, hockey rink, or field house. Spectator area (stands) · Seating in the spectator seats will be limited to 340. · Only individuals with disabilities that cannot access to the stands will be permitted in the spectator viewing area (open space in front of the large window overlooking pool).</p>

	<p><b>Pool and Pool Deck</b> · Deck Occupancy is 350. · Only swimmers and meet workers with proper credentials (administrative, coaches, officials, timers, and marshals) will be allowed on the pool deck. * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p>
<b>Course</b>	LCM
<b>Emergency Phone</b>	860-685-2915
<b>Website</b>	<a href="https://cacseawolvesswim.captynsites.com/cac-host-meets">https://cacseawolvesswim.captynsites.com/cac-host-meets</a>
<b>Wifi Access</b>	Wifi is available thru the <a href="http://www.wesleyan.edu">www.wesleyan.edu</a>
<b>Medical Supervision</b>	Lifeguard will be on site.
<b>Safe Sport</b>	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 folding chairs are permitted in the pool area, hockey rink, or field house. Spectator area (stands) · Seating in the spectator seats will be limited to 340. ·
<b>Handicapped/Disabled Access</b>	Only individuals with disabilities that cannot access to the stands will be permitted in the spectator viewing area (open space in front of the large window overlooking pool). Please contact <a href="mailto:joncacswim@gmail.com">joncacswim@gmail.com</a> if moris needed.
<b>Parking</b>	Is available around the Freeman Athletic Center. Please Park in properly designated areas. Illegal parking is subject to ticketing and towing at the expense of the vehicle owner. DIRECTIONS: If coming West on Route 66/Washington Street, go past High Street and turn left at next light onto Vine Street (cemetery on corner). Travel on Vine Street (tennis courts on right), turning to the right onto Knowles Avenue where the street branches off. At the stop sign turn right. Parking for the Freeman Athletic Center is available in both Lot R on the right side of Cross Street across from the Freeman Athletic Center or in Lot Q, which is located on the left side of Cross Street (first left after the fire station) . If coming East on Route 66/Washington Street, turn right on Vine Street (cemetery on corner), which is the first light past Dunkin' Donuts and Midas. Travel on Vine Street (tennis courts on right), turning right onto Knowles Avenue where the street branches off. At the stop sign turn right. Parking for the Freeman Athletic Center is available in both Lot R on the right side of Cross Street across from the Freeman Athletic Center or in Lot Q, which is located on the left side of Cross Street (first left after the fire station)
<b>ENTRY INFORMATION</b>	
<b>Entry Open Date</b>	Entries will be accepted no <u>earlier</u> than <b>April 10th at 7:00pm</b>
<b>CT ONLY Deadline</b>	There are no CT ONLY deadlines for any meet at any time this LC season
<b>Entry Deadline</b>	Deadline is Monday, April 27, 2026. An confirmation email will be sent with your entries that are imported within 24 hours of receiving email.
<b>Entry Fees</b>	Individual: 400m events and below \$15.00 Distance: 800/1500 \$20.00 Mixed Relays: \$20.00 Manual Entry Fees: \$20.00 will be added to the amounts above ** No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.
<b>Swimmer Surcharge</b>	\$10.00/swimmer
<b>Send Payment to</b>	CAC/Jon Caswell 129 Birch Road Charlestown, RI 02813 . Please bring check to meet if not mailed.
<b>Makes checks payable to</b>	CAC or Connecticut Aquatic Club
<b>MEET INFORMATION</b>	
<b>Meet Format</b>	The meet will be swum as Timed-Final. Friday PM Distance events will be swum fastest to slowest alternating women and men. There will be a 10 minute break between events on Friday PM for warmup/warm-down. The

	800 Free on Sunday is subject to time availability.
<b>Entry Limitations</b>	5 events/day
<b>Meet Duration</b>	Full meet with time limits as defined by CT/USA Swimming.
<b>Sanction Type</b>	Sanctioned
<b>Rules</b>	Current USA Swimming rules will govern all competition.
<b>Relays</b>	Yes. If meet is over 4 hours, relays will be cut and a refund will be sent out within 2 weeks.
<b>Time Trials</b>	Yes. Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is 2 hours before the end of the session. The fee for Time Trial entries are \$20.00.
<b>SCHEDULE</b>	
<b>Friday</b>	Session 1 Warm up: 4:30 Start: 5:20
<b>Saturday</b>	Session 1 Warm up: 7:30am Start: 8:40am Session 2 Warm up: 12:00pm Start: 1:00pm
<b>Sunday</b>	Session 1 Warm up: 7:30am Start: 8:40am Session 2 Warm up: 12:00pm Start: 1:00pm
<b>CT Swimming Warm-Up Procedures will be in effect.</b>	
<b>MISCELLANEOUS</b>	
<b>Adapted Swimming</b>	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 <u>Connecticut Swimming office</u> .
<b>Outreach</b>	Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the <u>Outreach Athlete</u> page on <a href="http://ctswim.org">ctswim.org</a> .
<b>Adult Athletes</b>	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> .
<b>Hospitality</b>	Yes
<b>Concession</b>	No
<b>Awards</b>	Custom Championship Belts will be given to the High Point Award winners for 10 & U, 11-12, 13-14, and 15 & O. Also a team award will given for Sat/Sun events ONLY!!!! Heat winners for 12 & unders ONLY!!
<b>Work Assignments</b>	Participating clubs will be notified of work assignments by the Tuesday before the meet.  All volunteers will be required to attest to reading and understanding the <u>Minor Athlete Abuse Prevention Policy</u> .
<b>Registration Reporting</b>	The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction

	USA/CT Swimming meet.
<b>Deck Access</b>	Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.
<b>Meet Changes</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:** 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

Scratches are due 30 minutes before the start of each session.

**ELIGIBILITY:** 1. All USA Swimming clubs and individuals; Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible. **P**

All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete registration procedures. Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming meet policies:

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

and

[https://www.ctswim.org/Customer-Content/www/CMS/files/policies\\_admin/RegistrationPolicyforMeetHosts.pdf](https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf)

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

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at [joncacs@swim.com](mailto:joncacs@swim.com). Please check that your team name, address, and contact information are listed correctly in this file.

**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.
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. 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.

**LODGING:**

**2026 CAC Spring Age Group Invite - 5/1/2026 to 5/3/2026****Session Report (Scratch Factor: 5%)**

Session: 1 Friday PM

Day of Meet: 1 Starts at 05:20 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	1 Mixed 50 Breaststroke	0	0	05:20 PM	e05:20 PM
Finals	2 Mixed 50 Freestyle	0	0	05:20 PM	e05:20 PM
	Break: 3 Minutes:				
Finals	3 Mixed 12 & Under 200 Butterfly	0	0	05:23 PM	e05:23 PM
Finals	4 Mixed 12 & Under 200 Breaststroke	0	0	05:23 PM	e05:23 PM
	Break: 3 Minutes:				
Finals	5 Mixed 50 Butterfly	0	0	05:26 PM	e05:26 PM
Finals	6 Mixed 50 Backstroke	0	0	05:26 PM	e05:26 PM
Finals	7 Mixed 12 & Under 200 Backstroke	0	0	05:26 PM	e05:26 PM
	Break: 10 Minutes: Pool Open for warmup				
Finals	8 Mixed 400 IM	0	0	05:36 PM	e05:36 PM
Finals	9 Mixed 400 Freestyle	0	0	05:36 PM	e05:36 PM
	Finish Time			05:36 PM	e05:36 PM

Session: 2 Sat AM 13 &amp; O

Day of Meet: 2 Starts at 08:40 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	11 Girls 13 & Over 200 IM	0	0	08:40 AM	e08:40 AM
Finals	12 Boys 13 & Over 200 IM	0	0	08:40 AM	e08:40 AM
Finals	13 Girls 13 & Over 100 Backstroke	0	0	08:40 AM	e08:40 AM
Finals	14 Boys 13 & Over 100 Backstroke	0	0	08:40 AM	e08:40 AM
Finals	15 Girls 13 & Over 200 Breaststroke	0	0	08:40 AM	e08:40 AM
Finals	16 Boys 13 & Over 200 Breaststroke	0	0	08:40 AM	e08:40 AM
	Break: 10 Minutes: pool open warm up/down				
Finals	17 Girls 13 & Over 100 Butterfly	0	0	08:50 AM	e08:50 AM
Finals	18 Boys 13 & Over 100 Butterfly	0	0	08:50 AM	e08:50 AM
Finals	19 Girls 13 & Over 100 Freestyle	0	0	08:50 AM	e08:50 AM
Finals	20 Boys 13 & Over 100 Freestyle	0	0	08:50 AM	e08:50 AM
	Finish Time			08:50 AM	e08:50 AM

**2026 CAC Spring Age Group Invite - 5/1/2026 to 5/3/2026**  
**Session Report (Scratch Factor: 5%)**

Session: 3 Sat PM 12 & U

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	<b>Actual</b>
Finals	21 Girls 12 & Under 50 Backstroke	0	0	01:00 PM	e01:00 PM
Finals	22 Boys 12 & Under 50 Backstroke	0	0	01:00 PM	e01:00 PM
	Break: 3 Minutes:				
Finals	23 Girls 12 & Under 200 IM	0	0	01:03 PM	e01:03 PM
Finals	24 Boys 12 & Under 200 IM	0	0	01:03 PM	e01:03 PM
Finals	25 Girls 12 & Under 100 Breaststroke	0	0	01:03 PM	e01:03 PM
Finals	26 Boys 12 & Under 100 Breaststroke	0	0	01:03 PM	e01:03 PM
Finals	27 Girls 12 & Under 100 Freestyle	0	0	01:03 PM	e01:03 PM
Finals	28 Boys 12 & Under 100 Freestyle	0	0	01:03 PM	e01:03 PM
	Break: 3 Minutes:				
Finals	29 Girls 12 & Under 50 Butterfly	0	0	01:06 PM	e01:06 PM
Finals	30 Boys 12 & Under 50 Butterfly	0	0	01:06 PM	e01:06 PM
	Finish Time			01:06 PM	e01:06 PM

Session: 4 Sun AM 13 & O

Day of Meet: 3 Starts at 08:40 AM Heat Interval: 25 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	<b>Actual</b>
Finals	31 Girls 13 & Over 200 Freestyle	0	0	08:40 AM	e08:40 AM
Finals	32 Boys 13 & Over 200 Freestyle	0	0	08:40 AM	e08:40 AM
Finals	33 Girls 13 & Over 200 Backstroke	0	0	08:40 AM	e08:40 AM
Finals	34 Boys 13 & Over 200 Backstroke	0	0	08:40 AM	e08:40 AM
	Break: 10 Minutes: pool open for warmup				
Finals	35 Girls 13 & Over 100 Breaststroke	0	0	08:50 AM	e08:50 AM
Finals	36 Boys 13 & Over 100 Breaststroke	0	0	08:50 AM	e08:50 AM
Finals	37 Girls 13 & Over 200 Butterfly	0	0	08:50 AM	e08:50 AM
Finals	38 Boys 13 & Over 200 Butterfly	0	0	08:50 AM	e08:50 AM
	Break: 3 Minutes:				
Finals	39 Girls 13 & Over 50 Freestyle	0	0	08:53 AM	e08:53 AM
Finals	40 Boys 13 & Over 50 Freestyle	0	0	08:53 AM	e08:53 AM
	Break: 10 Minutes: pool open for warmup				
Finals	51 Mixed 800 Freestyle	0	0	09:03 AM	e09:03 AM
	Finish Time			09:03 AM	e09:03 AM

**2026 CAC Spring Age Group Invite - 5/1/2026 to 5/3/2026**  
**Session Report (Scratch Factor: 5%)**

Session: 5 Sun PM 12 & U

Day of Meet: 3 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	<b>Actual</b>
Finals	41 Girls 12 & Under 50 Breaststroke	0	0	01:00 PM	e01:00 PM
Finals	42 Boys 12 & Under 50 Breaststroke	0	0	01:00 PM	e01:00 PM
	Break: 3 Minutes:				
Finals	43 Girls 12 & Under 200 Freestyle	0	0	01:03 PM	e01:03 PM
Finals	44 Boys 12 & Under 200 Freestyle	0	0	01:03 PM	e01:03 PM
Finals	45 Girls 12 & Under 100 Butterfly	0	0	01:03 PM	e01:03 PM
Finals	46 Boys 12 & Under 100 Butterfly	0	0	01:03 PM	e01:03 PM
Finals	47 Girls 12 & Under 100 Backstroke	0	0	01:03 PM	e01:03 PM
Finals	48 Boys 12 & Under 100 Backstroke	0	0	01:03 PM	e01:03 PM
	Break: 3 Minutes:				
Finals	49 Girls 12 & Under 50 Freestyle	0	0	01:06 PM	e01:06 PM
Finals	50 Boys 12 & Under 50 Freestyle	0	0	01:06 PM	e01:06 PM
	Finish Time			01:06 PM	e01:06 PM