

2016 ARAC 8& Under Quadrathon

8/U meet

October 9th, 2016

525 Orange Center Road. High Plains Community Center Orange, CT 06477

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S16-4. 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 O'Brien | coachmikeobrien@gmail.com | 203.589.9697 |
| Meet Referee: | Ed Hinckley | Edwardhinckley@sbcglobal.net | 203.430.8620 |
| Entry Chair: | Michael O'Brien | coachmikeobrien@gmail.com | 203.589.9697 |
| Safety Chair: | Kristen Skroski | kskroski@gmail.com | 203.314.1793 |
| Officials Contact: | Sharon Belfonti | treasurer@aracswimteam.com | 203.464.8790 |

WEBSITE: www.aracswimteam.com

POOL EMERGENCY NUMBER: 203.891.4761

MEET TYPE: Sanctioned

MEET CLASSIFICATION: This meet is open to CT member athletes and clubs of USA Swimming.

MEET FORMAT: The meet will be swum as Timed-Final

SCRATCH PROCEDURES: Coaches will receive a scratch sheet prior to warm up. Scratch sheets are due 30 minutes prior to start of the meet.

FACILITY: The Orange Town Pool is an 8-lane, 25-yard pool. Water depth at start end is: 4 feet. Water depth at turn end is: 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). We will be using Colorado Timing System, 8 lane electronic display. Spectator seating in balcony area, 300 seat occupancy.

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

DISABLED ACCESS: Handicap parking in front and rear of the building. Handicapped entrance in pool lobby with wheelchair ramp in lobby to access locker rooms and pool office. Spectator seating- not handicap accessible. Contact meet director Michael O'Brien for special arrangements.

COURSE: SCY.

SESSION TIMES: 2:00PM Warm up, 2:45PM start

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

ELIGIBILITY: All athletes must be current athlete members of CT Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Meet is restricted to 8 & under athletes

only. 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 [CT 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 the [Connecticut Swimming office](#).

ENTRY LIMITATIONS: Swimmers must enter and swim legally in all 4 events to be considered for the Quadrathlon awards.

ENTRY TIMES: Submit entry times in: SCY.

DEADLINES: deadline is October 2nd, 2016. Mail hardcopy and payment to the entry chairperson: Michael O'Brien, 106 Ivy St. West Haven, CT 06516. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries via e-mail are encouraged, but the final date of entry is not posted until payment is received. Deck entries are not permitted.

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 coachmikeobrien@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file.

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: \$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 Amity Regional Aquatic Club and mail to: Michael O'Brien 106 Ivy St, West Haven, CT, 06516. Payment must be received by 10/02/16.

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 requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no 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 all 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: Timer assignments will be e-mailed to all teams prior to the meet. It is the responsibility of each team representative or coach to make sure that their timers report for the timers meeting and remain in place throughout the session. 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 for the Quadrathon awards. The swimmers times in each of the four strokes will be added together and then ranked fastest time to slowest for the purpose of award placing.

AWARDS: Yes. Trophies will be awarded for top 3 overall finishes based on their combined score

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Parking is available on both sides of the building.

DIRECTIONS: [google map 525 Orange Center Road](#)

ARAC 8 & Under Quadrathlon - 10/9/2016**Session Report**

Session: 1 8 under quadrathlon

Day of Meet: 1 Starts at 02:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------------|--------------------------------------|----------------|--------------|------------------|-------|
| Finals | 1 Girls 6 & Under 25 Butterfly | 0 | 0 | 02:45 PM | _____ |
| Finals | 2 Boys 6 & Under 25 Butterfly | 0 | 0 | 02:45 PM | _____ |
| Finals | 3 Girls 7 Year Olds 25 Butterfly | 0 | 0 | 02:45 PM | _____ |
| Finals | 4 Boys 7 Year Olds 25 Butterfly | 0 | 0 | 02:45 PM | _____ |
| Finals | 5 Girls 8 Year Olds 25 Butterfly | 0 | 0 | 02:45 PM | _____ |
| Finals | 6 Boys 8 Year Olds 25 Butterfly | 0 | 0 | 02:45 PM | _____ |
| Finals | 7 Girls 6 & Under 25 Backstroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 8 Boys 6 & Under 25 Backstroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 9 Girls 7 Year Olds 25 Backstroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 10 Boys 7 Year Olds 25 Backstroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 11 Girls 8 Year Olds 25 Backstroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 12 Boys 8 Year Olds 25 Backstroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 13 Girls 6 & Under 25 Breaststroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 14 Boys 6 & Under 25 Breaststroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 15 Girls 7 Year Olds 25 Breaststroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 16 Boys 7 Year Olds 25 Breaststroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 17 Girls 8 Year Olds 25 Breaststroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 18 Boys 8 Year Olds 25 Breaststroke | 0 | 0 | 02:45 PM | _____ |
| Finals | 19 Girls 6 & Under 25 Freestyle | 0 | 0 | 02:45 PM | _____ |
| Finals | 20 Boys 6 & Under 25 Freestyle | 0 | 0 | 02:45 PM | _____ |
| Finals | 21 Girls 7 Year Olds 25 Freestyle | 0 | 0 | 02:45 PM | _____ |
| Finals | 22 Boys 7 Year Olds 25 Freestyle | 0 | 0 | 02:45 PM | _____ |
| Finals | 23 Girls 8 Year Olds 25 Freestyle | 0 | 0 | 02:45 PM | _____ |
| Finals | 24 Boys 8 Year Olds 25 Freestyle | 0 | 0 | 02:45 PM | _____ |
| | Finish Time | | | 02:45 PM | _____ |