

# Connecticut Aquatic Club

## Fall Distance Meet

October 14, 2016

UCONN Avery Point

1084 Shennecossett Rd, Groton, CT 06340

Mapping Software: <https://goo.gl/ttxlLd>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S16-7. 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>
<b>Meet Director/Entry Chair:</b>	Jon Caswell	<a href="mailto:joncacsxim@gmail.com">joncacsxim@gmail.com</a>	239-207-2313
<b>Meet Referee:</b>	Qin Guo	<a href="mailto:elxj0924@gmail.com">elxj0924@gmail.com</a>	
<b>Admin Official:</b>	Lynne Benavides	<a href="mailto:jackboss2000@gmail.com">jackboss2000@gmail.com</a>	401-447-5190
<b>Safety Chair:</b>	Mike Rowe	<a href="mailto:rowemj73@gmail.com">rowemj73@gmail.com</a>	
<b>Officials Contact:</b>	Qin Guo		

**WEBSITE:** [www.cacsxim.net](http://www.cacsxim.net)

**POOL EMERGENCY NUMBER:** Pool Deck: 860-405-9011

**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. All events will be swum fastest to slowest.

**SCRATCH PROCEDURES:** Scratch sheets are due to the computer desk no later than 15 minutes after the start of the session warm-up. If a scratch sheet is not turned in, it will be assumed that the team is not in attendance and the entire team will be scratched from that session.

**FACILITY:** The UCONN Avery Point Pool is six-lane, 25-yard pool. Water depth at start end is: 12 feet. Water depth at turn end is: 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). Colorado Electronic Timing system will be used. Spectator seating is up in the balcony on both sides of the pool. Deck chairs are allowed in the balcony on the east side of the pool, closest to the ocean. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** The Aquatic Center is handicapped accessible, with handicapped viewing area available. Contact the meet director for additional information and/or if special arrangements are required.

**COURSE:** SCY.

**SESSION TIMES:** Subject to Change

Friday PM – Warm-Up 4:30pm, Start 5:15pm

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. All assigned warm-ups will be followed by 10 minutes of controlled warm-up with sprint and pace lanes available. Warm-up assignments will be posted on the CAC website and emailed to all teams by Wednesday prior to the meet.

**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. This meet is open to swimmers 12 years of age and younger. 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 [Connecticut Swimming office](#).

**ENTRY LIMITATIONS:** Swimmers may enter and compete in no more than 2 events per day. Depending on the number of entries and/or the timeline, teams will be notified if they need to resubmit entry with a 1 event maximum.

**ENTRY TIMES:** Submit entry times in: SCY.

**DEADLINES:** Entry deadline is Wednesday, October 5, 2016. Mail hardcopy and payment to the entry chairperson: Jon Caswell, 5433 Post Road, Charlestown, RI 02813. All entries must be legible and must use full names and registration numbers from USA Swimming registration. An entry will be officially considered in the meet when the entry has been received by email or mail. Entry chairs will be notified of entry acceptance within 24 hours of receiving the 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 at [joncacswwim@gmail.com](mailto:joncacswwim@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: \$10.00 for individual events. Manual entries: \$15.00 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 CAC and mail to: Jon Caswell, 5433 Post Road, Charlestown, RI 02813. Payment must be received by October 12th. This is one week after entries closed. If payment is not received or have made payment arrangements, your entry will be considered non valid, and your entry to the meet cannot be guaranteed. .

## **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. Athletes aged 7 and Under will be cut from the meet.
2. The distance events (500 yards or greater) may be heat limited to the first 8 heats of entries per gender in the order they were received.
4. The maximum number of events allowed per day may be reduced by one (1).
5. 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.

**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:** Timing assignments will be emailed to visiting teams by Tuesday, Oct 11th. Swimmers in the 500 and 1000 yard freestyles must provide their own timer and counter. If any officials are interested in volunteering, please contact Qin Guo.

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

**SCORING:** None.

**AWARDS:** No.

**CONCESSIONS:** Yes.

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

**PARKING:** Parking is available in all lots around the pool.

**DIRECTIONS:** The UCONN Avery Point Pool is located on the campus of UCONN Avery Point. The address of the college is 1084 Shennecossett Rd, Groton, CT 06340. Once you enter the main entrance, take a left at the stop sign and the pool is on your left. Here is a link to google maps: <https://goo.gl/ttxlLd>

**HOTELS:** Any special hotel deals will be listed on our website under meet information.

**CAC Fall Distance Meet - 10/14/2016****Session Report**

Session: 1 CAC October Distance

Day of Meet: 1 Starts at 05:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 12 & Under 200 Backstroke	0	0	05:15 PM	_____
Finals	2 Boys 12 & Under 200 Backstroke	0	0	05:15 PM	_____
Finals	3 Girls 12 & Under 200 Breaststroke	0	0	05:15 PM	_____
Finals	4 Boys 12 & Under 200 Breaststroke	0	0	05:15 PM	_____
Finals	5 Girls 12 & Under 200 Butterfly	0	0	05:15 PM	_____
Finals	6 Boys 12 & Under 200 Butterfly	0	0	05:15 PM	_____
Finals	7 Girls 11 & Over 400 IM	0	0	05:15 PM	_____
Finals	8 Boys 11 & Over 400 IM	0	0	05:15 PM	_____
	Break: 10 Minutes:				
Finals	9 Girls 12 & Under 500 Freestyle	0	0	05:25 PM	_____
Finals	10 Boys 12 & Under 500 Freestyle	0	0	05:25 PM	_____
Finals	11 Girls 11 & Over 1000 Freestyle	0	0	05:25 PM	_____
Finals	12 Boys 11 & Over 1000 Freestyle	0	0	05:25 PM	_____
	Finish Time			05:25 PM	_____