

**One-Stop Qualifier Meet #1**

**Thursday, January 28, 2016**

**at the**

**Greenwich High School**

**Directions to GHS Pool, 55 Hillside Avenue, Greenwich, CT 06830**

<https://plus.google.com/108594164595151298683/about?gl=us&hl=en>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-75 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:	Nick Cavataro	<a href="mailto:ncavataro@iona.edu">ncavataro@iona.edu</a>	914-633-2323
Meet Referee:	Greg Bedell	<a href="mailto:greg@bedellmail.com">greg@bedellmail.com</a>	914-588-1603
Entry Chair:	Nick Cavataro	<a href="mailto:ncavataro@iona.edu">ncavataro@iona.edu</a>	914-438-9115
Safety Chair:	Jeremy Cochran	<a href="mailto:Jeremy61180@gmail.com">Jeremy61180@gmail.com</a>	201-602-2062
Officials Contact:	Greg Bedell	<a href="mailto:greg@bedellmail.com">greg@bedellmail.com</a>	914-588-1603

**WEBSITE:** [www.greenwichdolphins.com](http://www.greenwichdolphins.com)

**POOL EMERGENCY NUMBER:** 203-863-8802

**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 with all events run slow to fast.

**SCRATCH PROCEDURES:** Coaches must check in their swimmers by 6:15pm and swimmers not checked in will be scratched.

**FACILITY:** The Greenwich High School Pool is an 8-lane, 25-yard pool. Water depth at start end is: 12 ½-foot deep. Water depth at turn end is: 4-feet deep. The competition course has not been certified in accordance with 104.2.2C (4). This meet will be run using three-hand held watches and back-up watch timers on each side of the pool. There is spectator seating for 400.

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

**DISABLED ACCESS:** There is ample handicapped parking immediately outside the pool in the lot. All doors are handicapped accessible at ground level and the pool, locker rooms and spectator areas are accessible. For additional information or accommodations contact Jeremy Cochran above.

**COURSE:** SCY.

**SESSION TIMES:** 6:15 pm warmup and check-in; 6:45pm start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. There will be an eight lane general warmup from 6:15-6:30pm. At 6:30-6:45 lanes 1 and 8 will become one-way sprint lanes.

**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.

**EVENT INFORMATION:** No deck entries.

**ENTRY LIMITATIONS:** Swimmers may only enter one race.

**ENTRY TIMES:** Submit entry times in: SCY

**DEADLINES:** Entry deadline is **Tuesday, January 12, 2016**. Mail hardcopy and payment to the entry chairperson: Nick Cavataro, YWCA, 259 East Putnam Avenue, Greenwich, CT 06830. Entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. The entry deadline will be determined by receipt of e-mail or postmark. E-mail submission is preferred to [ncavataro@iona.edu](mailto:ncavataro@iona.edu)

**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 [ncavataro@iona.edu](mailto:ncavataro@iona.edu). Please check that your team name, address, and contact information are listed correctly in this file. Entry fee must accompany 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.

**ENTRY FEES:** Electronic entries: \$7.50 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 Greenwich YWCA and mail to: Nick Cavataro, YWCA, 259 East Putnam Avenue, Greenwich, CT 06830. Payment must be received by 01/12/16.

**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.

**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 assigned a timer assignment in proportion to their part of total entries. 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:** None.

**CONCESSIONS:** No concessions will be available.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Water and soda available

**SOFTWARE:** The meet will be run on Hy-Tek Meet Management software and teams are encouraged to enter via Hy-Tek software files; however, a hard copy must accompany disk and fees.

**PARKING:** Use the rear parking lot of GHS.

**DIRECTIONS:** Directions to GHS Pool, 55 Hillside Avenue, Greenwich, CT 06830  
<https://plus.google.com/108594164595151298683/about?gl=us&hl=en>

**ENTRY CHAIRS NOTE:** Entry Chairs should provide an e-mail contact with their material and can expect updates and advance psyche sheets as the meet date approaches.

All advance psyche sheets and results will be posted at [www.greenwichdolphins.com](http://www.greenwichdolphins.com) in a timely manner.

**QUESTIONS:** Meet Director Nick Cavataro, Day # 914-633-2323 or via-email  
[ncavataro@greenwichdolphins.com](mailto:ncavataro@greenwichdolphins.com)

**Sharks & Dolphins Q Meet - 1/28/2016**  
**Session Report**

Session: 1 DOLPHINS & SHARKS Q MEET

Day of Meet: 1 Starts at 06:45 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	
Finals	1 Girls 12 & Under 100 Backstroke	06:45 PM _____
Finals	2 Boys 12 & Under 100 Backstroke	06:45 PM _____
Finals	3 Girls 200 Backstroke	06:45 PM _____
Finals	4 Boys 200 Backstroke	06:45 PM _____
Finals	5 Girls 12 & Under 100 Breaststroke	06:45 PM _____
Finals	6 Boys 12 & Under 100 Breaststroke	06:45 PM _____
Finals	7 Girls 200 Breaststroke	06:45 PM _____
Finals	8 Boys 200 Breaststroke	06:45 PM _____
Finals	9 Girls 12 & Under 100 Butterfly	06:45 PM _____
Finals	10 Boys 12 & Under 100 Butterfly	06:45 PM _____
Finals	11 Girls 200 Butterfly	06:45 PM _____
Finals	12 Boys 200 Butterfly	06:45 PM _____
Finals	13 Girls 12 & Under 100 Freestyle	06:45 PM _____
Finals	14 Boys 12 & Under 100 Freestyle	06:45 PM _____
Finals	15 Girls 200 Freestyle	06:45 PM _____
Finals	16 Boys 200 Freestyle	06:45 PM _____
	Finish Time	06:45 PM _____