

**Glastonbury Swimming's Eighth Annual Turkey Trot  
Distance Meet  
November 22, 2015**

Glastonbury High School, 330 Hubbard Street, Glastonbury, CT 06033

<http://goo.gl/maps/pBzup>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-40. 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>
<b>Meet Director:</b>	Lisa O'Keefe	kudlacik46@gmail.com	860-977-3352
<b>Meet Referee:</b>	Mike Milne	milnemb@gmail.com	860-657-9859
<b>Entry Chair:</b>	Suzie Hoyt	hoytsd@cox.net	860-338-0083
<b>Safety Chair:</b>	Lisa O'Keefe	kudlacik46@gmail.com	860-977-3352
<b>Officials Contact:</b>	Mike Milne	milnemb@gmail.com	860-657-9859

**WEBSITE:** <http://www.glastonburyswimteam.org>

**POOL EMERGENCY NUMBER:** 860-652-7240

**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. All events will be swum fast-to-slow, alternating heats of women and men.

**SCRATCH PROCEDURES:** Coaches will receive scratch sheets. Scratches are due 45 minutes prior to the start of the meet. No pumpkin pie for coaches whose scratch sheets are late!

**FACILITY:** The GHS Competition pool is a 6-lane, 25-yard pool. Water depth at start end is: 13 ft. Water depth at turn end is: 3.5 ft. The competition course has not been certified in accordance with 104.2.2C(4). The meet will be run with a Daktronics timing system. Deck chairs will be allowed. There is a large bleacher style spectator seating area overlooking the pool.

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

**DISABLED ACCESS:** There is ample handicap parking throughout the GHS campus as well as near the pool entrance. The pool is on the main floor, as is the men's locker room. The women's lockers are on the second floor with elevator access. Additionally, there is a single-use handicap bathroom on the main floor with a shower. If special assistance is needed to gain access to the spectator area, please contact the Meet Director. There are seven steps to spectator stands.

**COURSE:** SCY

**SESSION TIMES:** Warm-up starts at 2:00 pm, meet starts at 3:00 pm. Subject to Change

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Lane assignments and warm up sessions will be based on team entries (6 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:** Donations of non-perishable food items are encouraged. Food items will be donated to a local food bank.

**ENTRY LIMITATIONS:** Entries limited to 2 events per swimmer.

**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:** deadline is November 8, 2015. Mail hardcopy and payment to the Meet Director: Lisa O'Keefe, 519 Chimney Sweep Hill Rd, Glastonbury, CT, 06033. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Date of receipt will be determined by receipt of the hard copy and payment by the Meet Director. Please note: Electronic entries go to Suzie Hoyt as below.

**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, Suzie Hoyt at [hoytsd@cox.net](mailto:hoytsd@cox.net). Please check that your team name, address, and contact information are listed correctly in this file. Final acceptance into the meet is dependent on receipt of payment (payable to "GSPO").

**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 distance events. Manual entries: \$8.00 for distance 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 "GSPO" and mail to: Lisa O'Keefe, 519 Chimney Sweep Hill Rd, Glastonbury, CT 06033. Payment must be received by 11/13/15.

## **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. 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 Relays

## **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:** Swimmers must provide their own counters. Participating clubs will be notified of work assignments by the Monday before the meet. Officials available to work should contact Mike Milne.

**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 awards will be given

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** There is ample parking to the side and rear of the high school pool/gym complex (entrance D).

**DIRECTIONS:** Glastonbury High School, 330 Hubbard St., Glastonbury, CT 06033  
Google Maps: <http://goo.gl/maps/pBzup>

**Eighth annual Turkey Trot - 11/22/2015**  
**Session Report**

Session: 1 Eighth Annual Turkey Trot

Day of Meet: 1 Starts at 03:00 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	1 Girls 11 & Over 1000 Freestyle	0	0	03:00 PM	_____
Finals	2 Boys 11 & Over 1000 Freestyle	0	0	03:00 PM	_____
	Break: 10 Minutes				
Finals	3 Girls 12 & Under 500 Freestyle	0	0	03:10 PM	_____
Finals	4 Boys 12 & Under 500 Freestyle	0	0	03:10 PM	_____
Finals	5 Girls 10 & Under 500 Freestyle	0	0	03:10 PM	_____
Finals	6 Boys 10 & Under 500 Freestyle	0	0	03:10 PM	_____
	Break: 10 Minutes				
Finals	7 Girls 13 & Over 500 Freestyle	0	0	03:20 PM	_____
Finals	8 Boys 13 & Over 500 Freestyle	0	0	03:20 PM	_____
	Finish Time			03:20 PM	_____