

CT 2022 CPAC Memorial Day Trial and Finals Invite Invitational May 27 – 30, 2022

1 Blachley Road Stamford, CT 06908
Google Map: <http://goo.gl/maps/rikJ4>

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. #L22-19. 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, the Department of Health of the City of Stamford.

<https://www.stamfordct.gov/government/public-safety-health-welfare/department-of-health/covid-19-info>

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 Memorial Day Invite 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 Memorial Day Invite and being on site at Chelsea Piers, 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.

EVENTS

	Name	Email	Phone
Meet Director:	Aaron Montgomery	amontgomery@chelseapiers.com	
Meet Referee:	Suzannah Rogers	Srogers68@optonline.net	
Lead Admin Official:	Jeffery Palmer		
Entry Chair:	Aaron Montgomery	CPACEntries@gmail.com	
Safety Chair:	Jim Goodwin		203-989-1300

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 DURATION: Full meet with time limits as defined by CT/USA Swimming.

MEET FORMAT: The Meet will be swim as a Prelim-Final format. All events will be conducted slowest to fastest with the exception of the distance events. Distance events will run fastest to slowest alternating genders. The top heat of the 800 and the 1500 will swim with finals as the first events.

There will be continuous warm up and warm down in lanes 0 and 9. Swimmers must not enter or exit the pool from the "Start-side".

The Senior Events will bring back a Consolation heat (9th-16th) and a Championship Final (1st-8th), to be swum in that order. A "C" final (17th-24th) may be added if timelines and total swimmers warrants adding additional finalists.

FINALS: Breaks will be added to finals at the discretion of the Meet Referee before each men's event and before relays. Breaks may also include short awards ceremonies if time permits. The top heat of relays will swim with finals. Times must be provable with swimmers entered in individual events at the meet. All other relays that are not seeded in the top 8 will swim at Prelims.

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). Penalties will be enforced for violation of those procedures. USA Swimming Rulebook 102.3.

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.

LIST ANY COVID PROTOCOLS FOR FACILITY or WHAT TO BRING: 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. Occupancy approximately-300 swimmers

FACILITY: The Chelsea Piers Competition Pool is an 8-lane, 50-meter course plus two outer lanes. Water depth at start end is: 7 feet. Water depth at turn end is: 7 feet. The competition course has not been certified in accordance with 104.2.2C(4).

Electronic timing via Daktronics Omnisport 2000

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: Chelsea Piers Connecticut is fully accessible to all, able-bodied and challenged. The spectator area is easily accessible via elevator, and all bathrooms have reserved stalls in them. Reserved parking is directly in front of the facility. Please contact the Operational Risk Coordinator for more information and special arrangements

COURSE: LCM.

SESSION TIMES: Subject to Change

Friday 13&Over	8:30am Start
Friday 12&Under	1pm Start
Friday Finals	5pm Start
Saturday 13&Over	8:30am Start
Saturday 12&Under	1pmStart
Saturday Finals	5pm Start
Sunday 13&Over	8:30am Start
Sunday 12&Under	1pmStart
Sunday Finals	5pm Start
Monday 13&Over	8:30am Start
Monday 12&Under	1pmStart
Monday Finals	5pm Start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. There will be ten lanes of LCM available for an organized warmup to be distributed the Monday prior to the meet.

ELIGIBILITY: All USA Swimming clubs and individuals. 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

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](#).

ENTRY OPENING DATE: Entries will be accepted no earlier than **April 25, 2022 @ 7pm.**

ENTRY LIMITATIONS: Senior athletes may swim 3 individual events and 1 relay per day, with a maximum of 8 individual events for the meet. 12 & Under athletes may swim 3 individual events (and 1 relay) per day, with a maximum of 12 individual events for the meet.

ENTRY TIMES: Submit times in LCM. All times are subject to verification through the USA swimming database. Conversion times are acceptable.

TIME STANDARDS: A Double AA time standard (17-18 yr) may be instituted for any event 200m or longer. A swimmer not meeting this standard will be offered an alternative event, if possible.

The 800m free and the 1500m free require a AA standard. 10:05.29, 19:18.49 for women and 9:23.59, 17:58.89 for men. Conversion times from SCY may be applied.

Swimmers from the **host team** may enter these events without meeting the time standards at the discretion of the head coach.

DISTANCE EVENTS: Swimmers must perform a positive check in for all distance events. Those swimmers who do not scratch or check in by 5:00 pm of the previous day, will be seeded in prelims with no time, NT.

DEADLINES: Deadline is **May 22, 2022**. Aaron Montgomery, 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: There are **no CT only deadlines** for April and May meets.

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 cpacentries@gmail.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, \$20.00 for distance events. Manual entries: \$30.00 for individual events, \$40.00 for distance events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

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 CT.

Mail to:

Aaron Montgomery

1 Blachley Road

Stamford, CT, 06902

Payment must be received by **April 28, 2022**.

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 3 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).

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: Yes. There are no relay limitations. All relay swimmers must be officially entered in the meet. All 200M relays must be entered with 400M times.

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 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/are 10:00 for morning sessions and not available for afternoon sessions. The fee for Time Trial entries are \$20.00 for individual events and \$30.00 for relays.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet. Volunteer Timers will be Required from all Teams for All Sessions (including: 400 IM & 400 Free) Each Swimmer must provide their own Timers & Counter for the 1500 Free events. 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: Yes. Medals will be awarded for all Senior events to the top 3 finishers in both individual and relay events. Heat winners will be awarded in 12 and under events

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: There is parking located on site at Chelsea Piers Connecticut. Any further instructions for parking will be emailed to the teams by the Monday before the meet.

DIRECTIONS: Northbound 95: Take exit 9. Make a left at the end of the ramp. Make a left on to Rt.1. Make a left onto Blachley Road. The facility is at the end of the street. Southbound 95: Take exit 9. Make a right at the end of the ramp. Make a left onto Blachley Road. The facility is at the end of the street.

LODGING: The Sheraton Stamford Hotel is 1 mile from Chelsea Piers CT, take exit 8 from I-95. Address: 700 East Main St, Stamford, C

CT 2022 CPAC Memorial Day T&F Meet - 5/27/2022 to 5/30/2022**Session Report**

Session: 1 Friday Trials

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	1 Girls 100 Backstroke	08:30 AM	_____
Prelims	2 Boys 100 Backstroke	08:30 AM	_____
Prelims	3 Girls 200 IM	08:30 AM	_____
Prelims	4 Boys 200 IM	08:30 AM	_____
Prelims	5 Girls 200 Freestyle	08:30 AM	_____
Prelims	6 Boys 200 Freestyle	08:30 AM	_____
Finals-S	7 Girls 200 Freestyle Relay	08:30 AM	_____
Finals-S	8 Boys 200 Freestyle Relay	08:30 AM	_____
	Finish Time	08:30 AM	_____

Session: 2 Friday Timed Finals 12&U

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	9 Girls 11-12 50 Backstroke	01:00 PM	_____
Finals	10 Boys 11-12 50 Backstroke	01:00 PM	_____
Finals	11 Girls 10 & Under 50 Freestyle	01:00 PM	_____
Finals	12 Boys 10 & Under 50 Freestyle	01:00 PM	_____
Finals	13 Girls 11-12 400 Freestyle	01:00 PM	_____
Finals	14 Boys 11-12 400 Freestyle	01:00 PM	_____
Finals	15 Girls 10 & Under 100 Backstroke	01:00 PM	_____
Finals	16 Boys 10 & Under 100 Backstroke	01:00 PM	_____
Finals	17 Girls 11-12 50 Breaststroke	01:00 PM	_____
Finals	18 Boys 11-12 50 Breaststroke	01:00 PM	_____
Finals	19 Girls 10 & Under 100 Breaststroke	01:00 PM	_____
Finals	20 Boys 10 & Under 100 Breaststroke	01:00 PM	_____
	Finish Time	01:00 PM	_____

Session: 3 Friday Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	1 Girls 100 Backstroke	05:00 PM	_____
Finals	2 Boys 100 Backstroke	05:07 PM	_____
Finals	3 Girls 200 IM	05:14 PM	_____
Finals	4 Boys 200 IM	05:26 PM	_____
Finals	5 Girls 200 Freestyle	05:37 PM	_____
Finals	6 Boys 200 Freestyle	05:48 PM	_____
Finals-1	7 Girls 200 Freestyle Relay	05:58 PM	_____
Finals-1	8 Boys 200 Freestyle Relay	05:58 PM	_____
	Finish Time	05:58 PM	_____

CT 2022 CPAC Memorial Day T&F Meet - 5/27/2022 to 5/30/2022**Session Report**

Session: 4 Saturday Trials

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at
Prelims	21 Girls 100 Freestyle	08:30 AM
Prelims	22 Boys 100 Freestyle	08:30 AM
Prelims	23 Girls 400 IM	08:30 AM
Prelims	24 Boys 400 IM	08:30 AM
Prelims	25 Girls 200 Backstroke	08:30 AM
Prelims	26 Boys 200 Backstroke	08:30 AM
Finals-S	27 Girls 1500 Freestyle	08:30 AM
Finals-S	28 Boys 800 Freestyle	08:30 AM
	Finish Time	08:30 AM

Session: 5 Saturday Timed Finals 12&U

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

Round	Event	Starts at
Finals	29 Girls 11-12 50 Freestyle	01:00 PM
Finals	30 Boys 11-12 50 Freestyle	01:00 PM
Finals	31 Girls 10 & Under 50 Butterfly	01:00 PM
Finals	32 Boys 10 & Under 50 Butterfly	01:00 PM
Finals	33 Girls 11-12 100 Butterfly	01:00 PM
Finals	34 Boys 11-12 100 Butterfly	01:00 PM
Finals	35 Girls 10 & Under 200 IM	01:00 PM
Finals	36 Boys 10 & Under 200 IM	01:00 PM
Finals	37 Girls 11-12 100 Breaststroke	01:00 PM
Finals	38 Boys 11-12 100 Breaststroke	01:00 PM
Finals	39 Girls 10 & Under 50 Breaststroke	01:00 PM
Finals	40 Boys 10 & Under 50 Breaststroke	01:00 PM
	Finish Time	01:00 PM

Session: 6 Saturday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	21 Girls 100 Freestyle	05:00 PM
Finals	22 Boys 100 Freestyle	05:06 PM
Finals	23 Girls 400 IM	05:12 PM
Finals	24 Boys 400 IM	05:34 PM
Finals	25 Girls 200 Backstroke	05:55 PM
Finals	26 Boys 200 Backstroke	06:07 PM
Finals-1	27 Girls 1500 Freestyle	06:19 PM
Finals-1	28 Boys 800 Freestyle	06:19 PM
	Finish Time	06:19 PM

CT 2022 CPAC Memorial Day T&F Meet - 5/27/2022 to 5/30/2022
Session Report

Session: 7 Sunday Trials

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	41 Girls 100 Butterfly	08:30 AM	_____
Prelims	42 Boys 100 Butterfly	08:30 AM	_____
Prelims	43 Girls 400 Freestyle	08:30 AM	_____
Prelims	44 Boys 400 Freestyle	08:30 AM	_____
Prelims	45 Girls 100 Breaststroke	08:30 AM	_____
Prelims	46 Boys 100 Breaststroke	08:30 AM	_____
Finals-S	47 Girls 200 Medley Relay	08:30 AM	_____
Finals-S	48 Boys 200 Medley Relay	08:30 AM	_____
	Finish Time	08:30 AM	_____

Session: 8 Sunday Timed Finals 12&U

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

Round	Event	Starts at	
Finals	49 Girls 10 & Under 200 Freestyle	01:00 PM	_____
Finals	50 Boys 10 & Under 200 Freestyle	01:00 PM	_____
Finals	51 Girls 11-12 200 Freestyle	01:00 PM	_____
Finals	52 Boys 11-12 200 Freestyle	01:00 PM	_____
Finals	53 Girls 10 & Under 50 Backstroke	01:00 PM	_____
Finals	54 Boys 10 & Under 50 Backstroke	01:00 PM	_____
Finals	55 Girls 11-12 50 Butterfly	01:00 PM	_____
Finals	56 Boys 11-12 50 Butterfly	01:00 PM	_____
Finals	57 Girls 10 & Under 100 Butterfly	01:00 PM	_____
Finals	58 Boys 10 & Under 100 Butterfly	01:00 PM	_____
Finals	59 Girls 11-12 100 Backstroke	01:00 PM	_____
Finals	60 Boys 11-12 100 Backstroke	01:00 PM	_____
	Finish Time	01:00 PM	_____

Session: 9 Sunday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	41 Girls 100 Butterfly	05:00 PM	_____
Finals	42 Boys 100 Butterfly	05:07 PM	_____
Finals	43 Girls 400 Freestyle	05:13 PM	_____
Finals	44 Boys 400 Freestyle	05:35 PM	_____
Finals	45 Girls 100 Breaststroke	05:58 PM	_____
Finals	46 Boys 100 Breaststroke	06:04 PM	_____
Finals-1	47 Girls 200 Medley Relay	06:11 PM	_____
Finals-1	48 Boys 200 Medley Relay	06:11 PM	_____
	Finish Time	06:11 PM	_____

CT 2022 CPAC Memorial Day T&F Meet - 5/27/2022 to 5/30/2022**Session Report**

Session: 10 Monday Trials

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at
Prelims	61 Girls 50 Freestyle	08:30 AM
Prelims	62 Boys 50 Freestyle	08:30 AM
Prelims	63 Girls 200 Breaststroke	08:30 AM
Prelims	64 Boys 200 Breaststroke	08:30 AM
Prelims	65 Girls 200 Butterfly	08:30 AM
Prelims	66 Boys 200 Butterfly	08:30 AM
Finals-S	67 Girls 400 Freestyle Relay	08:30 AM
Finals-S	68 Boys 400 Freestyle Relay	08:30 AM
	Finish Time	08:30 AM

Session: 11 Monay Timed Finals 12&U

Day of Meet: 4 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	69 Girls 11-12 100 Freestyle	01:00 PM
Finals	70 Boys 11-12 100 Freestyle	01:00 PM
Finals	71 Girls 10 & Under 100 Freestyle	01:00 PM
Finals	72 Boys 10 & Under 100 Freestyle	01:00 PM
Finals	73 Girls 11-12 200 IM	01:00 PM
Finals	74 Boys 11-12 200 IM	01:00 PM
Finals	75 Girls 10 & Under 400 Freestyle	01:00 PM
Finals	76 Boys 10 & Under 400 Freestyle	01:00 PM
	Finish Time	01:00 PM

Session: 12 Monday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	61 Girls 50 Freestyle	05:00 PM
Finals	62 Boys 50 Freestyle	05:04 PM
Finals	63 Girls 200 Breaststroke	05:08 PM
Finals	64 Boys 200 Breaststroke	05:20 PM
Finals	65 Girls 200 Butterfly	05:33 PM
Finals	66 Boys 200 Butterfly	05:44 PM
Finals-1	67 Girls 400 Freestyle Relay	05:56 PM
Finals-1	68 Boys 400 Freestyle Relay	05:56 PM
	Finish Time	05:56 PM