

The Great Duck 12/U Pentathlon

May 7th, 2022

[Google Maps](#)

Shelton Community Center, 41 Church Street, Shelton CT 06484

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. #L22-6. 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, Rapids Swim Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, Naugatuck Valley Department of Health, <https://www.nvhd.org/>

COVID-19 Assumption of Risk Disclaimer

We, Rapids Swim Team, 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 The Great Duck Pentathlon or on site at Shelton Community 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 The Great Duck Pentathlon and being on site at Shelton Community 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:	Chuck Clark	Chuckclark32@hotmail.com	203-556-5580
Meet Referee:	Rob Cristiano		
Lead Admin Official:	Emily DeMace		
Entry Chair:	Chuck Clark	Chuckclark32@hotmail.com	
Safety Chair:	Scott Tummins		
Officials Contact:	Chris Lieby	Chris.lieby@gmail.com	

MEET HOST: RST (Rapids Swim Team)

WEBSITE: www.smstrapids.org

POOL EMERGENCY NUMBER: 203-556-5580

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 a 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: If spectators are allowed then heat sheets will be sold. If spectators are not allowed then heat sheets will be available via meet mobile on a trial run basis or on our website. Any facility rules will be e-mailed out to all coaches no later than the Wednesday before the meet.

FACILITY: The Pool at The Shelton Community Center is an 8-lane by 25-yard facility with non-turbulent lane lines. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is 11 feet. Water depth at turn end is 4 feet. The timing system will be Colorado Timing with touch-pads. Adequate seating and parking is available. Please do not park in the designated Fire Lanes. Note: Changing in and out of swimsuits other than in locker rooms or other designated areas is prohibited. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Spectators will be allowed at the discretion of the facility to be decided no later than the Monday before the meet.

SAFE SPORT POLICIES: The swim meet will be streamed, with a link sent out to all participating teams prior to the start of the meet. Spectators will be allowed at the discretion of the facility to be decided no later than the Monday before the meet.

DISABLED ACCESS: The facility is accessible to the disabled. Please contact the Meet Director with questions.

COURSE: SCY

SESSION TIMES: Subject to Change

Warm Up 3pm Start 4:15pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All 8 lanes will be used; assignments will be made by team and not gender. There will be a maximum of 2 warm up sessions.

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. All swimmers must be 12 years old or younger at the start of 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 25th at 7:00p.**

ENTRY LIMITATIONS: Swimmers may swim a maximum of 5 events.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Entry deadline is **May 2nd**. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come first served basis. Date of receipt is based on Electronic Copy of entry.

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 chuckclark32@hotmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received by **Friday May 6th, 2022**. Date of receipt is based on Electronic Copy of entry

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. Manual entries: \$10.00 for individual 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 Rapids Swim Team.

Mail to:

Chuck Clark

18 Ward Place

Trumbull, CT, 06611

Payment must be received by 5/6/2022.

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 6 and under will be cut from the meet.
2. 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.
3. The maximum number of events allowed per day may be reduced by one (1).

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: No

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

All volunteers will be required to attest to reading and understanding the [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.

AWARDS: Yes, heat winners will be awarded. Top 3 overall for each age will receive an award.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Ample parking is available in the lot behind The Shelton Community Center.

DIRECTIONS: Shelton Community Center, 41 Church Street, Shelton CT 06484

Great Duck Pentathlon - 5/7/2022
Session Report

Session: 1 Session1

Day of Meet: 1 Starts at 04:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-12 50 Butterfly	0	0	04:15 PM	_____
Finals	2 Boys 11-12 50 Butterfly	0	0	04:15 PM	_____
Finals	3 Girls 9-10 50 Butterfly	0	0	04:15 PM	_____
Finals	4 Boys 9-10 50 Butterfly	0	0	04:15 PM	_____
Finals	5 Girls 8 & Under 25 Butterfly	0	0	04:15 PM	_____
Finals	6 Boys 8 & Under 25 Butterfly	0	0	04:15 PM	_____
Finals	7 Girls 11-12 50 Backstroke	0	0	04:15 PM	_____
Finals	8 Boys 11-12 50 Backstroke	0	0	04:15 PM	_____
Finals	9 Girls 9-10 50 Backstroke	0	0	04:15 PM	_____
Finals	10 Boys 9-10 50 Backstroke	0	0	04:15 PM	_____
Finals	11 Girls 8 & Under 25 Backstroke	0	0	04:15 PM	_____
Finals	12 Boys 8 & Under 25 Backstroke	0	0	04:15 PM	_____
Finals	13 Girls 11-12 50 Breaststroke	0	0	04:15 PM	_____
Finals	14 Boys 11-12 50 Breaststroke	0	0	04:15 PM	_____
Finals	15 Girls 9-10 50 Breaststroke	0	0	04:15 PM	_____
Finals	16 Boys 9-10 50 Breaststroke	0	0	04:15 PM	_____
Finals	17 Girls 8 & Under 25 Breaststroke	0	0	04:15 PM	_____
Finals	18 Boys 8 & Under 25 Breaststroke	0	0	04:15 PM	_____
Finals	19 Girls 11-12 50 Freestyle	0	0	04:15 PM	_____
Finals	20 Boys 11-12 50 Freestyle	0	0	04:15 PM	_____
Finals	21 Girls 9-10 50 Freestyle	0	0	04:15 PM	_____
Finals	22 Boys 9-10 50 Freestyle	0	0	04:15 PM	_____
Finals	23 Girls 8 & Under 25 Freestyle	0	0	04:15 PM	_____
Finals	24 Boys 8 & Under 25 Freestyle	0	0	04:15 PM	_____
Finals	25 Girls 11-12 100 IM	0	0	04:15 PM	_____
Finals	26 Boys 11-12 100 IM	0	0	04:15 PM	_____
Finals	27 Girls 9-10 100 IM	0	0	04:15 PM	_____
Finals	28 Boys 9-10 100 IM	0	0	04:15 PM	_____
Finals	29 Girls 8 & Under 100 IM	0	0	04:15 PM	_____
Finals	30 Boys 8 & Under 100 IM	0	0	04:15 PM	_____
	Finish Time			04:15 PM	_____