



2026 Water Rat Senior Spring Qualifier May 8 – 10, 2026

Freeman Athletic Center – Wesleyan University
161 Cross Street – Middletown, CT 06457

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L26-9. 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.

	WRAT
Meet Director	Ellen Johnston ejohnston@westporty.org 203-209-0198
Entry Chair	Ellen Johnston ejohnston@westporty.org 203-209-0198
Referee	Jeff Sargent jssarge@att.net 203-613-9093
Safety Chair	Todd Stevens tstevens@westporty.org 203-918-0582
Official's Contact	Jeff Sargent jssarge@att.net 203-613-9093
FACILITY INFORMATION	
Location	Wesleyan University Freeman Athletic Center 160 Cross Street Middletown, CT 06457
Facilities	The Freeman Athletic Center is a 50 Meter by 25 Yard venue with a Colorado Timing System. Water Depth at the start end is 14.5 feet. Water Depth at the turn end is 5 feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Limited Spectator seating. - No Locks may be left on Wesleyan lockers. No shaving on the premises is permitted. No access to faculty locker rooms is permitted. * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Course	LCM
Emergency Phone	860-685-2000
Website	www.wrat.org
Wifi Access	Wi-Fi access is available through Wesleyan University, and the signal strength is good at best.
Medical Supervision	There are AEDs and First Aid supplies available at the pool.
Safe Sport	Spectators will be allowed in the facility but only in the stands area. Parents are not allowed on deck unless working a volunteer position.

Handicapped/Disabled Access	Limited handicapped parking is available behind the Freeman Athletic Center. Disabled access is through the front entrance only. The elevator in the front lobby leads to the locker rooms and deck access. The Spectator are is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.
Parking	Parking 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.
ENTRY INFORMATION	
Entry Open Date	Entries will be accepted no earlier than APRIL 10 at 7:00PM.
CT ONLY Deadline	There are no CT ONLY deadlines for any meet at any time this LC season
Entry Deadline	Deadline is April 30, 2026. Date and time of entry will be determined by the date and time the email was sent.
Entry Fees	Individual: \$15.00 Distance: \$15.00 Relay: Relays are not offered at this meet. 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.
Swimmer Surcharge	\$10.00 per Athlete Facility Charge.
Send Payment to	Ellen Johnston - WRAT 14 Allen Raymond Lane Westport, CT 06880. Payment must be received by 05/10/2026
Makes checks payable to	WRAT Parent Club
MEET INFORMATION	
Meet Format	Timed Finals. The 1500M Freestyle will run Fastest to Slowest – alternating women/men. The 1500 may be heat limited based on time line. All other events run slowest to fastest. This meet is for swimmers 12 years and older.
Entry Limitations	Swimmers may swim all events on Friday, Saturday, and Sunday. Total events for the meet =13.
Meet Duration	Full meet with time limits as defined by CT/USA Swimming.
Sanction Type	Sanctioned or Approved – Sanctioned.
Rules	Current USA Swimming rules will govern all competition.
Relays	Relays are not offered at this meet.
Time Trials	Time trials will not be offered at this meet.
SCHEDULE	
Friday	Warm up: 330pm Start:430PM
Saturday	Session AM Warm up:715AM Start:9AM Session PM Warm up:230PM Start:330PM
Sunday	Session AM Warm up:715AM Start:9AM
CT Swimming Warm-Up Procedures will be in effect.	
MISCELLANEOUS	
Adapted Swimming	Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary, then the coach or

	athlete must notify the meet referee of any disability <u>prior</u> to competition. Adapted athletes may direct questions to the <u>Connecticut Swimming office</u> .
Outreach	Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the <u>Outreach Athlete page</u> 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	Will be provided for coaches and officials. Water will be provided to volunteers.
Concession	Limited Concessions may be provided by Wesleyan University.
Awards	No awards for this meet.
Work Assignments	Timer assignments will be determined by the size of the team's pre-scratch entry and are for the entire session. Exceptions are as follows: Athletes will provide their own timers for the 1500M Free, 400M Free and 400M IM. 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 ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction USA/CT Swimming meet.
Deck Access	Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.
Meet Changes	Once the meet has begun, the Meet Referee may make adjustments to the conduct of competition in accordance with USA Swimming Rule 102.11. Any pre-meet changes to the provisions of this meet announcement may only be made with approval of CT Swim Program Operations, unless specifically authorized by CT Swim policy.

SCRATCH PROCEDURES: Attending teams will receive a scratch sheet for each day's events prior to that day's timed finals. All scratch sheets are to be submitted to the administrative referee 30 minutes prior to the start of the session.

ELIGIBILITY: All USA Swimming clubs and individuals;

All athletes must be current athlete members of [USA Swimming](https://www.ctswim.org). 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](https://www.ctswim.org). 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/Custom-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>

and
https://www.ctswim.org/Custom-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 ejohnston@westporty.org. Please check that your team name, address, and contact information are listed correctly in this file. Please send check to arrive before Friday, May 8th. If not, please bring checks and submit on the Friday of the meet.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. The distance events (400 meters or yards or greater) may be heat limited. The number of heats will be determined once all entries have been received, and a preliminary timeline is produced
2. The maximum number of events allowed per day may be reduced by one (1).
3. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during

competition and warm-ups. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

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)

2026 Water Rat Senior Spring Qualifier - 5/8/2026 to 5/10/2026
Freeman Athletic Center, Wesleyan University, Sanction #: L26-9
Session Report

Session: 1 Friday PM

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 12 & Over 1500 Freestyle	0	0	04:30 PM	_____
Finals	2 Men 12 & Over 1500 Freestyle	0	0	04:30 PM	_____
	Finish Time			04:30 PM	_____

2026 Water Rat Senior Spring Qualifier - 5/8/2026 to 5/10/2026**Freeman Athletic Center, Wesleyan University, Sanction #: L26-9****Session Report**

Session: 2 Saturday AM

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

Round	Event	Entries	Heats	Starts at	
Finals	3 Women 12 & Over 200 Freestyle	0	0	09:00 AM	_____
Finals	4 Men 12 & Over 200 Freestyle	0	0	09:00 AM	_____
	Break: 10 Minutes:				
Finals	5 Women 12 & Over 100 Butterfly	0	0	09:10 AM	_____
Finals	6 Men 12 & Over 100 Butterfly	0	0	09:10 AM	_____
	Break: 10 Minutes:				
Finals	7 Women 12 & Over 200 Breaststroke	0	0	09:20 AM	_____
Finals	8 Men 12 & Over 200 Breaststroke	0	0	09:20 AM	_____
	Break: 10 Minutes:				
Finals	9 Women 12 & Over 200 IM	0	0	09:30 AM	_____
Finals	10 Men 12 & Over 200 IM	0	0	09:30 AM	_____
	Finish Time			09:30 AM	_____

2026 Water Rat Senior Spring Qualifier - 5/8/2026 to 5/10/2026**Freeman Athletic Center, Wesleyan University, Sanction #: L26-9****Session Report**

Session: 3 Saturday PM

Day of Meet: 2 Starts at 03:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Women 12 & Over 50 Freestyle	0	0	03:30 PM	_____
Finals	12 Men 12 & Over 50 Freestyle	0	0	03:30 PM	_____
	Break: 10 Minutes:				
Finals	13 Women 12 & Over 200 Backstroke	0	0	03:40 PM	_____
Finals	14 Men 12 & Over 200 Backstroke	0	0	03:40 PM	_____
	Break: 10 Minutes:				
Finals	15 Women 12 & Over 100 Breaststroke	0	0	03:50 PM	_____
Finals	16 Men 12 & Over 100 Breaststroke	0	0	03:50 PM	_____
	Break: 10 Minutes:				
Finals	17 Women 12 & Over 400 Freestyle	0	0	04:00 PM	_____
Finals	18 Men 12 & Over 400 Freestyle	0	0	04:00 PM	_____
	Finish Time			04:00 PM	_____

2026 Water Rat Senior Spring Qualifier - 5/8/2026 to 5/10/2026**Freeman Athletic Center, Wesleyan University, Sanction #: L26-9****Session Report**

Session: 4 Sunday AM

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

Round	Event	Entries	Heats	Starts at	
Finals	19 Women 12 & Over 100 Freestyle	0	0	09:00 AM	_____
Finals	20 Men 12 & Over 100 Freestyle	0	0	09:00 AM	_____
	Break: 10 Minutes:				
Finals	21 Women 12 & Over 200 Butterfly	0	0	09:10 AM	_____
Finals	22 Men 12 & Over 200 Butterfly	0	0	09:10 AM	_____
	Break: 10 Minutes:				
Finals	23 Women 12 & Over 100 Backstroke	0	0	09:20 AM	_____
Finals	24 Men 12 & Over 100 Backstroke	0	0	09:20 AM	_____
	Break: 10 Minutes:				
Finals	25 Women 12 & Over 400 IM	0	0	09:30 AM	_____
Finals	26 Men 12 & Over 400 IM	0	0	09:30 AM	_____
	Finish Time			09:30 AM	_____