

**CCAT Swim For Our Troops
Invitational
“In Honor of Our Wounded Veterans”
December 19th - 20th, 2015**

Wesleyan University
[Freeman Athletic Center](#)
161 Cross Street
Middletown, CT 06459

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-56. 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:	Keith Cargan	kcargan@gmail.com	203-671-4795
Meet Referee:	Adele Frost	frostdonald@sbcglobal.net	203-520-3813
Entry Chair:	Stephanie Jordan	sjordan@peco1938.com	203-494-7673
Safety Chair:	Sara Massa	shmassa@comcast.net	860-227-2030
Officials Contact:	Adele Frost	frostdonald@sbcglobal.net	203-520-3813

WEBSITE: WWW.SWIMCCAT.COM

POOL EMERGENCY NUMBER: 860-685-2915 (Pool Deck)

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-finals.

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: We will be running 8-10 lanes in a 25 yards pool configuration. Additional lanes will be available for warm-up and cool down. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Water depth at start and turn ends is between 7.5 and 14 feet. Colorado electronic timing system will be used.

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

DISABLED ACCESS: Handicapped Parking is available behind the athletic center. An elevator, located to the right as you enter the Freeman Athletic Center main lobby. The elevator will provide access to the swim deck. If special assistance is required by athletes, coaches or spectators, please contact the meet director.

COURSE: SCY

SESSION TIMES: (Subject to Change) Session 1 & 4 (13 & Overs) Warm up 7:00am, Meet start 8:15am
Session 2 & 5 (9/10) Warm up 12:15pm, Meet start 1:30pm
Session 3 & 6 (11/12) Warm up 5:15pm, Meet start 6:30pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. There will be two warm up periods per session utilizing 12-14 lanes.

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: The primary goal for the Swim for Our Troops Meet is to involve U.S.A. swimmers/teams in the collection of gift cards to be distributed by the Wounded Warrior Project. These gift cards will be distributed to wounded veterans and their families who need assistance through the Holiday Season. These donations will be directly collected at the meet and donated to the families who the Wounded Warrior Project serves.

We encourage all swimmers and teams to participate in this collection of gifts to thank both our CT veterans and their families. This will allow these families to be better able to enjoy their holiday season and winter months. Please join us to swim, share, have fun, and show how U.S.A. swimmers care for our troops! Gift Cards accepted by the Wounded Warrior Project: Supermarkets, Clothing Stores, Gas Stations, AMEX cards, or big box retailers such as Walmart, Target, etc. Please keep the gift card amount to a maximum of \$50. If you would like further information as to recommended cards, you may view the organization's website at <http://www.woundedwarriorproject.org>

ENTRY LIMITATIONS: Individuals may swim no more than four events per session.

ENTRY TIMES: Submit entry times in: SCY. If there are no official times for an athlete, please submit estimated times. No Times (NT) will not be accepted.

DEADLINES: Entry deadline is November 21st, 2015. Mail hardcopy and payment to the entry chairperson:
Stephanie Jordan
187 Williams Street
Meriden CT 06450.

Entries will be handled on a first come first served basis. The date the entry is received shall be determined by the email date and time. Connecticut teams will be given priority over out-of-state teams. All accepted will be notified as soon as the meet is full, but not later than December 8th, 2015.

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 Stephanie Jordan: sjordan@peco1938.com. Please check that your team name, address, and contact information are listed correctly in this file. The date the entry is received shall be determined by the email date

and time. Payment is expected no later than one week from the start of the meet. 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: \$10.00 for individual events. Manual entries: \$15.00 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 LLC and mail to:

Stephanie Jordan
187 Williams Street
Meriden CT 06450

Payment must be received by December 11th, 2015

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. The maximum number of events allowed per day may be reduced by one (1).
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: Teams will be required to provide timers for this meet. Work Assignments will be sent no later than the Monday before the meet. We would greatly appreciate any team with officials that could help throughout the course of the meet. Please contact the Head Referee: Adele Frost (contact information listed above)

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: Directly across and adjacent to the Middletown firehouse. Please do not park on the street, especially if snow removal parking is in effect for Middletown, CT.

DIRECTIONS: [Wesleyan University Freeman Athletic Center](#).

LODGING: The following hotels and motels are in the area:

Residence Inn Hartford/Rocky Hill
680 Cromwell Ave.
Rocky Hill, CT 06067
(860-257-7500)

CCAT Swim for our troops 2015 - 12/19/2015 to 12/20/2015**Session Report**

Session: 1 SAT SESSION 1 WOMEN & MEN 13 & OVER

Day of Meet: 1 Starts at 08:15 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 13 & Over 200 Freestyle	0	0	08:15 AM	_____
Finals	2 Men 13 & Over 200 Freestyle	0	0	08:15 AM	_____
Finals	3 Women 13 & Over 100 Breaststroke	0	0	08:15 AM	_____
Finals	4 Men 13 & Over 100 Breaststroke	0	0	08:15 AM	_____
Finals	5 Women 13 & Over 200 Backstroke	0	0	08:15 AM	_____
Finals	6 Men 13 & Over 200 Backstroke	0	0	08:15 AM	_____
Finals	7 Women 13 & Over 100 Butterfly	0	0	08:15 AM	_____
Finals	8 Men 13 & Over 100 Butterfly	0	0	08:15 AM	_____
Finals	9 Women 13 & Over 50 Freestyle	0	0	08:15 AM	_____
Finals	10 Men 13 & Over 50 Freestyle	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

CCAT Swim for our troops 2015 - 12/19/2015 to 12/20/2015

Session Report

Session: 2 SAT SESSION 2 GIRLS & BOYS 9 & 10

Day of Meet: 1 Starts at 01:30 PM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Girls 9-10 200 IM	0	0	01:30 PM	_____
Finals	12 Boys 9-10 200 IM	0	0	01:30 PM	_____
Finals	13 Girls 9-10 100 Backstroke	0	0	01:30 PM	_____
Finals	14 Boys 9-10 100 Backstroke	0	0	01:30 PM	_____
Finals	15 Girls 9-10 50 Butterfly	0	0	01:30 PM	_____
Finals	16 Boys 9-10 50 Butterfly	0	0	01:30 PM	_____
Finals	17 Girls 9-10 100 Breaststroke	0	0	01:30 PM	_____
Finals	18 Boys 9-10 100 Breaststroke	0	0	01:30 PM	_____
Finals	19 Girls 9-10 50 Freestyle	0	0	01:30 PM	_____
Finals	20 Boys 9-10 50 Freestyle	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____

CCAT Swim for our troops 2015 - 12/19/2015 to 12/20/2015

Session Report

Session: 3 SESSION 3 GIRLS & BOYS 11/12

Day of Meet: 1 Starts at 06:30 PM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	21 Girls 11-12 200 IM	0	0	06:30 PM	_____
Finals	22 Boys 11-12 200 IM	0	0	06:30 PM	_____
Finals	23 Girls 11-12 100 Backstroke	0	0	06:30 PM	_____
Finals	24 Boys 11-12 100 Backstroke	0	0	06:30 PM	_____
Finals	25 Girls 11-12 50 Butterfly	0	0	06:30 PM	_____
Finals	26 Boys 11-12 50 Butterfly	0	0	06:30 PM	_____
Finals	27 Girls 11-12 100 Breaststroke	0	0	06:30 PM	_____
Finals	28 Boys 11-12 100 Breaststroke	0	0	06:30 PM	_____
Finals	29 Girls 11-12 50 Freestyle	0	0	06:30 PM	_____
Finals	30 Boys 11-12 50 Freestyle	0	0	06:30 PM	_____
	Finish Time			06:30 PM	_____

CCAT Swim for our troops 2015 - 12/19/2015 to 12/20/2015

Session Report

Session: 4 SUNDAY SESSION 1 WOMEN & MEN 13 & OVER

Day of Meet: 2 Starts at 08:15 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	31 Women 13 & Over 200 IM	0	0	08:15 AM	_____
Finals	32 Men 13 & Over 200 IM	0	0	08:15 AM	_____
Finals	33 Women 13 & Over 100 Backstroke	0	0	08:15 AM	_____
Finals	34 Men 13 & Over 100 Backstroke	0	0	08:15 AM	_____
Finals	35 Women 13 & Over 200 Butterfly	0	0	08:15 AM	_____
Finals	36 Men 13 & Over 200 Butterfly	0	0	08:15 AM	_____
Finals	37 Women 13 & Over 200 Breaststroke	0	0	08:15 AM	_____
Finals	38 Men 13 & Over 200 Breaststroke	0	0	08:15 AM	_____
Finals	39 Women 13 & Over 100 Freestyle	0	0	08:15 AM	_____
Finals	40 Men 13 & Over 100 Freestyle	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

CCAT Swim for our troops 2015 - 12/19/2015 to 12/20/2015

Session Report

Session: 5 SUNDAY SESSION 2 GIRLS & BOYS 9 & 10

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	41 Girls 9-10 100 IM	0	0	01:30 PM	_____
Finals	42 Men 9-10 100 IM	0	0	01:30 PM	_____
Finals	43 Girls 9-10 50 Backstroke	0	0	01:30 PM	_____
Finals	44 Boys 9-10 50 Backstroke	0	0	01:30 PM	_____
Finals	45 Girls 9-10 100 Butterfly	0	0	01:30 PM	_____
Finals	46 Boys 9-10 100 Butterfly	0	0	01:30 PM	_____
Finals	47 Girls 9-10 50 Breaststroke	0	0	01:30 PM	_____
Finals	48 Boys 9-10 50 Breaststroke	0	0	01:30 PM	_____
Finals	49 Girls 9-10 100 Freestyle	0	0	01:30 PM	_____
Finals	50 Boys 9-10 100 Freestyle	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____

CCAT Swim for our troops 2015 - 12/19/2015 to 12/20/2015

Session Report

Session: 6 SUNDAY SESSION 3 GIRLS & BOYS 11/12

Day of Meet: 2 Starts at 06:30 PM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	51 Girls 11-12 100 IM	0	0	06:30 PM	_____
Finals	52 Boys 11-12 100 IM	0	0	06:30 PM	_____
Finals	53 Girls 11-12 50 Backstroke	0	0	06:30 PM	_____
Finals	54 Boys 11-12 50 Backstroke	0	0	06:30 PM	_____
Finals	55 Girls 11-12 100 Butterfly	0	0	06:30 PM	_____
Finals	56 Boys 11-12 100 Butterfly	0	0	06:30 PM	_____
Finals	57 Girls 11-12 50 Breaststroke	0	0	06:30 PM	_____
Finals	58 Boys 11-12 50 Breaststroke	0	0	06:30 PM	_____
Finals	59 Girls 11-12 100 Freestyle	0	0	06:30 PM	_____
Finals	60 Boys 11-12 100 Freestyle	0	0	06:30 PM	_____
	Finish Time			06:30 PM	_____