

**The Mic Dev Classic
Invitational
November 20-22, 2015**

525 Orange Center Road. High Plains Community Center Orange, CT 06477

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-35. 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.

EVENTS

	Name	Email	Phone
Meet Director:	Michael O'Brien	coachmikeobrien@gmail.com	203.589.9697
Meet Referee:	Bill Hinckley		
Entry Chair:	Michael O'Brien	coachmikeobrien@gmail.com	203.589.9697
Safety Chair:	Michael Diverniero	Divernierom1@owls.southernct.edu	203.927.8511
Officials Contact:	Sharon Belfonti	treasurer@aracswimteam.com	203.464.8790

WEBSITE: www.ARACSWIMTEAM.COM

POOL EMERGENCY NUMBER: 203.891.4761

MEET TYPE: Sanctioned

MEET CLASSIFICATION: This meet is open to CT member athletes and clubs of USA Swimming.

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

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for each session of the meet in their information packets listing all of their swimmers and events for each session. Coaches must indicate all scratches on these sheets and turn them in to the computer table within one half hour after the start of warm-up.

FACILITY Orange Town Pool is an 8-lane, 25-yard pool. Water depth at start end is: 3 feet 6 inches- 11 feet. Water depth at turn end is: 3 feet 6 inches. The competition course has not been certified in accordance with 104.2.2C (4). We will be using Colorado Timing System, 8 lane electronic display.. Spectator seating in balcony area, 300 seat occupancy.

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

DISABLED ACCESS: Handicap parking in front and rear of building. Handicapped entrance in pool lobby with wheelchair ramp in lobby to access locker rooms and pool office. Spectator seating- not handicap accessible. Contact meet director Michael O'Brien for special arrangements

COURSE: SCY

SESSION TIMES: **Session 1-** Friday: 5:15PM Warm up, 6PM Start
 Session 2- Saturday: 7AM Warm up, 8AM Start
 Session 3- Saturday: 11:30AM Warm up, 12:30PM Start
 Session 4- Saturday: 3:15PM Warm up, 4:15PM Start
 Session 5- Sunday: 7AM warm up, 8AM Start
 Session 6- Sunday: 11:30AM Warm up, 12:15PM Start
 Session 7- Sunday 3:15PM Warm up, 4:15PM Start

Subject to Change

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect.

- Session 1- General Warm up- 8 Lanes
- Session 2&5 First Warm up 8 lanes 7-7:20, Second Warm up 8 lanes 7:20-7:40, Third Warm up 7:40-7:55 One way sprints with 2 lanes available for circle swim.
- Session 3&6 First Warm up 8 lanes 11:30-11:50, Second Warm up 8 lanes 11:50-12:10.
- Session 4&7 First Warm up 8 lanes 3:15-3:35, Second Warm up 8 lanes 3:35-3:55, Third Warm up One way sprints with 2 lanes available for circle swim.

ELIGIBILITY All athletes must be current athlete members of CT 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.

ADAPTED SWIMMING: Any current athlete members of CT 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 [Mark Kinne](#), Adapted Athlete Committee Chair.

ENTRY LIMITATIONS: Friday night limit 2 event max; Saturday/Sunday 4 event max.

ENTRY TIMES: Submit entry times in: SCY.

DEADLINES: Entry deadline is November 7th, 2015. Mail hardcopy and payment to the entry chairperson: Michael O'Brien, 106 Ivy Street, West Haven, CT, 06516. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will come on a first-come, first-serve basis, space permitting. Formal team entry date is determined by date of email receipt as long as entry and hard copy are postmarked within three business days. Be aware the meet may close prior to the entry deadline. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than November 10th, 2015. The meet manager reserves the right to deny any or all changes to the entry after it is received. Any entry received after the entry deadline will be returned, unless the meet is undersubscribed.

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 coachmikeobrien@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected by November 10th, 2015. On that date all entries will be considered final

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.

ENTRY FEES: Electronic entries: \$7.00 for individual events, \$8.00 for distance event, \$10.00 for relays. Manual entries: \$8.00 for individual events, \$9.00 for distance events, \$12.00 for relays. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry

PAYMENT INSTRUCTIONS: Please make checks payable to Amity Regional Aquatic Club (ARAC) and mail to: Michael O'Brien, 106 Ivy Street, West Haven, CT, 06516. Payment must be received by 11/10/15

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 first 6 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 changes will be made to Program Operations and the attending teams as soon as possible and not 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 changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: Yes. 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.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. 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.

Additionally, the following “Non-Camera Zones” shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

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.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Friday evening distance swimmers must provide their own timer and counter. All teams will be required to provide timers in proportion to the size of their team entry. Timer assignments will be emailed to all teams prior to the meet. It is the responsibility of each team representative or coach to make sure that their timers report for the timers meeting and remain in place throughout the session. If timers need to be relieved, it is their team’s responsibility to provide a replacement timer. Participating clubs will be notified of work assignments by the Monday before the meet.

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: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Available on both sides of the building.

DIRECTIONS: 525 Orange Center Road, Orange CT 06477.

[google map 525 Orange Center Road](#)

The Mic-Dev Classic - 11/20/2015 to 11/22/2015**Session Report**

Session: 1 Friday Night

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 11-12 500 Freestyle	0	0	06:00 PM _____
Finals	2 Boys 11-12 500 Freestyle	0	0	06:00 PM _____
Finals	3 Girls 400 IM	0	0	06:00 PM _____
Finals	4 Boys 400 IM	0	0	06:00 PM _____
Finals	5 Girls 1000 Freestyle	0	0	06:00 PM _____
Finals	6 Boys 1000 Freestyle	0	0	06:00 PM _____
	Finish Time			06:00 PM _____

The Mic-Dev Classic - 11/20/2015 to 11/22/2015**Session Report**

Session: 2 Saturday 11-12

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	7 Girls 11-12 200 Medley Relay	0	0	08:00 AM _____
Finals	8 Boys 11-12 200 Medley Relay	0	0	08:00 AM _____
Finals	9 Girls 11-12 200 Freestyle	0	0	08:00 AM _____
Finals	10 Boys 11-12 200 Freestyle	0	0	08:00 AM _____
Finals	11 Girls 11-12 50 Butterfly	0	0	08:00 AM _____
Finals	12 Boys 11-12 50 Butterfly	0	0	08:00 AM _____
Finals	13 Girls 11-12 100 Breaststroke	0	0	08:00 AM _____
Finals	14 Boys 11-12 100 Breaststroke	0	0	08:00 AM _____
Finals	15 Girls 11-12 50 Freestyle	0	0	08:00 AM _____
Finals	16 Boys 11-12 50 Freestyle	0	0	08:00 AM _____
Finals	17 Girls 11-12 100 Backstroke	0	0	08:00 AM _____
Finals	18 Boys 11-12 100 Backstroke	0	0	08:00 AM _____
Finals	19 Girls 11-12 200 Butterfly	0	0	08:00 AM _____
Finals	20 Boys 11-12 200 Butterfly	0	0	08:00 AM _____
Finals	21 Girls 11-12 100 IM	0	0	08:00 AM _____
Finals	22 Boys 11-12 100 IM	0	0	08:00 AM _____
	Finish Time			08:00 AM _____

The Mic-Dev Classic - 11/20/2015 to 11/22/2015**Session Report**

Session: 3 Saturday 10-Under

Day of Meet: 2 Starts at 12:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	23 Girls 10 & Under 200 Medley Relay	0	0	12:30 PM _____
Finals	24 Boys 10 & Under 200 Medley Relay	0	0	12:30 PM _____
Finals	25 Girls 10 & Under 100 Freestyle	0	0	12:30 PM _____
Finals	26 Boys 10 & Under 100 Freestyle	0	0	12:30 PM _____
Finals	27 Girls 10 & Under 50 Breaststroke	0	0	12:30 PM _____
Finals	28 Boys 10 & Under 50 Breaststroke	0	0	12:30 PM _____
Finals	29 Girls 10 & Under 100 Butterfly	0	0	12:30 PM _____
Finals	30 Boys 10 & Under 100 Butterfly	0	0	12:30 PM _____
Finals	31 Girls 10 & Under 50 Backstroke	0	0	12:30 PM _____
Finals	32 Boys 10 & Under 50 Backstroke	0	0	12:30 PM _____
Finals	33 Girls 10 & Under 200 IM	0	0	12:30 PM _____
Finals	34 Boys 10 & Under 200 IM	0	0	12:30 PM _____
	Finish Time			12:30 PM _____

The Mic-Dev Classic - 11/20/2015 to 11/22/2015**Session Report**

Session: 4 Saturday Open/Senior

Day of Meet: 2 Starts at 04:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	35 Girls 200 Medley Relay	0	0	04:15 PM _____
Finals	36 Boys 200 Medley Relay	0	0	04:15 PM _____
Finals	37 Girls 100 Freestyle	0	0	04:15 PM _____
Finals	38 Boys 100 Freestyle	0	0	04:15 PM _____
Finals	39 Girls 200 Breaststroke	0	0	04:15 PM _____
Finals	40 Boys 200 Breaststroke	0	0	04:15 PM _____
Finals	41 Girls 100 Butterfly	0	0	04:15 PM _____
Finals	42 Boys 100 Butterfly	0	0	04:15 PM _____
Finals	43 Girls 200 Backstroke	0	0	04:15 PM _____
Finals	44 Boys 200 Backstroke	0	0	04:15 PM _____
Finals	45 Girls 200 IM	0	0	04:15 PM _____
Finals	46 Boys 200 IM	0	0	04:15 PM _____
Finals	47 Girls 500 Freestyle	0	0	04:15 PM _____
Finals	48 Boys 500 Freestyle	0	0	04:15 PM _____
	Finish Time			04:15 PM _____

The Mic-Dev Classic - 11/20/2015 to 11/22/2015**Session Report**

Session: 5 Sunday 11-12

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	49 Girls 11-12 200 Freestyle Relay	0	0	08:00 AM _____
Finals	50 Boys 11-12 200 Freestyle Relay	0	0	08:00 AM _____
Finals	51 Girls 11-12 200 IM	0	0	08:00 AM _____
Finals	52 Boys 11-12 200 IM	0	0	08:00 AM _____
Finals	53 Girls 11-12 50 Breaststroke	0	0	08:00 AM _____
Finals	54 Boys 11-12 50 Breaststroke	0	0	08:00 AM _____
Finals	55 Girls 11-12 200 Backstroke	0	0	08:00 AM _____
Finals	56 Boys 11-12 200 Backstroke	0	0	08:00 AM _____
Finals	57 Girls 11-12 100 Butterfly	0	0	08:00 AM _____
Finals	58 Boys 11-12 100 Butterfly	0	0	08:00 AM _____
Finals	59 Girls 11-12 50 Backstroke	0	0	08:00 AM _____
Finals	60 Boys 11-12 50 Backstroke	0	0	08:00 AM _____
Finals	61 Girls 11-12 100 Freestyle	0	0	08:00 AM _____
Finals	62 Boys 11-12 100 Freestyle	0	0	08:00 AM _____
Finals	63 Girls 11-12 200 Breaststroke	0	0	08:00 AM _____
Finals	64 Boys 11-12 200 Breaststroke	0	0	08:00 AM _____
	Finish Time			08:00 AM _____

The Mic-Dev Classic - 11/20/2015 to 11/22/2015**Session Report**

Session: 6 Sunday 10-Under

Day of Meet: 3 Starts at 12:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	65 Girls 10 & Under 200 Freestyle Relay	0	0	12:15 PM _____
Finals	66 Boys 10 & Under 200 Freestyle Relay	0	0	12:15 PM _____
Finals	67 Girls 10 & Under 200 Freestyle	0	0	12:15 PM _____
Finals	68 Boys 10 & Under 200 Freestyle	0	0	12:15 PM _____
Finals	69 Girls 10 & Under 50 Butterfly	0	0	12:15 PM _____
Finals	70 Boys 10 & Under 50 Butterfly	0	0	12:15 PM _____
Finals	71 Girls 10 & Under 100 Backstroke	0	0	12:15 PM _____
Finals	72 Boys 10 & Under 100 Backstroke	0	0	12:15 PM _____
Finals	73 Girls 10 & Under 50 Freestyle	0	0	12:15 PM _____
Finals	74 Boys 10 & Under 50 Freestyle	0	0	12:15 PM _____
Finals	75 Girls 10 & Under 100 Breaststroke	0	0	12:15 PM _____
Finals	76 Boys 10 & Under 100 Breaststroke	0	0	12:15 PM _____
	Finish Time			12:15 PM _____

The Mic-Dev Classic - 11/20/2015 to 11/22/2015**Session Report**

Session: 7 Sunday Open/Senior

Day of Meet: 3 Starts at 04:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	77 Girls 200 Freestyle Relay	0	0	04:15 PM _____
Finals	78 Boys 200 Freestyle Relay	0	0	04:15 PM _____
Finals	79 Girls 200 Freestyle	0	0	04:15 PM _____
Finals	80 Boys 200 Freestyle	0	0	04:15 PM _____
Finals	81 Girls 100 Breaststroke	0	0	04:15 PM _____
Finals	82 Boys 100 Breaststroke	0	0	04:15 PM _____
Finals	83 Girls 50 Freestyle	0	0	04:15 PM _____
Finals	84 Boys 50 Freestyle	0	0	04:15 PM _____
Finals	85 Girls 100 Backstroke	0	0	04:15 PM _____
Finals	86 Boys 100 Backstroke	0	0	04:15 PM _____
Finals	87 Girls 200 Butterfly	0	0	04:15 PM _____
Finals	88 Boys 200 Butterfly	0	0	04:15 PM _____
	Finish Time			04:15 PM _____