

# SMST Rapids Distance Meet January 8th, 2016

Shelton Community Center, 41 Church Street, Shelton CT 06484

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-60. 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:	Chuck Clark	<a href="mailto:Chuckclark32@hotmail.com">Chuckclark32@hotmail.com</a>	203-556-5580
Meet Referee:	Rob Cristiano		
Entry Chair:	Chuck Clark		
Safety Chair:	Allison Wells		
Officials Contact:	Kevin Chavez	<a href="mailto:Rapidswim09@snet.net">Rapidswim09@snet.net</a>	

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

**POOL EMERGENCY NUMBER:** 203-452-5823

**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:** All teams will be provided with a scratch sheet which must be turned in 15 minutes after the start of the 1<sup>st</sup> Warm-Up Session. After 15 minutes the Meet Director will make an announcement addressing which teams have not turned in their scratch sheets as a final warning. Any team who does not turn in their scratch sheet by the allotted time will be scratched from the meet

**FACILITY:** The Pool at the Shelton Community Center is an 8-lane by 25-yard facility with non-turbulent lane lines. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is 9 feet. Water depth at turn end is 4 feet. The timing system will be Colorado Timing with touch-pads. Adequate seating and parking is available. Spectator seating capacity is 210. Parking space is limited, please carpool if possible. Please do not park in the designated Fire Lanes. Note: No Street Shoes will be allowed on deck.

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

**DISABLED ACCESS** The facility is accessible to the disabled. Please contact the Meet Director with questions.

**COURSE:** SCY

**SESSION TIMES:** 5:00pm Warm Up    6:00pm Start  
**Subject to Change**

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. All 8 lanes will be used; assignments will be made by team and not gender. 12/U swimmers will have 20 minute warm up sessions and 13/over swimmers will have 30 minute warm up sessions.

**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.

**ENTRY LIMITATIONS:** 2 events per individual

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

**DEADLINES:** Entry deadline is December 26<sup>th</sup>, 2015. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come-first served basis. Date of receipt is based on Electronic Copy of entry.

**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 Chuck Clark at [chuckclark32@hotmail.com](mailto:chuckclark32@hotmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received by Friday January 8<sup>th</sup>, 2016. Date of receipt is based on Electronic Copy of 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: \$8.00 for individual events. Manual entries: \$10.00 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 **SMST Rapids** and put "January Distance" in the memo line. Mail to: **Chuck Clark at 18 Ward Place, Trumbull, CT 06611**. Payment must be received by Friday January 8<sup>th</sup>, 2016.

**CUT PROTOCOL:** Entries will be accepted until the meet is full. Any teams that get cut from the meet will be notified by: Wednesday December 28<sup>th</sup>, 2016.

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 Time Trials will be offered.

**TIMERS, OFFICIALS, OR WORK ASSIGNMENTS** All teams will be required to supply timers based on their entry for the duration of the meet through Event 8. All 1000 Freestyle Swimmers must provide their own timers and counters.

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff actively participating in the meet are

permitted on the pool deck.

**SCORING:** This meet will not be scored.

**AWARDS:** There are no awards for this meet.

**CONCESSIONS:** No

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**MISCELLANEOUS:** The 1000's will be run fastest to slowest alternating girl's and boy's heats.

**PARKING:** Parking is in the rear of the facility.

**DIRECTIONS:**

*Directions to the Shelton Community Center, 41 Church Street, Shelton CT 06484:*

*Merritt Parkway from New Haven: Take Exit 52. Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a left. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.*

*Merritt Park from New York: Take Exit 51 at the end of ramp turn left (Nichols Ave.-Rt. 108N). Go 4.3 miles to Huntington Center. Take right onto Church Street. Entrance to the Shelton Community Center is an immediate right. Parking for pool is in rear.*

*Route 8 (Northbound): Take Exit 11 (Huntington Road). At the end of the exit (stop light) take a left. Continue straight through the next light. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.*

*Route 8 (Southbound): Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a right. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.)*

**January Distance Meet - 1/8/2016**  
**Session Report**

Session: 1 January Distance Meet

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 10 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 400 IM	0	0	06:00 PM	_____
Finals	2 Boys 400 IM	0	0	06:00 PM	_____
Finals	3 Girls 9-12 200 Backstroke	0	0	06:00 PM	_____
Finals	4 Boys 9-12 200 Backstroke	0	0	06:00 PM	_____
Finals	5 Girls 9-12 200 Breaststroke	0	0	06:00 PM	_____
Finals	6 Boys 9-12 200 Breaststroke	0	0	06:00 PM	_____
Finals	7 Girls 9-12 200 Butterfly	0	0	06:00 PM	_____
Finals	8 Boys 9-12 200 Butterfly	0	0	06:00 PM	_____
Finals	9 Girls 1000 Freestyle	0	0	06:00 PM	_____
Finals	10 Boys 1000 Freestyle	0	0	06:00 PM	_____
	Finish Time			06:00 PM	_____