

2016 WATER RAT PENTATHLON

Invitational

January 23-24, 2016

Hosted by the Water Rat Swim Team

Westport Weston Family Y – 14 Allen Raymond Lane, Westport, CT

Click [here](#) for map

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-73. 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	Ellen Johnston	ejohnston@westporty.org	(203) 209-0198
Meet Referee	Lorraine Kennedy	rjklsk@optonline.net	
Administrative Official	Adrienne Williams	awilliams@westporty.org	
Entry Chair	Ellen Johnston	ejohnston@westporty.org	(203) 209-0198
Safety Chair	Frisk Driscoll	fxdriscoll@yahoo.com	
Officials Contact	Lorraine Kennedy	rjklas@optonline.net	

WEBSITE: <http://www.wrats.org>

POOL EMERGENCY: (203) 226-8981

MEET TYPE: Sanctioned

MEET CLASSIFICATION: This meet is open to all USA Swimming athletes and clubs.

MEET FORMAT: This meet will be timed finals.

SCRATCH PROCEDURES: Coaches packets will contain scratch sheets for each session and a time line for when scratches are due. Failure to turn in scratch sheets will result in the team being scratched from the session.

FACILITY: The Strittmatter Family Aquatic Center houses a 10 lane x 25 yard competition pool. Water depth at start end is: 9'. Water depth at turn end is: 4'. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System will be used with full display color board. Spectator seating is available. Additional bleacher seating will be available overlooking the pool in the gymnasium. NO personal folding chairs will be allowed on deck or spectator area. The Strittmatter Family Aquatic Center houses a 10 lane x 25 yard competition pool. Water depth at start end is: 9'. Water depth at turn end is: 4'. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System will be used with full display color board. Spectator seating is available. Additional bleacher seating will be available overlooking the pool in the gymnasium. NO personal folding chairs will be allowed on deck or spectator area.

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

DISABLED ACCESS: Handicap parking is available near the front of the facility. Handicap accessibility is available into the spectator area. An elevator is conveniently located just off the lobby to access the youth locker rooms on the lower level. For more specific information, please contact Ellen Johnston at ejohnston@westporty.org

correctly in this file. All entries must include swimmers full name and USA Swimming registration number. An entry payment must be received by Wednesday, January 20, 2016.

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. 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 WRAT Parents Club and mail to: Water Rat Swim Team, Westport Weston Family Y, 14 Allen Raymond Lane, Westport, CT 06880. Payment must be received by Wednesday, January 20, 2016.

CUT PROTOCOL:

Every effort will be made to accommodate all entries received provided the sessions are timed out in accordance with USA Swimming rules. Clubs will be notified of cuts no later than Monday before the meet.

If the session is oversubscribed, 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, January 18TH.

SAFETY: Any swimmer entered in the meet must 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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: Timers will be required from teams in proportion to the size of their entry. Teams will be notified by Monday, January 18th.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: Scoring is based on cumulative time for all five events.

AWARDS: Trophies will be awarded to the Top 12 overall finishers – combined score from all five (5) events. There will be heat winners.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Is available onsite. Visitors will be directed where to park. Overflow parking will be available in the Commuter Parking lot approximately 500 yards from the facility. **IMPORTANT:** Parking will be directed by a professional parking service. Parking lot overflow parking will require full service valet parking.

DIRECTIONS: The Westport Weston Family Y at Mahackeno is located directly off Exit 41 – northbound – of the Merritt Parkway.

I-95: From north or south, left turn off exit ramp. Follow up to the Merritt Parkway – Route 15. Get in the turn lane as though going onto the Parkway north but stay in the right lane and go straight into the YMCA entrance.

2016 Water Rat Pentathlon - 1/23/2016 to 1/24/2016**Session Report**

Session: 1 9/10 Boys & Girls

Day of Meet: 1 Starts at 08:45 AM Heat Interval: 10 Seconds / Back +5 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 9-10 50 Butterfly	0	0	08:45 AM _____
Finals	2 Boys 9-10 50 Butterfly	0	0	08:45 AM _____
Finals	3 Girls 9-10 50 Backstroke	0	0	08:45 AM _____
Finals	4 Boys 9-10 50 Backstroke	0	0	08:45 AM _____
Finals	5 Girls 9-10 50 Breaststroke	0	0	08:45 AM _____
Finals	6 Boys 9-10 50 Breaststroke	0	0	08:45 AM _____
Finals	7 Girls 9-10 50 Freestyle	0	0	08:45 AM _____
Finals	8 Boys 9-10 50 Freestyle	0	0	08:45 AM _____
Finals	9 Girls 9-10 100 IM	0	0	08:45 AM _____
Finals	10 Boys 9-10 100 IM	0	0	08:45 AM _____
	Finish Time			08:45 AM _____

2016 Water Rat Pentathlon - 1/23/2016 to 1/24/2016

Session Report

Session: 2 11/12 Boys & Girls

Day of Meet: 1 Starts at 02:15 PM Heat Interval: 10 Seconds / Back +5 Seconds

Round	Event	Entries	Heats	Starts at
Finals	11 Girls 11-12 50 Butterfly	0	0	02:15 PM _____
Finals	12 Boys 11-12 50 Butterfly	0	0	02:15 PM _____
Finals	13 Girls 11-12 50 Backstroke	0	0	02:15 PM _____
Finals	14 Boys 11-12 50 Backstroke	0	0	02:15 PM _____
Finals	15 Girls 11-12 50 Breaststroke	0	0	02:15 PM _____
Finals	16 Boys 11-12 50 Breaststroke	0	0	02:15 PM _____
Finals	17 Girls 11-12 50 Freestyle	0	0	02:15 PM _____
Finals	18 Boys 11-12 50 Freestyle	0	0	02:15 PM _____
Finals	19 Girls 11-12 100 IM	0	0	02:15 PM _____
Finals	20 Boys 11-12 100 IM	0	0	02:15 PM _____
	Finish Time			02:15 PM _____

2016 Water Rat Pentathlon - 1/23/2016 to 1/24/2016**Session Report**

Session: 3 13/15 & 15/O Boys & Girls

Day of Meet: 2 Starts at 08:45 AM Heat Interval: 17 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	21 Girls 13-14 100 Butterfly	0	0	08:45 AM _____
Finals	22 Boys 13-14 100 Butterfly	0	0	08:45 AM _____
Finals	23 Girls 15 & Over 100 Butterfly	0	0	08:45 AM _____
Finals	24 Boys 15 & Over 100 Butterfly	0	0	08:45 AM _____
Finals	25 Girls 13-14 100 Backstroke	0	0	08:45 AM _____
Finals	26 Boys 13-14 100 Backstroke	0	0	08:45 AM _____
Finals	27 Girls 15 & Over 100 Backstroke	0	0	08:45 AM _____
Finals	28 Boys 15 & Over 100 Backstroke	0	0	08:45 AM _____
Finals	29 Girls 13-14 100 Breaststroke	0	0	08:45 AM _____
Finals	30 Boys 13-14 100 Breaststroke	0	0	08:45 AM _____
Finals	31 Girls 15 & Over 100 Breaststroke	0	0	08:45 AM _____
Finals	32 Boys 15 & Over 100 Breaststroke	0	0	08:45 AM _____
Finals	33 Girls 13-14 100 Freestyle	0	0	08:45 AM _____
Finals	34 Boys 13-14 100 Freestyle	0	0	08:45 AM _____
Finals	35 Girls 15 & Over 100 Freestyle	0	0	08:45 AM _____
Finals	36 Boys 15 & Over 100 Freestyle	0	0	08:45 AM _____
Finals	37 Girls 13-14 200 IM	0	0	08:45 AM _____
Finals	38 Boys 13-14 200 IM	0	0	08:45 AM _____
Finals	39 Girls 15 & Over 200 IM	0	0	08:45 AM _____
Finals	40 Boys 15 & Over 200 IM	0	0	08:45 AM _____
	Finish Time			08:45 AM _____