

**HMST December Distance
Distance Meet
December 16, 2016**

Hopkins School, 986 Forest Road, New Haven, CT 06515

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S16-50. 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:	Chuck Elrick	celrick@hopkins.edu	203-494-5704
Meet Referee:	Dave Pite	Pite@snet.net	
Entry Chair:	Lisa Earley	Learley851@aol.com	
Safety Chair:	Bob Pimer	rmpimer@aol.com	
Officials Contact:	Lisa Earley	Learley851@aol.com	

WEBSITE: www.hmst.org

POOL EMERGENCY NUMBER: 203-397-1001 ext 524

MEET TYPE: Sanctioned

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

MEET FORMAT: The meet will be swum as a Timed-Final. The **events** will be swum fast-to-slow, alternating heats of women and men.

SCRATCH PROCEDURES: Coaches must pick up their team entry list and return this to the computer operator with any scratches no later than 15 minutes after the start of warm-up. Any team not returning the entry sheet by that time will be scratched from the meet.

FACILITY: The Hopkins School competition pool is a 6 -lane, 25-yard pool. Water depth at start end is: 13ft. Water depth at turn end is: 4ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado Timing system will be used. The spectator seating will accommodate approximately 200 people.

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

DISABLED ACCESS: If handicapped parking or handicapped access to the building is necessary, please contact Chuck Elrick 203-494-5704. Access to specific parking and the use of the elevator must be re-arranged.

COURSE: SCY.

SESSION TIMES: Subject to Change: General warm-up 5:15pm; Start 6:00pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. General warm-up in 6 lanes.

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 the [Connecticut Swimming office](#).

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: deadline is December 2, 2016. Mail hardcopy and payment to the entry chairperson: Lisa Earley, 846 Beechwood Road, Orange, CT 06477. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Payment must be received no later than Dec. 9, 2016 in order to be considered in the meet.

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 learley851@aol.com. Please check that your team name, address, and contact information are listed correctly in this file. A team's entry will be considered "in" and complete when the entry and payment has been received. Payment must be received no later than December 9, 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: \$10 for individual events. Manual entries: \$12.00 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 HMST and mail to: Lisa Earley, 846 Beechwood Road, Orange, CT 06477. Payment must be received by 12/9/16.

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:

Once we reach a three hour time limit entries will no longer be accepted for this 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: Each swimmer is responsible to supply their own timer and counter

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: No.

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: No

PARKING: Parking in the Forest Road lot. Cars must park in the designated parking spaces. Cars parked on the grass or in the “drop-off” area risk the possibility of being towed.

DIRECTIONS: The Hopkins School pool is located at 986 Forest Road, New Haven, CT. 06515

From Rte. 15 (Wilbur Cross Parkway, Exit 59, South from Hartford): At the end of the exit ramp, turn right. Rte. 63 (Amity Road) and Rte. 69 (Litchfield Turnpike) merge to form Whalley Ave. Approximately $\frac{3}{4}$ of a mile from that intersection, turn right onto Rte. 122 (Dayton Street). After traveling one block, follow Rte. 122 through the traffic signal onto Forest Road. The Hopkins driveway is on the right immediately after the next traffic signal. From Rte. 34 or 15 (Wilbur Cross Parkway, Exit 57 North, from NYC): From Rte. 15, take Rte. 34 (Derby Turnpike) east for 2-1/2 miles; turn left onto Rte. 122 (Forest Road). Hopkins is on the left after approximately $\frac{1}{2}$ mile.

From Rte. 91 or Rte. 95 North (New London- Hartford): Exit at the Oak Street Connector-Downtown Rte. 34 (which is Exit #1 on I-91 and Exit #47 on I-95). Proceed to the end of the connector and then exit straight ahead onto the parallel Frontage Road (Rte. 34). Continue on this road about two miles until you reach the Boulevard. Take a right and get into the far left lane. At the light take a left—all the while remaining on Rte. 34. Continue until you come to Rte. 122 (Forest Road). Take a right and Hopkins will be on the left after traveling about $\frac{1}{2}$ mile.

HMST December Distance Meet - 12/16/2016**Session Report**

Session: 1 Session 1

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 1000 Freestyle	0	0	06:00 PM	_____
Finals	2 Boys 1000 Freestyle	0	0	06:00 PM	_____
	Finish Time			06:00 PM	_____