

HHAC
Spring Pentathlon
May 7, 2022

225 Skiff Street, Hamden, CT 06517
Beckerman Athletic Center
<https://goo.gl/maps/cxjj88uwSo4mxfwr7>

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- 7. 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, Hamden Hall 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,

COVID-19 Assumption of Risk Disclaimer

We, Hamden Hall 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 HHAC Spring Pentathlon or on site at Beckerman Athletic Center. 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 HHAC Spring Pentathlon and being on site at Beckerman Athletic Center, 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:	Jen Lyman	jlyman@hamdenhall.org	203-464-6903
Meet Referee:	Dylan Lee	dylantlee@gmail.com	
Lead Admin Official:	Amy Bugge'	abugge@milforded.org	
Entry Chair:	Jen Lyman	jlyman@hamdenhall.org	
Safety Chair:	Martha Phelan	Phelan.martha@gmail.com	

MEET HOST: HHAC

WEBSITE: <https://www.teamunify.com/team/cthhac/page/home>

POOL EMERGENCY NUMBER: 203-752-2600

SANCTIONED OR APPROVED: Sanctioned

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

MEET FORMAT: The meet will be swum as Timed-Final

SCRATCH PROCEDURES: All teams will be provided with a scratch sheet which must be turned in 15 minutes after the start of the 1st Warm-Up Session. After 15 minutes the Meet Director will make an announcement addressing which teams have not turned in their scratch sheets as a final warning. Any team who does not turn in their scratch sheet by the allotted time will be scratched from the meet. USA Swimming Rulebook 102.3.

LIST ANY COVID PROTOCOLS FOR FACILITY or WHAT TO BRING: No Covid Protocols at this time. Subject to change at any time.

FACILITY:

Beckerman Athletic Center

The Edwards Family Natatorium is a 6-lane, 25-yard pool. Water depth at start end is 13.6 Feet. Water depth at turn end is 4 feet. The competition course has not been certified in accordance with 104.2.2C (4). The pool has electronic timing with a full display board. We will be using stopwatches for a backup system should the timing system fail. We will use stop watches for the 8 & Under session of this meet. The spectator seating will accommodate approx. 200 people.

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

SAFE SPORT POLICIES: Spectators are allowed. The spectator seating will accommodate approx. 200 people.

DISABLED ACCESS: Handicapped parking is available. The main entrance, locker rooms, spectator seating, and pool entrances are handicapped-accessible. Please contact the meet director if athletes, coaches or spectators require assistance.

COURSE: SCY

SESSION TIMES: Subject to Change

Session 1: 9-12 year olds	Warmup: 7:30am	Start: 8:30am
Session 2: 8 & Unders	Warmup: 11:30am	Start: 12:00pm
Session 3: 13 & Overs	Warmup: 12:30pm	Start: 1:30pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Subject to change
Session 1 Warm-up 7:30am-8:10am One-Way Sprints 8:10am-8:25am (Lanes 1-6)
Session 2 Warm-up 11:30am-11:50am One-Way Sprints 11:50am-12:00pm (Lanes 1-6)
Session 3 Warm-up 12:30pm-1:20pm One-Way Sprints 1:20pm-1:30pm (Lanes 1-6)

ELIGIBILITY: 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.

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. 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

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: Swimmers must enter and swim legally in all 5 events to be considered for the Pentathlon awards. Swimmers do not need to enter all 5 events to participate in the meet

ENTRY OPENING DATE: Entries will be accepted no earlier than **April 25, 2022 at 7:00pm**

ENTRY LIMITATIONS: Swimmers may compete in the maximum of 5 individual events and 2 relays

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Entry deadline is: **May 2, 2022**. Mail hardcopy to the entry chairperson: P.A.T, PO Box 185051, Hamden, CT 06518. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries via e-mail are encouraged and will be used to determine the date an entry is received. Deck entries are not allowed.

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 jlyman@hamdenhall.org. 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.

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: \$10.00 for individual events, \$16.00 for relays. Manual entries: \$14.00 for individual events, \$20.00 for relays. 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 Hamden Hall.

Mail to:

P.A.T

PO Box 185051

Hamden, CT 06518.

Payment must be received by **05/02/2022**.

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 maximum number of events allowed per day may be reduced by one (1).
5. Visiting teams may be cut based on the 5/2/2022

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.

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: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet.

All volunteers will be required to attest to reading and understanding the [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 be scored for the Pentathlon individual event awards. The swimmers' times in each of the five strokes will be added together and then ranked fastest time to slowest time for purpose of award placing. If a swimmer is DQ, he/she is eliminated from awards.

AWARDS: Yes. Trophies will be awarded to the top 6 finishers of each gender in the following categories: 8 & Under, 9-10, 11-12, 13-14, and 15 & Over. Awards will be ready approx. 30 minutes after the completion of each session.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

DIRECTIONS: The Beckerman Athletic Center is located at 225 Skiff Street, Hamden, CT. 06517
<http://goo.gl/maps/svbwH>

FROM I-95 (N or S): I-95 into New Haven. North on I-91. To Exit 6 Willow St./Blatchley Ave. (left hand exit off I-91) Turn right off ramp onto Willow St. & follow to the end. Turn right onto Whitney Ave. Proceed approximately 5 miles. (Going past Hamden Hall at the 2-mile mark, then past the Reservoir on both sides, and finally past Walgreen's & through the Spring Glen neighborhood.) Turn left at major intersection onto Skiff St. (the 8th light after Hamden Hall, the next light after Spring Glen School.) The entrance to the complex is 1/4 mile up on left.

FROM RT. 15 MERRITT/WILBUR CROSS PARKWAY (N or S): Exit 60 Hamden. Turn left (north) onto Dixwell Ave. Proceed past strip malls on both sides. At major intersection, turn right onto Skiff St. (just past TGI Friday's & Super Stop & Shop plaza on right.) Entrance is approximately 1/2 mile down Skiff St. on the right.

FROM I-91 GOING SOUTH: Exit 10 Hamden/Mt. Carmel: The exit ramp turns into the Mt. Carmel Connector. Take Exit 1 off connector. At end of ramp turn left and proceed to end. Turn left at light onto Hartford Turnpike. At first light turn right onto Dixwell Ave. Proceed up hill and then downhill and into center of town.

Turn left at major intersection onto Whitney Ave. (Rt. 10 South). Proceed to third light at major intersection and turn right onto Skiff St. Field entrance is 1/4 mile up on the left.

2022 HHAC Spring Pentathlon - 5/7/2022**Session Report**

Session: 1 9-12 year old

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-12 100 Medley Relay	0	0	08:30 AM	_____
Finals	2 Boys 11-12 100 Medley Relay	0	0	08:30 AM	_____
Finals	3 Girls 9-10 100 Medley Relay	0	0	08:30 AM	_____
Finals	4 Boys 9-10 100 Medley Relay	0	0	08:30 AM	_____
Finals	5 Girls 11-12 200 IM	0	0	08:30 AM	_____
Finals	6 Boys 11-12 200 IM	0	0	08:30 AM	_____
Finals	7 Girls 9-10 100 IM	0	0	08:30 AM	_____
Finals	8 Boys 9-10 100 IM	0	0	08:30 AM	_____
Finals	9 Girls 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	10 Boys 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	11 Girls 9-10 50 Freestyle	0	0	08:30 AM	_____
Finals	12 Boys 9-10 50 Freestyle	0	0	08:30 AM	_____
Finals	13 Girls 11-12 50 Breaststroke	0	0	08:30 AM	_____
Finals	14 Boys 11-12 50 Breaststroke	0	0	08:30 AM	_____
Finals	15 Girls 9-10 50 Breaststroke	0	0	08:30 AM	_____
Finals	16 Boys 9-10 50 Breaststroke	0	0	08:30 AM	_____
Finals	17 Girls 11-12 50 Backstroke	0	0	08:30 AM	_____
Finals	18 Boys 11-12 50 Backstroke	0	0	08:30 AM	_____
Finals	19 Girls 9-10 50 Backstroke	0	0	08:30 AM	_____
Finals	20 Boys 9-10 50 Backstroke	0	0	08:30 AM	_____
Finals	21 Girls 11-12 50 Butterfly	0	0	08:30 AM	_____
Finals	22 Boys 11-12 50 Butterfly	0	0	08:30 AM	_____
Finals	23 Girls 9-10 50 Butterfly	0	0	08:30 AM	_____
Finals	24 Boys 9-10 50 Butterfly	0	0	08:30 AM	_____
Finals	25 Girls 11-12 200 Freestyle Relay	0	0	08:30 AM	_____
Finals	26 Boys 11-12 200 Freestyle Relay	0	0	08:30 AM	_____
Finals	27 Girls 9-10 200 Freestyle Relay	0	0	08:30 AM	_____
Finals	28 Boys 9-10 200 Freestyle Relay	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

2022 HHAC Spring Pentathlon - 5/7/2022**Session Report**

Session: 2 8 & Unders

Day of Meet: 1 Starts at 12:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 8 & Under 100 Medley Relay	0	0	12:00 PM	_____
Finals	30 Boys 8 & Under 100 Medley Relay	0	0	12:00 PM	_____
Finals	31 Girls 8 & Under 100 IM	0	0	12:00 PM	_____
Finals	32 Boys 8 & Under 100 IM	0	0	12:00 PM	_____
Finals	33 Girls 8 & Under 25 Freestyle	0	0	12:00 PM	_____
Finals	34 Boys 8 & Under 25 Freestyle	0	0	12:00 PM	_____
Finals	35 Girls 8 & Under 25 Breaststroke	0	0	12:00 PM	_____
Finals	36 Boys 8 & Under 25 Breaststroke	0	0	12:00 PM	_____
Finals	37 Girls 8 & Under 25 Backstroke	0	0	12:00 PM	_____
Finals	38 Boys 8 & Under 25 Backstroke	0	0	12:00 PM	_____
Finals	39 Girls 8 & Under 25 Butterfly	0	0	12:00 PM	_____
Finals	40 Boys 8 & Under 25 Butterfly	0	0	12:00 PM	_____
Finals	41 Girls 8 & Under 100 Freestyle Relay	0	0	12:00 PM	_____
Finals	42 Boys 8 & Under 100 Freestyle Relay	0	0	12:00 PM	_____
Finals	43 Girls 13 & Over 200 Medley Relay	0	0	12:00 PM	_____
Finals	44 Boys 13 & Over 200 Medley Relay	0	0	12:00 PM	_____
	Finish Time			12:00 PM	_____

2022 HHAC Spring Pentathlon - 5/7/2022**Session Report**

Session: 3 13 & Overs

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

Round	Event	Entries	Heats	Starts at	
Finals	45 Girls 13-14 200 IM	0	0	01:30 PM	_____
Finals	46 Boys 13-14 200 IM	0	0	01:30 PM	_____
Finals	47 Girls 15 & Over 200 IM	0	0	01:30 PM	_____
Finals	48 Boys 15 & Over 200 IM	0	0	01:30 PM	_____
Finals	49 Girls 13-14 100 Freestyle	0	0	01:30 PM	_____
Finals	50 Boys 13-14 100 Freestyle	0	0	01:30 PM	_____
Finals	51 Girls 15 & Over 100 Freestyle	0	0	01:30 PM	_____
Finals	52 Boys 15 & Over 100 Freestyle	0	0	01:30 PM	_____
Finals	53 Girls 13-14 100 Breaststroke	0	0	01:30 PM	_____
Finals	54 Boys 13-14 100 Breaststroke	0	0	01:30 PM	_____
Finals	55 Girls 15 & Over 100 Breaststroke	0	0	01:30 PM	_____
Finals	56 Boys 15 & Over 100 Breaststroke	0	0	01:30 PM	_____
Finals	57 Girls 13-14 100 Backstroke	0	0	01:30 PM	_____
Finals	58 Boys 13-14 100 Backstroke	0	0	01:30 PM	_____
Finals	59 Girls 15 & Over 100 Backstroke	0	0	01:30 PM	_____
Finals	60 Boys 15 & Over 100 Backstroke	0	0	01:30 PM	_____
Finals	61 Girls 13-14 100 Butterfly	0	0	01:30 PM	_____
Finals	62 Boys 13-14 100 Butterfly	0	0	01:30 PM	_____
Finals	63 Girls 15 & Over 100 Butterfly	0	0	01:30 PM	_____
Finals	64 Boys 15 & Over 100 Butterfly	0	0	01:30 PM	_____
Finals	65 Girls 13 & Over 200 Freestyle Relay	0	0	01:30 PM	_____
Finals	66 Boys 13 & Over 200 Freestyle Relay	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____