

## OAK/LEHY Pentathlon

January 10, 2016

East Hartford High School, 869 Forbes Street, East Hartford, CT 06108.

Mapping Software: <https://goo.gl/maps/NZR02>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-65. 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:	Spencer Hartmann	<a href="mailto:Spencer.hartmann@ctoak.org">Spencer.hartmann@ctoak.org</a>	
Meet Referee:	Phil Civitello	<a href="mailto:pcivitello@ahold.com">pcivitello@ahold.com</a>	
Entry Chair:	Spencer Hartmann	<a href="mailto:Spencer.hartmann@ctoak.org">Spencer.hartmann@ctoak.org</a>	
Safety Chair:	Lynne Ringquist	<a href="mailto:lringquist10@gmail.com">lringquist10@gmail.com</a>	
Officials Contact:	Phil Civitello	<a href="mailto:pcivitello@ahold.com">pcivitello@ahold.com</a>	

**WEBSITE:** [www.ctoak.org](http://www.ctoak.org)

**POOL EMERGENCY NUMBER:** 860-832-3073

**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 scratch sheets at the beginning of the session. Scratch sheets must be returned within 20 minutes after the start of warm-ups. If a scratch sheet is not received by that deadline all swimmers will be considered NOT to be scratched and will be seeded in their entered events, except that any over-entered swimmers will be scratched from their last event(s) until they are in compliance with entry rules.

**FACILITY:** East Hartford High School 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: 10 feet. Water depth at turn end is: 3.5 feet. Colorado electronic timing system and 6 lane score board. There is ample spectator seating for 600 people.

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

**DISABLED ACCESS:** Ample handicapped parking is located on the south side of the building. Ramp accessibility and on deck seating is available for information call Spencer Hartmann at 860-305-9834.

**COURSE:** SCY

**SESSION TIMES: Subject to Change** AM Session (10/U & 13/14) warm-up is at 7:00 and start is at 8:00AM. PM Session (11/12 & 15/O) warm-up is at 1:00PM and start is at 2:00pm.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. CT Swimming Warm-Up Procedures will be in effect. Two warm up sessions and one session for starts

**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:** Pentathlon Format - Events #1-20 AM Session / #21-40 PM Session

**ENTRY LIMITATIONS:** Limit 5 Events

**ENTRY TIMES:** Submit entry times in: SCY. No Times (NT) will not be accepted.

**DEADLINES:** Entry deadline is January 1<sup>st</sup>, 2016. Mail hardcopy and payment to the entry chairperson: Spencer Hartmann, 24 Somerset Dr, Windsor, CT 06095. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries are accepted on a first come, first served basis. Formal team entry date is determined by the date the electronic entry is received via email and entry fee received by the host team. If entries are sent via overnight mail, please waive the "signature required".

**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 [spencer.hartmann@ctoak.org](mailto:spencer.hartmann@ctoak.org). Clubs using TeamUnify TouchPad service may send entries through TouchPad Administrator. The TouchPad sync will close at the entry deadline. Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected prior to meet date, unless otherwise approved by the meet manager. Formal team entry date is determined by the date the electronic entry is received via email and the fee received by the host team.

**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. \$8.00 for manual entries. 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 Charter Oak Aquatic Club and mail to: Spencer Hartmann, 24 Somerset Dr, Windsor, CT 06095. Payment must be received by 1/1/16.

**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: 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 supply timers in proportion to the size of their entry. Please note that timers are required for the whole session. Qualified officials interested in working at the meet are to contact Spencer Hartmann at [spencer.hartmann@ctoak.org](mailto:spencer.hartmann@ctoak.org). 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 using cumulative pentathlon time scoring.

**AWARDS:** Yes

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes.

**PARKING:** Park in designated areas only. No Street or grass parking is allowed. Be mindful of fire lanes.

**DIRECTIONS:** The East Hartford High School Pool is located at 869 Forbes Street, East Hartford, CT 06108

**OAK/LEHY Pentathlon**

1/10/16 - 1/10/16

EVENT	SUB				COURSE	RNDS	LN	MULT	AGE	FEE	TYPE
Ev # 1	GIRLS	10&UN	50Y	FLY	Y	F	6	NO	7.00	STANDARD	
Ev # 2	BOYS	10&UN	50Y	FLY	Y	F	6	NO	7.00	STANDARD	
Ev # 3	GIRLS	13-14	100Y	FLY	Y	F	6	NO	7.00	STANDARD	
Ev # 4	BOYS	13-14	100Y	FLY	Y	F	6	NO	7.00	STANDARD	
Ev # 5	GIRLS	10&UN	50Y	BACK	Y	F	6	NO	7.00	STANDARD	
Ev # 6	BOYS	10&UN	50Y	BACK	Y	F	6	NO	7.00	STANDARD	
Ev # 7	GIRLS	13-14	100Y	BACK	Y	F	6	NO	7.00	STANDARD	
Ev # 8	BOYS	13-14	100Y	BACK	Y	F	6	NO	7.00	STANDARD	
Ev # 9	GIRLS	10&UN	50Y	BREAST	Y	F	6	NO	7.00	STANDARD	
Ev # 10	BOYS	10&UN	50Y	BREAST	Y	F	6	NO	7.00	STANDARD	
Ev # 11	GIRLS	13-14	100Y	BREAST	Y	F	6	NO	7.00	STANDARD	
Ev # 12	BOYS	13-14	100Y	BREAST	Y	F	6	NO	7.00	STANDARD	
Ev # 13	GIRLS	10&UN	50Y	FREE	Y	F	6	NO	7.00	STANDARD	
Ev # 14	BOYS	10&UN	50Y	FREE	Y	F	6	NO	7.00	STANDARD	
Ev # 15	GIRLS	13-14	100Y	FREE	Y	F	6	NO	7.00	STANDARD	
Ev # 16	BOYS	13-14	100Y	FREE	Y	F	6	NO	7.00	STANDARD	
Ev # 17	GIRLS	10&UN	100Y	I.M.	Y	F	6	NO	7.00	STANDARD	
Ev # 18	BOYS	10&UN	100Y	I.M.	Y	F	6	NO	7.00	STANDARD	
Ev # 19	GIRLS	13-14	200Y	I.M.	Y	F	6	NO	7.00	STANDARD	
Ev # 20	BOYS	13-14	200Y	I.M.	Y	F	6	NO	7.00	STANDARD	
Ev # 21	GIRLS	11-12	50Y	FLY	Y	F	6	NO	7.00	STANDARD	
Ev # 22	BOYS	11-12	50Y	FLY	Y	F	6	NO	7.00	STANDARD	
Ev # 23	GIRLS	15&OV	100Y	FLY	Y	F	6	NO	7.00	STANDARD	
Ev # 24	BOYS	15&OV	100Y	FLY	Y	F	6	NO	7.00	STANDARD	
Ev # 25	GIRLS	11-12	50Y	BACK	Y	F	6	NO	7.00	STANDARD	
Ev # 26	BOYS	11-12	50Y	BACK	Y	F	6	NO	7.00	STANDARD	
Ev # 27	GIRLS	15&OV	100Y	BACK	Y	F	6	NO	7.00	STANDARD	
Ev # 28	BOYS	15&OV	100Y	BACK	Y	F	6	NO	7.00	STANDARD	
Ev # 29	GIRLS	11-12	50Y	BREAST	Y	F	6	NO	7.00	STANDARD	
Ev # 30	BOYS	11-12	50Y	BREAST	Y	F	6	NO	7.00	STANDARD	
Ev # 31	GIRLS	15&OV	100Y	BREAST	Y	F	6	NO	7.00	STANDARD	
Ev # 32	BOYS	15&OV	100Y	BREAST	Y	F	6	NO	7.00	STANDARD	
Ev # 33	GIRLS	11-12	50Y	FREE	Y	F	6	NO	7.00	STANDARD	
Ev # 34	BOYS	11-12	50Y	FREE	Y	F	6	NO	7.00	STANDARD	
Ev # 35	GIRLS	15&OV	100Y	FREE	Y	F	6	NO	7.00	STANDARD	
Ev # 36	BOYS	15&OV	100Y	FREE	Y	F	6	NO	7.00	STANDARD	
Ev # 37	GIRLS	11-12	100Y	I.M.	Y	F	6	NO	7.00	STANDARD	
Ev # 38	BOYS	11-12	100Y	I.M.	Y	F	6	NO	7.00	STANDARD	
Ev # 39	GIRLS	15&OV	200Y	I.M.	Y	F	6	NO	7.00	STANDARD	
Ev # 40	BOYS	15&OV	200Y	I.M.	Y	F	6	NO	7.00	STANDARD	