

2015 New Canaan Tough Pentathlon
October 10, 2015
564 South Street, New Canaan, CT 06840

[Google Map to New Canaan YMCA](#)

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-3. 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 Ferraro	Mferraro@newcanaanymca.org	203-966-4528 x137
Meet Referee:	Christine Anbar	canbar@optonline.net	203-246-9765
Entry Chair:	Michael Ferraro	Mferraro@newcannanymca.org	203-966-4528 x137
Safety Chair:	Christine Anbar	canbar@optonline.net	203-246-9765

WEBSITE: www.ncyac.org

POOL EMERGENCY NUMBER: 203-966-4528

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 scratch sheet for each session of their meet in their information packets listing all of their events for the session. Coaches must indicate all scratches and turn them into the computer table half an hour before the meet start

FACILITY: The New Canaan YMCA has a 6 lane 25 yard pool. Water depth at start end is 13 feet. Water depth at turn end is 4.7 feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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

DISABLED ACCESS Access to spectator seating is by stairs only. The pool deck is at ground level only. There is available handicap parking.

COURSE: SCY

SESSION TIMES: Subject to Change 7:00am warm up, 8:15 start

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

7:00-7:20 Warm up 1 (General warm up)

7:20-7:40 Warm up 2 (General warm up)

7:40-8:00 Warm up 3 (General warm up)

8:00-8:10 sprints

All six lanes will be available during the entire warm up

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. 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.

ENTRY LIMITATIONS: Swimmers are allowed 4 events per session

ENTRY TIMES: Submit entry times in SCY and please estimate if they have no times; NT will not be accepted.

DEADLINES: deadline is September 26, 2015. Mail hardcopy and payment to the entry chairperson: Michael Ferraro, 564 South Street, New Canaan, CT 06840. All entries must be legible and must use full names and registration numbers from USA Swimming registration.

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 mferraro@newcanaanymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Formal entry date is the date the entries are received via email as long as the hard copy and the fee is postmarked no more than 3 days after the submission.

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: \$6.50 for individual events, Manual entries: \$8.00 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 NCYAC and mail to: Michael Ferraro, New Canaan YMCA 564 South Street, New Canaan, CT 06840. Payment must be received by 9/29/15.

CUT PROTOCOL:

Entries will be accepted on a first come first come basis until the meet is full. If cuts could be necessary they will be done on an inverse order of receipt. The meet will be run as a single session meet on Saturday and must be completed in the 3 hour time frame. Teams will be notified if there are cuts no later than the Monday before 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: There will be 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: There will be no time trials.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: 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 be scored. USA swimming protocol will be used for a 6 lane pool. (16-13-12-11-10-9) for places 1-6 and (7-5-4-3-2-1).

AWARDS: Top performers in each age group will receive a trophy. Points will be awarded for the top twelve places and then totaled. In the event of a tie places will be determined on the 50 fly time. Swimmers must swim all four events to be eligible. Ribbons will be awarded for top 12 finishers in each event. Awards will be available at the conclusion of the session. Teams will be responsible for shipping if they fail to pick up their awards after the conclusion of the meet.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Parking will be at the SAXE MIDDLE SCHOOL. THERE WILL BE NO PARKING AT THE YMCA, you will be ticketed. The high school parking lot is past the YMCA ¼ of a mile.

DIRECTIONS: From north to south: Take the Merritt parkway and take exit 37, make a left at the bottom of the exit ramp and follow south street ½ mile and the YMCA is on the right.

2015 Tough Pentathlon - 10/10/2015**Session Report**

Session: 1 Pentathlon

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 10 & Under 50 Butterfly	0	0	08:15 AM	_____
Finals	2 Boys 10 & Under 50 Butterfly	0	0	08:15 AM	_____
Finals	3 Girls 11-12 50 Butterfly	0	0	08:15 AM	_____
Finals	4 Boys 11-12 50 Butterfly	0	0	08:15 AM	_____
Finals	5 Girls 10 & Under 50 Backstroke	0	0	08:15 AM	_____
Finals	6 Boys 10 & Under 50 Backstroke	0	0	08:15 AM	_____
Finals	7 Girls 11-12 50 Backstroke	0	0	08:15 AM	_____
Finals	8 Boys 11-12 50 Backstroke	0	0	08:15 AM	_____
Finals	9 Girls 10 & Under 50 Breaststroke	0	0	08:15 AM	_____
Finals	10 Boys 10 & Under 50 Breaststroke	0	0	08:15 AM	_____
Finals	11 Girls 11-12 50 Breaststroke	0	0	08:15 AM	_____
Finals	12 Boys 11-12 50 Breaststroke	0	0	08:15 AM	_____
Finals	13 Girls 10 & Under 50 Freestyle	0	0	08:15 AM	_____
Finals	14 Boys 10 & Under 50 Freestyle	0	0	08:15 AM	_____
Finals	15 Girls 11-12 50 Freestyle	0	0	08:15 AM	_____
Finals	16 Boys 11-12 50 Freestyle	0	0	08:15 AM	_____
Finals	17 Girls 10 & Under 100 IM	0	0	08:15 AM	_____
Finals	18 Boys 10 & Under 100 IM	0	0	08:15 AM	_____
Finals	19 Girls 11-12 100 IM	0	0	08:15 AM	_____
Finals	20 Boys 11-12 100 IM	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____