

# CCAT Winter Trophy Invitational

## January 31<sup>st</sup>, 2016

Mark T. Sheehan High School  
142 Hope Hill Rd.  
Wallingford, CT 06492  
<http://goo.gl/9oDKP8>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-79. 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

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
Meet Director:	Keith Cargan	<a href="mailto:kcargan@gmail.com">kcargan@gmail.com</a>	203-671-4795
Meet Referee:	Adele Frost	<a href="mailto:frostdonald@sbcglobal.net">frostdonald@sbcglobal.net</a>	203-520-3813
Entry Chair:	Stephanie Jordan	<a href="mailto:sjordan@peco1938.com">sjordan@peco1938.com</a>	203-494-7673
Safety Chair:	Sara Massa	<a href="mailto:shmassa@comcast.net">shmassa@comcast.net</a>	860-227-2030
Officials Contact:	Adele Frost	<a href="mailto:frostdonald@sbcglobal.net">frostdonald@sbcglobal.net</a>	203-520-3813

**WEBSITE:** SwimCCAT.com

**POOL EMERGENCY NUMBER:** 203-671-4795 (Day of meet only)

**MEET TYPE:** Sanctioned

**MEET CLASSIFICATION:** This meet is open to all USA Swimming athletes and clubs.

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

**SCRATCH PROCEDURES:** Coaches will receive a list of their swimmers and the events in which they are entered at each session. All scratches for that session will be due at the main desk one half hour after the beginning of the warmups even if there are no scratches.

**FACILITY:** The Mark T. Sheehan pool is a 6-lane, 25 yard pool: The competition course has not been certified in accordance with 104.2.2C (4). Water depth at start end is: 12.04 feet. Water depth at turn end is: 4.00 feet. Daktronics electronic timing system/scoreboard. There is ample deck space/ spectator seating.

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

**DISABLED ACCESS:** Handicapped parking is available, pool and locker rooms are handicapped accessible. Please contact the meet manager if special arrangements are needed

**COURSE:** SCY

**SESSION TIMES:** Session I (12 and Unders): 8:00am Warmup / 9:00am Start Time  
Session II (13 and Overs): 1:00pm Warmup / 2:00pm Start Time

**Subject to Change**

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. There will be two 25 minute warmup periods utilizing 6 lanes each.

**ELIGIBILITY:** 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.

**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 [Mark Kinne](#), Adapted Athlete Committee Chair.

**EVENT INFORMATION:** Each age group (10 & Under, 11-12, and 13 & Over) will be scored based on their final times for each of the five events. Trophies will be awarded for the top six athletes in each gender's age group based on their cumulative score. Swimmers must enter all 5 events to be eligible for a trophy.

**ENTRY LIMITATIONS:** Swimmers may enter a maximum of 5 events per session.

**ENTRY TIMES:** Submit entry times in: SCY. NT's will not be accepted.

**DEADLINES:** Entry deadline is January 8<sup>th</sup>, 2016. Mail hardcopy and payment to the entry chairperson:  
Stephanie Jordan  
187 Williams Street  
Meriden CT 06450.

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 the entry

**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 [sjordan@peco1938.com](mailto:sjordan@peco1938.com) Please check that your team name, address, and contact information are listed correctly in this file. Each team will be notified of receipt of electronic entry via an email response.

**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. 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

**PAYMENT INSTRUCTIONS:** Please make checks payable to CCAT Swimming LLC and mail to: Stephanie Jordan, 187 Williams Street, Meriden, CT 06450. Payment must be received by 1/15/2016

## **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. 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:** 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.

## **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: Officials:** Please Contact Adele Frost (contact information listed above) if you have any officials willing to work the meet. Please include name, contact information, and level of official with entry. **Timers:** Each team will be asked to provide timers in proportion to their meet entry. Team assignments will be emailed to your team contact on the Monday prior to 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 be scored. Top 12 places will be scored with the following point value: 16-13-12-11-10-9-7-5-4-3-2-1

**AWARDS:** Trophies will be awarded to the top 6 finishers using their cumulative score from all five events. Awards will be distributed following the last event of each session.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** There is a large parking lot on the back side of the school with access to the pool through the main entry door. Due to school security, no persons shall enter the pool through the exterior natatorium doors.

**DIRECTIONS:** Mark T. Sheehan High School. 142 Hope Hill Rd, Wallingford, CT 06492  
<http://goo.gl/9oDKP8>

**CCAT Winter Trophy Pentathlon Invitational - 1/31/2016****Session Report**

Session: 1 12 AND UNDER SESSION

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Girls 10 & Under 50 Butterfly	0	0	09:00 AM _____
Finals	2 Boys 10 & Under 50 Butterfly	0	0	09:00 AM _____
Finals	3 Girls 11-12 100 Butterfly	0	0	09:00 AM _____
Finals	4 Boys 11-12 100 Butterfly	0	0	09:00 AM _____
Finals	5 Girls 10 & Under 50 Backstroke	0	0	09:00 AM _____
Finals	6 Boys 10 & Under 50 Backstroke	0	0	09:00 AM _____
Finals	7 Girls 11-12 100 Backstroke	0	0	09:00 AM _____
Finals	8 Boys 11-12 100 Backstroke	0	0	09:00 AM _____
Finals	9 Girls 10 & Under 50 Breaststroke	0	0	09:00 AM _____
Finals	10 Boys 10 & Under 50 Breaststroke	0	0	09:00 AM _____
Finals	11 Girls 11-12 100 Breaststroke	0	0	09:00 AM _____
Finals	12 Boys 11-12 100 Breaststroke	0	0	09:00 AM _____
Finals	13 Girls 10 & Under 100 IM	0	0	09:00 AM _____
Finals	14 Boys 10 & Under 100 IM	0	0	09:00 AM _____
Finals	15 Girls 11-12 100 IM	0	0	09:00 AM _____
Finals	16 Boys 11-12 100 IM	0	0	09:00 AM _____
Finals	17 Girls 10 & Under 50 Freestyle	0	0	09:00 AM _____
Finals	18 Boys 10 & Under 50 Freestyle	0	0	09:00 AM _____
Finals	19 Girls 11-12 100 Freestyle	0	0	09:00 AM _____
Finals	20 Boys 11-12 100 Freestyle	0	0	09:00 AM _____
	Finish Time			09:00 AM _____

Session: 2 13 AND OVER SESSION

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	21 Women 13 & Over 100 Butterfly	0	0	02:00 PM _____
Finals	22 Men 13 & Over 100 Butterfly	0	0	02:00 PM _____
Finals	23 Women 13 & Over 100 Backstroke	0	0	02:00 PM _____
Finals	24 Men 13 & Over 100 Backstroke	0	0	02:00 PM _____
Finals	25 Women 13 & Over 100 Breaststroke	0	0	02:00 PM _____
Finals	26 Men 13 & Over 100 Breaststroke	0	0	02:00 PM _____
Finals	27 Women 13 & Over 200 IM	0	0	02:00 PM _____
Finals	28 Men 13 & Over 200 IM	0	0	02:00 PM _____
Finals	29 Women 13 & Over 100 Freestyle	0	0	02:00 PM _____
Finals	30 Men 13 & Over 100 Freestyle	0	0	02:00 PM _____
	Finish Time			02:00 PM _____