

Soundview YMCA Stingrays
50 Freestyle Shoot-Out
December 12-13, 2015

Walsh Intermediate School Pool, 185 Damascus Road, Branford, CT 06405

<https://goo.gl/VtUI0t>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-46. 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:	Susan Lecza	suelecza@gmail.com	203-675-5269
Meet Referee:	Ed Hinckley	edwardhinckley@sbcglobal.net	203-484-7827
Entry Chair:	Susan Lecza	suelecza@gmail.com	203-675-5269
Safety Chair:	Jeff O'Connor	Jpoconnor01@gmail.com	
Officials Contact:	Ed Hinckley	edwardhinckley@sbcglobal.net	203-484-7827

WEBSITE: SoundviewYMCAStingrays.org

POOL EMERGENCY NUMBER: No incoming phone service is available

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 for all events except for the 50 Freestyle. The 50 Freestyle will be swum as prelims, quarter-finals (top 8 swimming 1 vs. 8, 2 vs. 7, 3 vs. 6 and 4 vs. 5), semi-finals (winners of quarter-final heats swimming 1 vs. 4 and 2 vs. 3) and finals (winners of semi-final heats).

SCRATCH PROCEDURES: Coaches will receive scratch sheets at the start of warm up and are expected to submit scratches 15 minutes after the start of warm up.

50 Freestyle Shoot-out: Any swimmer qualifying for any heat of finals in the 50 freestyle who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. **Exceptions for Failure to Compete in Finals:** No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

FACILITY: The Walsh Intermediate School Pool is a 6 lane, 25-yard pool. Water depth at start end is 12 feet. Water depth at turn end is 4.5 feet. The competition course has not been certified in accordance with 104.2.2C(4). Colorado Timing System and touch pads will be used. Spectator seating capacity is 220.

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

DISABLED ACCESS: There are designated handicap parking spaces in the school parking lot. The school, pool and spectator areas are handicap accessible, but the pool locker rooms are NOT. Disabled swimmers who require assistance should email Susan Lecza at suelecza@gmail.com at least 3 days prior to the meet to make arrangements for access to alternative locker rooms.

COURSE: SCY

SESSION TIMES: Subject to Change. There will be three sessions each day, however we reserve the right to combine the 11/12's and 10 & unders into one session if the entries are small.

11/12 year olds: 7:30 AM warm-up, 8:30 AM start

10 & unders: 10:30 AM warm-up, 11:30 AM start

13 & overs: 1:00 PM warm-up, 2:30 PM start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Teams will be assigned warm-up lanes using 6 lanes. 12 & unders will have a minimum of 20 minutes general warm up followed by a 10 minute period for one-way sprints. 13 & over swimmers will have a minimum of 30 minutes general warm up followed by a 10 minute period with designated lanes for one-way sprints and pace.

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: The afternoon session will be conducted as Women's and Men's Senior events.

ENTRY LIMITATIONS: Swimmers may enter a maximum of 3 individual events per day.

ENTRY TIMES: Submit entry times in: SCY. If the swimmer does not have an official time please submit estimated times. The use of "No Times" (NT) is strongly discouraged.

DEADLINES: deadline is Thursday, December 3, 2015. Mail hardcopy and payment to the entry chairperson: Susan Lecza, 16 Beechwood Road, Branford, CT 06405. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be accepted in the order in which they were received. Mailed entries will be considered received on the date they were delivered to the entry chair.

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 suelecza@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Payments are due before the start of the meet. Teams are expected to pay for the entries they submit, not for their swims at the meet.

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, \$7.00 for distance event. Manual entries: \$15.00 for individual events, \$15.00 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 Soundview YMCA Stingrays and mail to: Susan Lecza, 16 Beechwood Road, Branford, CT. Payment must be received by 10/24/15.

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 distance events (500 Freestyle and 400 IM) may be heat limited to the first 4 heats of entries per gender in the order they were received.
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

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: Teams will be required to provide timers in proportion to the size of their entry. Swimmers in the 400 IM and 500 Freestyle will need to provide their own timer. 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: 50 Freestyle Only

CONCESSIONS: Food and beverages will be available throughout the meet.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Parking is available in the large lot on the east side of the building. Any cars parked in the circular driveway in front of the school will be ticketed and towed.

DIRECTIONS:

From the West: I-95 to Exit 55 (Route 1, Branford). Turn left onto Route 1 West. Proceed to second light and turn left onto Windmill Hill Road. At stop sign turn left onto Damascus Road. Entrance to school is on your right at the bottom of the hill.

From the East: I-95 to Exit 55 (Route 1, Branford). Turn right onto Route 1 West. Proceed to second light and turn left onto Windmill Hill Road. At stop sign turn left onto Damascus Road. Entrance to school is on your right at the bottom of the hill.

50 Free Shoot-Out - 12/12/2015 to 12/13/2015**Session Report**

Session: 1 Saturday 11/12 Session

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-12 50 Freestyle	1	1u	08:30 AM	_____
Finals	2 Boys 11-12 50 Freestyle	0	0	08:31 AM	_____
Finals	3 Girls 11-12 100 Butterfly	4	1u	08:31 AM	_____
Finals	4 Boys 11-12 100 Butterfly	1	1u	08:33 AM	_____
Finals	5 Girls 11-12 50 Freestyle Swim-off	0	0	08:35 AM	_____
Finals	6 Boys 11-12 50 Freestyle Swim-off	0	0	08:35 AM	_____
Finals	7 Girls 11-12 50 Backstroke	0	0	08:35 AM	_____
Finals	8 Boys 11-12 50 Backstroke	0	0	08:35 AM	_____
Finals	9 Girls 11-12 50 Freestyle Swim-off	0	0	08:35 AM	_____
Finals	10 Boys 11-12 50 Freestyle Swim-off	0	0	08:35 AM	_____
Finals	11 Girls 11-12 100 Breaststroke	4	1u	08:35 AM	_____
Finals	12 Boys 11-12 100 Breaststroke	0	0	08:37 AM	_____
Finals	13 Girls 11-12 50 Freestyle Swim-off	0	0	08:37 AM	_____
Finals	14 Boys 11-12 50 Freestyle Swim-off	0	0	08:37 AM	_____
Finals	15 Girls 11-12 200 IM	2	1u	08:37 AM	_____
Finals	16 Boys 11-12 200 IM	1	1u	08:40 AM	_____
Finals	17 Girls 11-12 500 Freestyle	4	1u	08:43 AM	_____
Finals	18 Boys 11-12 500 Freestyle	1	1u	08:51 AM	_____
	Swimmers Counts for Warm-ups: 6	=====	=====		
	Entry / Heat Totals:	18	8		
	Finish Time			08:59 AM	_____

50 Free Shoot-Out - 12/12/2015 to 12/13/2015**Session Report**

Session: 2 Saturday 10&Under Session

Day of Meet: 1 Starts at 11:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 10 & Under 50 Freestyle	4	1u	11:30 AM	_____
Finals	20 Boys 10 & Under 50 Freestyle	0	0	11:31 AM	_____
Finals	21 Girls 10 & Under 100 Butterfly	0	0	11:31 AM	_____
Finals	22 Boys 10 & Under 100 Butterfly	2	1u	11:31 AM	_____
Finals	23 Girls 10 & Under 50 Freestyle Swim-off	0	0	11:33 AM	_____
Finals	24 Boys 10 & Under 50 Freestyle Swim-off	0	0	11:33 AM	_____
Finals	25 Girls 10 & Under 50 Backstroke	0	0	11:33 AM	_____
Finals	26 Boys 10 & Under 50 Backstroke	0	0	11:33 AM	_____
Finals	27 Girls 10 & Under 50 Freestyle Swim-off	0	0	11:33 AM	_____
Finals	28 Boys 10 & Under 50 Freestyle Swim-off	0	0	11:33 AM	_____
Finals	29 Girls 10 & Under 100 Breaststroke	4	1u	11:33 AM	_____
Finals	30 Boys 10 & Under 100 Breaststroke	2	1u	11:35 AM	_____
Finals	31 Girls 10 & Under 50 Freestyle Swim-off	0	0	11:38 AM	_____
Finals	32 Boys 10 & Under 50 Freestyle Swim-off	0	0	11:38 AM	_____
Finals	33 Girls 10 & Under 200 IM	4	1u	11:38 AM	_____
Finals	34 Boys 10 & Under 200 IM	2	1u	11:41 AM	_____
	Swimmers Counts for Warm-ups: 6	=====	=====		
	Entry / Heat Totals:	18	6		
	Finish Time			11:44 AM	_____

50 Free Shoot-Out - 12/12/2015 to 12/13/2015**Session Report**

Session: 3 Saturday Afternoon Session

Day of Meet: 1 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	35 Girls 50 Freestyle	3	1u	02:30 PM _____
Finals	36 Boys 50 Freestyle	2	1u	02:31 PM _____
Finals	37 Girls 200 Butterfly	0	0	02:32 PM _____
Finals	38 Boys 200 Butterfly	1	1u	02:32 PM _____
Finals	39 Girls 50 Freestyle Swim-off	0	0	02:35 PM _____
Finals	40 Boys 50 Freestyle Swim-off	0	0	02:35 PM _____
Finals	41 Girls 100 Backstroke	1	1u	02:35 PM _____
Finals	42 Boys 100 Backstroke	1	1u	02:37 PM _____
Finals	43 Girls 50 Freestyle Swim-off	0	0	02:39 PM _____
Finals	44 Boys 50 Freestyle Swim-off	0	0	02:39 PM _____
Finals	45 Girls 200 Breaststroke	2	1u	02:39 PM _____
Finals	46 Boys 200 Breaststroke	0	0	02:42 PM _____
Finals	47 Girls 50 Freestyle Swim-off	0	0	02:42 PM _____
Finals	48 Boys 50 Freestyle Swim-off	0	0	02:42 PM _____
Finals	49 Girls 200 IM	1	1u	02:42 PM _____
Finals	50 Boys 200 IM	0	0	02:46 PM _____
Finals	51 Girls 500 Freestyle	2	1u	02:46 PM _____
Finals	52 Boys 500 Freestyle	2	1u	02:53 PM _____
	Swimmers Counts for Warm-ups: 5	=====	=====	
	Entry / Heat Totals:	15	9	
	Finish Time			02:59 PM _____

Session: 4 Sunday 11/12 Session

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	53 Girls 11-12 100 Freestyle	4	1u	08:30 AM _____
Finals	54 Boys 11-12 100 Freestyle	2	1u	08:32 AM _____
Finals	55 Girls 11-12 50 Butterfly	0	0	08:34 AM _____
Finals	56 Boys 11-12 50 Butterfly	0	0	08:34 AM _____
Finals	57 Girls 11-12 100 Backstroke	4	1u	08:34 AM _____
Finals	58 Boys 11-12 100 Backstroke	2	1u	08:36 AM _____
Finals	59 Girls 11-12 100 IM	0	0	08:38 AM _____
Finals	60 Boys 11-12 100 IM	0	0	08:38 AM _____
Finals	61 Girls 11-12 50 Breaststroke	0	0	08:38 AM _____
Finals	62 Boys 11-12 50 Breaststroke	0	0	08:38 AM _____
Finals	63 Girls 11-12 200 Freestyle	4	1u	08:38 AM _____
Finals	64 Boys 11-12 200 Freestyle	2	1u	08:42 AM _____
	Swimmers Counts for Warm-ups: 6	=====	=====	
	Entry / Heat Totals:	18	6	
	Finish Time			08:44 AM _____

50 Free Shoot-Out - 12/12/2015 to 12/13/2015**Session Report**

Session: 5 Sunday 10&Under Session

Day of Meet: 2 Starts at 11:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	65 Girls 10 & Under 100 Freestyle	3	1u	11:30 AM	_____
Finals	66 Boys 10 & Under 100 Freestyle	0	0	11:32 AM	_____
Finals	67 Girls 10 & Under 50 Butterfly	0	0	11:32 AM	_____
Finals	68 Boys 10 & Under 50 Butterfly	0	0	11:32 AM	_____
Finals	69 Girls 10 & Under 100 Backstroke	3	1u	11:32 AM	_____
Finals	70 Boys 10 & Under 100 Backstroke	0	0	11:34 AM	_____
Finals	71 Girls 10 & Under 100 IM	0	0	11:34 AM	_____
Finals	72 Boys 10 & Under 100 IM	0	0	11:34 AM	_____
Finals	73 Girls 10 & Under 50 Breaststroke	0	0	11:34 AM	_____
Finals	74 Boys 10 & Under 50 Breaststroke	0	0	11:34 AM	_____
Finals	75 Girls 10 & Under 200 Freestyle	3	1u	11:34 AM	_____
Finals	76 Boys 10 & Under 200 Freestyle	0	0	11:38 AM	_____
	Swimmers Counts for Warm-ups: 3	=====	=====		
	Entry / Heat Totals:	9	3		
	Finish Time			11:38 AM	_____

Session: 6 Sunday Afternoon Session

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	77 Girls 200 Freestyle	2	1u	02:30 PM	_____
Finals	78 Boys 200 Freestyle	4	1u	02:33 PM	_____
Finals	79 Girls 100 Breaststroke	3	1u	02:36 PM	_____
Finals	80 Boys 100 Breaststroke	1	1u	02:39 PM	_____
Finals	81 Girls 200 Backstroke	0	0	02:41 PM	_____
Finals	82 Boys 200 Backstroke	2	1u	02:41 PM	_____
Finals	83 Girls 100 Butterfly	2	1u	02:44 PM	_____
Finals	84 Boys 100 Butterfly	1	1u	02:46 PM	_____
Finals	85 Girls 100 Freestyle	3	1u	02:47 PM	_____
Finals	86 Boys 100 Freestyle	4	1u	02:48 PM	_____
Finals	87 Girls 400 IM	2	1u	02:50 PM	_____
Finals	88 Boys 400 IM	0	0	02:56 PM	_____
	Swimmers Counts for Warm-ups: 8	=====	=====		
	Entry / Heat Totals:	24	10		
	Finish Time			02:56 PM	_____