

2021 Long Course Season

CPAC Senior Showdown July 9th-11th 2021

1 Blachley Road Stamford, CT 06902

Version 3 – Adds an out of state teams and changes the water depth at the turn end.

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit ctswim.org or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L21- 34. 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.

COVID-19 Statement

In applying for this sanction, the Host, Chelsea Piers Aquatic Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, Stamford Dept. of Health (<https://www.stamfordct.gov/department-of-health>).

COVID-19 Assumption of Risk Disclaimer

We, Chelsea Piers Aquatic Club, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at CPAC July Senior Invitational or on site at Chelsea Piers CT. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at CPAC July Senior Invitational and being on site at Chelsea Piers CT, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF

NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

WAIVER: Waivers with signatures are required. Meet hosts may substitute a waiver approved by an attorney at law. All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Insert instructions for how the completed and signed waiver will be collected.

EVENTS

	Name	Email	Phone
Meet Director:	Doug Lennox	dlennox@chelseapiers.com	203-989-1309
Meet Referee:	Suzannah Rogers	Srogers68@optonline.net	203-571-8526
Lead Admin Official:	Sophia Paleologou		
Entry Chair:	Suzannah Rogers	Srogers68@optonline.net	
Safety Chair:	Doug Lennox		
Officials Contact:	Suzannah Rogers		

MEET HOST: CPAC

WEBSITE: <http://www.teamunify.com/Home.jsp?team=ctcp>

POOL EMERGENCY NUMBER: 203-989-1300 (James Goodwin, CPCT Aquatics Director)

SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: By invitation to CPAC, GRYM, GYWD, RAC, RAYS, RST, Storm Aquatics, WEST, and ZEUS. Any other teams may send a request to srogers68@optonline.net with the number of swimmers requesting entry. The entry date/time will be determined by CTswim and all requests will be made on a first-come, first-served basis.

MEET FORMAT: Prelims-Finals Format. All events will run slowest to fastest with the exception of the 800 and the 1500

SCRATCH PROCEDURES: All scratches for events will be due at 5:00 pm on the day preceding the competition. (Scratches for Friday events due at 5:00 pm Thursday. Scratches for Saturday events due at 5:00 pm Friday etc)

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.

BEFORE ENTERING FACILITY or WHAT TO BRING: Showers and locker rooms are limited to the use of restrooms only.

FACILITY RULES:

No spectators are permitted on-site. Spectators on deck or in the Mezzanine area will be viewed as a code of conduct violation. Parents may be ejected from the facility. Teams in violation of this policy may not be welcome to further sessions should they not strictly enforce this policy.

Timers, Coaches, Officials and swimmers not in the water or behind the block must wear masks at all times and observe social distancing. Occupancy approximately-250 swimmers, 10 Coaches and 10 Officials for preliminary sessions. It is possible that the meet will be flighted, if entries exceed capacity. Flighting might be determined by any method deemed appropriate by the Meet Host.

FACILITY: Chelsea Piers CT is a 8 Lane, 50 meter pool. Water depth at the start end in 8'. Water depth at the turn end in 4'. The competition course has not been certified in accordance with 104.2.2C(4)

The host club has the right to increase or decrease the number of competition lanes at the Referee's discretion based on the estimated timelines and the need for warm-up/cool down lanes.

Teams will be instructed with regard to the use of deck chairs. **Coaches will be assigned seating areas.**

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

SAFE SPORT POLICIES: The meet will be live-streamed for free on the Internet. **THERE WILL BE NO SPECTATORS PERMITTED ON-SITE.** Coaches are asked to give strict instructions to parents of this policy.

DISABLED ACCESS: Handicapped parking accessible with elevators on-site

COURSE: LCM.

SESSION TIMES: Subject to Change Warm-up Friday, Saturday and Sunday 7:30-9:00 for preliminary sessions. Specific Warm ups will be assigned when all entries have been received.

Warm-up for finals 4:15-5:00pm

ALL TIMES ARE SUBJECT TO CHANGE, INCLUDING FLIGHTING IF NECESSARY.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Each preliminary session will be divided into 2 specific warm-up sessions 7:30-8:00am and 8:00-8:30 and a General warm-up from 8:30-8:55 am. Warm ups are time and sessions are subject to change.

FINALS: Will be conducted in LCM. Two heats (TOP 16) will return for the evening session. Races will be conducted in the following order: Consolation Final – Championship Final.

DISTANCE EVENTS: Both the 800 and the 1500 will be conducted as timed finals. The top 8 swimmers in the 800 and the 1500 will swim with finals as the first event on Friday and Sunday. Distance events of 800 meter and greater will be limited to the top 24 swimmers (2 heats in prelims, 1 heat in finals). As a guideline times in the 800 FS 10:00.00 (boys) and 9:35.00 (girls) and in the 1500 guideline is 19:25.00 (girls) and 18:25.00m (boys). All times in the 1500 and 800 will be checked in the USA swimming database. If swimmer has SCY converted time, please note that with the entry.

ELIGIBILITY: Invited teams include CPAC, GRYM, GYWD, RAC, RAYS, RST, Storm Aquatics, WEST, and ZEUS. Any other teams may send a request with the number of swimmers on the date/time determined by

CTswim to srogers68@optonline.net. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. This meet is intended for 15 & Over Athletes. **Teams should contact meet host with list of any 13 or 14 year old athletes.** 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.

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

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 prior to competition. Adapted athletes may direct questions to the [Connecticut Swimming office](#).

EVENT INFORMATION: Teams may be limited with the number of 13/14 year old athletes which are permitted to attend. No 12 & Under swimmers permitted.

ENTRY OPENING DATE: Entries will be accepted no earlier than 8:00 pm on June 14th 2021

ENTRY LIMITATIONS: Swimmers are limited to 3 events per day and 9 events for the meet.

ENTRY TIMES: Submit entry times in LCM.

DEADLINES: Deadline is July 2, 2021. Mail hardcopy and payment to the entry chairperson: Doug Lennox, 1 Blachley Road, Stamford, CT, 06902. All entries must be legible and must use full names and registration numbers from USA Swimming registration. A financial obligation from the visiting team will be demonstrated with the verbal/written acceptance of the meet entry file.

CONNECTICUT-ONLY DEADLINE: June 26th. Entries should be emailed to srogers68@optonline.net after email confirmation of acceptance. CT clubs meeting this deadline will be entered before out of state clubs.

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 dlennox@chelseapiers.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received before the first day 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.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

ENTRY FEES: Electronic entries: \$15.00 for individual events, and \$20.00 for distance event. Entries accepted after the deadline will be charged double. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

ADDITIONAL FEE: \$15.00 per athlete

OUT-OF-STATE SWIMMER SURCHARGE: Meet host will collect a \$5.00 per out-of-state swimmer surcharge, to be forwarded in full by the host team to CT Swimming.

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

PAYMENT INSTRUCTIONS: Please make checks payable to Chelsea Piers Connecticut and mail to: Doug Lennox c/o Chelsea Piers CT, 1 Blachley Rd, Stamford, CT 06902. Payment must be received by 7/7/2021.

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. Teams will be asked to reduce and/or eliminate 13/14 who are attending CPAC 14 under Showcase Classic
2. An additional session might be added to accommodate overflow of swimmers. Cuts or gender might then determine flighting for sessions
3. The distance events of 400 meters may be heat limited to the first 5 heats of entries per gender
4. Teams will be asked to reduce and/or eliminate all 13/14 year old athletes.
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).

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: NO

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.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

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.

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.

RULES: Current USA Swimming rules will govern all competition.

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. (age/distance/stroke). Time Trials will not count toward the athlete's event limitations for the day and meet, but athletes are limited to one time trial per day. 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 1 hour after the start of the morning session (9:30 am). The fee for Time Trial entries are \$20.00 for individual events. There are no time trials permitted in the 800 or the 1500.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Teams will be notified of timing assignments before the meet and must provide timers names and contact information to srogers68@optonline.net. The number assigned timing slots will correlate with the number of swimmers entered. Teams will be fined \$100.00 for each unfilled timing slot. 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](#).

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The meet will not be scored.

AWARDS: NO

CONCESSIONS: In-House Concessions. Hours may vary

HOSPITALITY FOR COACHES AND OFFICIALS: Grab and Go Snacks/Meals will be provided

PARKING: Swimmers should be dropped off at facility

DIRECTIONS: Simply put "Chelsea Piers CT" into GPS

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at Chelsea Piers CT or any CPAC related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

- 1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) Chelsea Piers CT and / or CPAC and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this ____ day of July 2021.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

NAMES OF MINOR CHILD(REN), IF ANY: _____

July Senior Invite - 7/9/2021 to 7/11/2021**Session Report**

Session: 1 Friday Prelims

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	1 Girls 200 Freestyle	09:00 AM	_____
Prelims	2 Boys 200 Freestyle	09:00 AM	_____
Prelims	3 Girls 400 IM	09:00 AM	_____
Prelims	4 Boys 400 IM	09:00 AM	_____
Prelims	5 Girls 100 Butterfly	09:00 AM	_____
Prelims	6 Boys 100 Butterfly	09:00 AM	_____
Prelims	7 Girls 200 Breaststroke	09:00 AM	_____
Prelims	8 Boys 200 Breaststroke	09:00 AM	_____
Prelims	9 Girls 50 Backstroke	09:00 AM	_____
Prelims	10 Boys 50 Backstroke	09:00 AM	_____
Finals-S	11 Girls 1500 Freestyle	09:00 AM	_____
Finals-S	12 Boys 800 Freestyle	09:00 AM	_____
	Finish Time	09:00 AM	_____

Session: 1A Friday Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals-1	11 Girls 1500 Freestyle	05:00 PM	_____
Finals-1	12 Boys 800 Freestyle	05:00 PM	_____
Finals	1 Girls 200 Freestyle	05:00 PM	_____
Finals	2 Boys 200 Freestyle	05:07 PM	_____
	Break: 5 Minutes:		
Finals	3 Girls 400 IM	05:19 PM	_____
Finals	4 Boys 400 IM	05:33 PM	_____
	Break: 5 Minutes:		
Finals	5 Girls 100 Butterfly	05:52 PM	_____
Finals	6 Boys 100 Butterfly	05:55 PM	_____
	Break: 5 Minutes:		
Finals	7 Girls 200 Breaststroke	06:04 PM	_____
Finals	8 Boys 200 Breaststroke	06:12 PM	_____
	Break: 5 Minutes:		
Finals	9 Girls 50 Backstroke	06:25 PM	_____
Finals	10 Boys 50 Backstroke	06:28 PM	_____
	Finish Time	06:31 PM	_____

July Senior Invite - 7/9/2021 to 7/11/2021**Session Report**

Session: 2 Saturday Prelims

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

Round	Event	Starts at
Prelims	13 Girls 50 Freestyle	09:00 AM
Prelims	14 Boys 50 Freestyle	09:00 AM
Prelims	15 Girls 400 Freestyle	09:00 AM
Prelims	16 Boys 400 Freestyle	09:00 AM
Prelims	17 Girls 50 Butterfly	09:00 AM
Prelims	18 Boys 50 Butterfly	09:00 AM
Prelims	19 Girls 100 Breaststroke	09:00 AM
Prelims	20 Boys 100 Breaststroke	09:00 AM
Prelims	21 Girls 100 Backstroke	09:00 AM
Prelims	22 Boys 100 Backstroke	09:00 AM
Prelims	23 Girls 200 Butterfly	09:00 AM
Prelims	24 Boys 200 Butterfly	09:00 AM
	Finish Time	09:00 AM

Session: 2A Saturday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	13 Girls 50 Freestyle	05:00 PM
Finals	14 Boys 50 Freestyle	05:03 PM
	Break: 8 Minutes:	
Finals	15 Girls 400 Freestyle	05:13 PM
Finals	16 Boys 400 Freestyle	05:27 PM
	Break: 5 Minutes:	
Finals	17 Girls 50 Butterfly	05:47 PM
Finals	18 Boys 50 Butterfly	05:49 PM
	Break: 5 Minutes:	
Finals	19 Girls 100 Breaststroke	05:56 PM
Finals	20 Boys 100 Breaststroke	06:00 PM
	Break: 5 Minutes:	
Finals	21 Girls 100 Backstroke	06:09 PM
Finals	22 Boys 100 Backstroke	06:14 PM
	Break: 5 Minutes:	
Finals	23 Girls 200 Butterfly	06:23 PM
Finals	24 Boys 200 Butterfly	06:30 PM
	Finish Time	06:37 PM

July Senior Invite - 7/9/2021 to 7/11/2021**Session Report**

Session: 3 Sunday Prelims

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

Round	Event	Starts at
Prelims	25 Girls 100 Freestyle	09:00 AM _____
Prelims	26 Boys 100 Freestyle	09:00 AM _____
Prelims	27 Girls 200 IM	09:00 AM _____
Prelims	28 Boys 200 IM	09:00 AM _____
Prelims	29 Girls 200 Backstroke	09:00 AM _____
Prelims	30 Boys 200 Backstroke	09:00 AM _____
Prelims	31 Girls 50 Breaststroke	09:00 AM _____
Prelims	32 Boys 50 Breaststroke	09:00 AM _____
Finals-S	33 Girls 800 Freestyle	09:00 AM _____
Finals-S	34 Boys 1500 Freestyle	09:00 AM _____
	Finish Time	09:00 AM _____

Session: 3A Sunday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals-1	33 Girls 800 Freestyle	05:00 PM _____
Finals-1	34 Boys 1500 Freestyle	05:00 PM _____
Finals	25 Girls 100 Freestyle	05:00 PM _____
Finals	26 Boys 100 Freestyle	05:04 PM _____
	Break: 10 Minutes:	
Finals	27 Girls 200 IM	05:18 PM _____
Finals	28 Boys 200 IM	05:25 PM _____
	Break: 10 Minutes:	
Finals	29 Girls 200 Backstroke	05:42 PM _____
Finals	30 Boys 200 Backstroke	05:50 PM _____
	Break: 10 Minutes:	
Finals	31 Girls 50 Breaststroke	06:08 PM _____
Finals	32 Boys 50 Breaststroke	06:10 PM _____
	Finish Time	06:13 PM _____

HEALTH
SCREEN

ENTER

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ENTRY SIDE

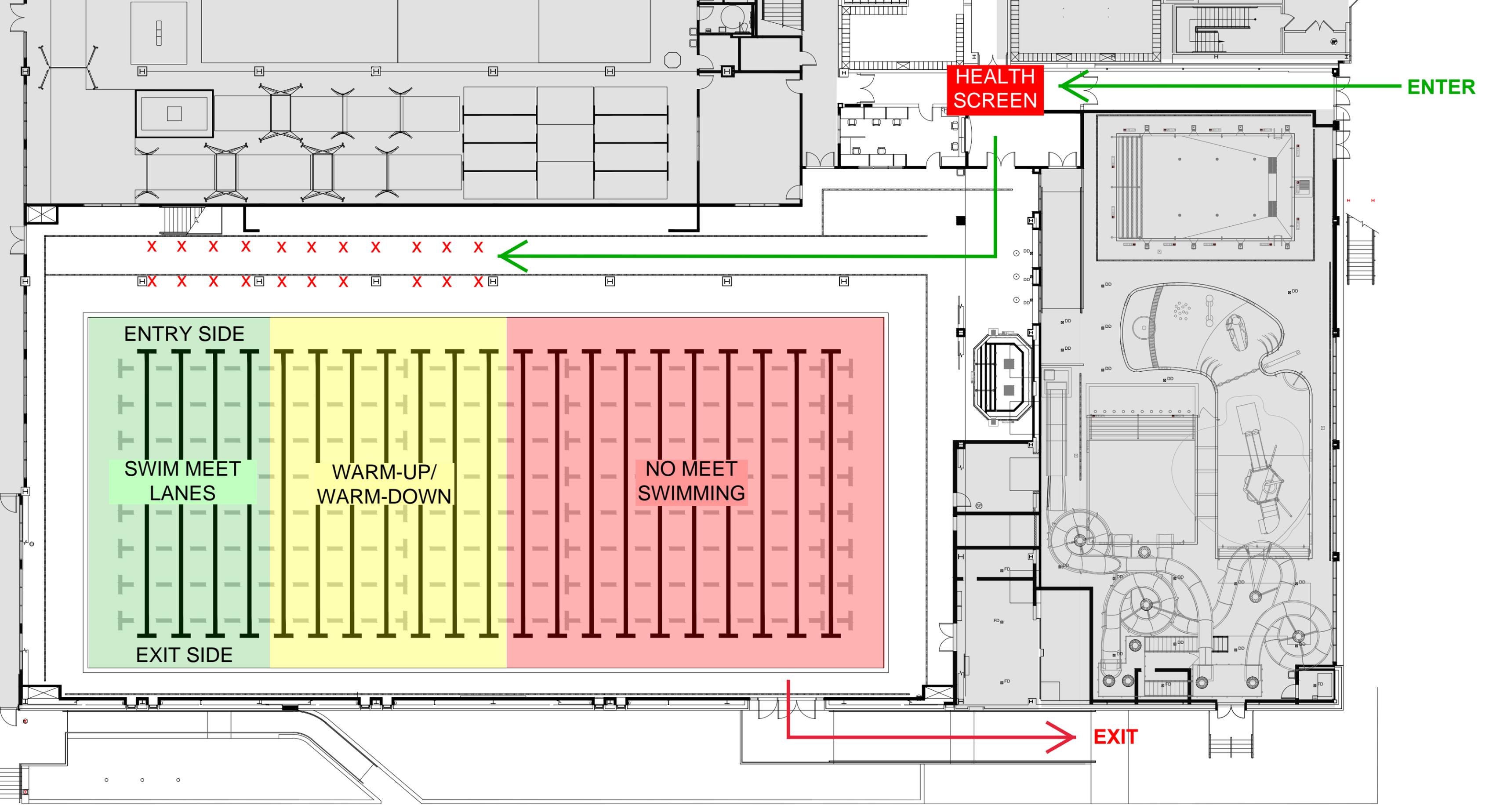
SWIM MEET
LANES

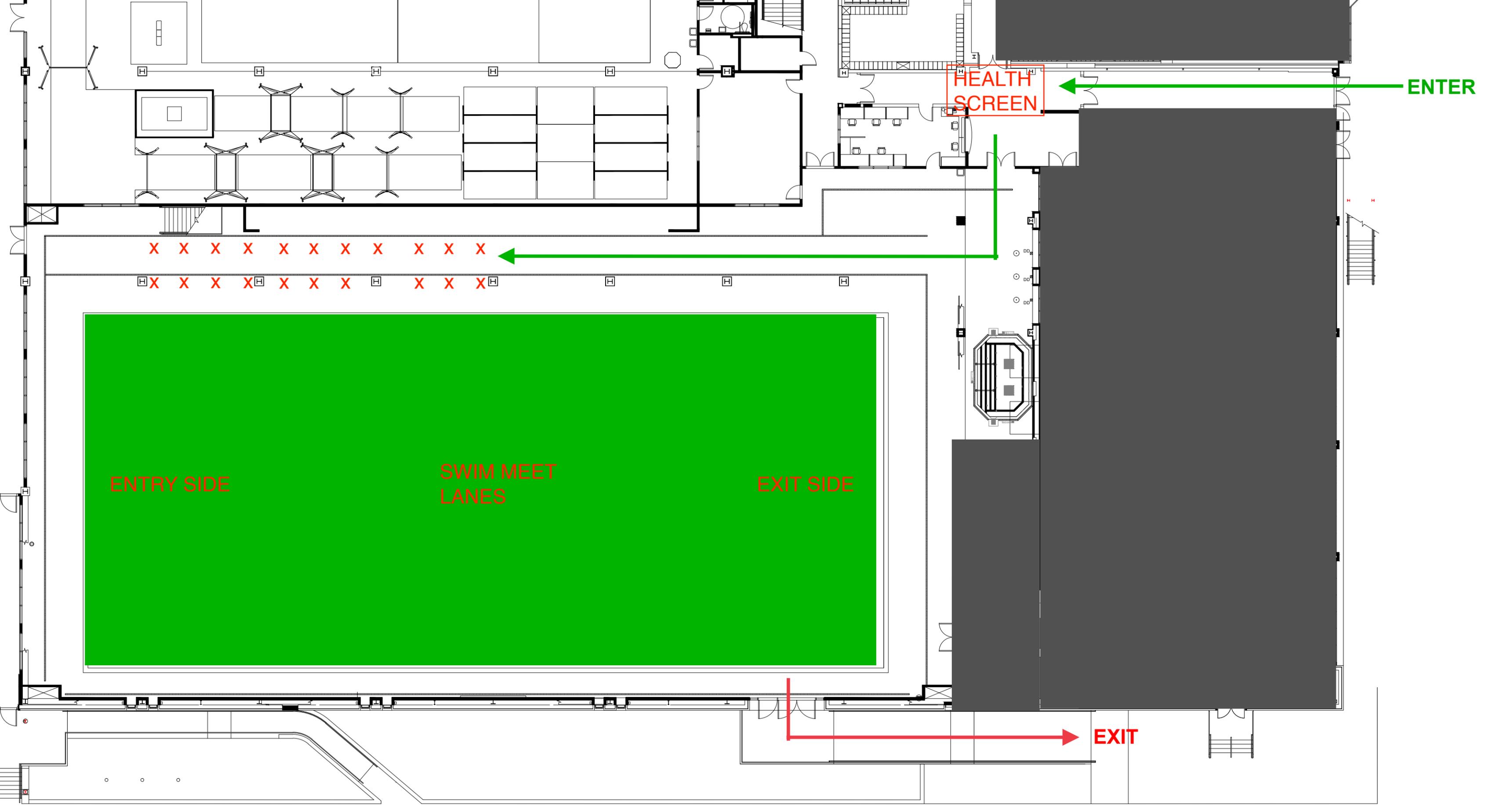
EXIT SIDE

WARM-UP/
WARM-DOWN

NO MEET
SWIMMING

EXIT





HEALTH
SCREEN

ENTER

ENTRY SIDE

SWIM MEET
LANES

EXIT SIDE

EXIT