

Northeast CT Aquatics
Fall Distance Meet
November 4, 2016

Star Hill Family Athletic Center
100 Gerber Drive, Tolland CT 06084

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S16-24. 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:	Rob Ensling	rensling@gmail.com	860-883-9385
Meet Referee:	Michael Huffman	Mhuffman99@gmail.com	
Entry Chair:	Rob Ensling	rensling@gmail.com	860-883-9385
Safety Chair:	Jennifer Crowley	jennifercrowley24@gmail.com	

WEBSITE: swimnca.com

POOL EMERGENCY NUMBER: 860-871-8800

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-Final

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for the meet in their information packets listing all of their swimmers and events for that session. Coaches must indicate all scratches on these sheets and turn them in to the office within one half hour after the beginning of warm-up. If a scratch sheet is not received by that deadline all swimmers will be considered NOT to be scratched and will be seeded in their entered events, except that any over-entered swimmers will be scratched from their last event(s) until they are in compliance with entry rules.

FACILITY: Star Hill's Pool is a 6-lane, 25 yard facility with Colorado Timing, limited deck space and spectator seating. The competition course has not been certified in accordance with 104.2.2C(4). Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: Star Hill's Pool is handicapped accessible. Please contact Rob Ensling, 860-883-9385 for more information and special arrangements.

COURSE: SCY

SESSION TIMES: **Subject to Change** Warm-Up – 4:00pm Start – 5:30pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Warm-up sessions will depend on the entries by teams.

ELIGIBILITY: All athletes must be current athlete members of USA Swimming. The meet is limited to swimmers aged 13 and Over. 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](#).

EVENT INFORMATION: Deck entries will not be accepted

ENTRY LIMITATIONS: Swimmers may enter a maximum of 2 individual events per day. In the event of over-subscription, the meet director will contact the participating clubs asking for a resubmission of the entry with four events.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is October 30th, 2016. Please send entry via email. No hardcopy necessary unless using 'snail' mail only. If hand writing, all entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration Mail hardcopy, if necessary, and payment to the entry chairperson:

Northeast CT Aquatics
681 Graham Road
South Windsor, CT 06074
860-883-9385
rensling@gmail.com

Receipt of email will determine date of entry.

CONNECTICUT-ONLY DEADLINE: October 30th, 2016. Receipt of email will determine date of entry. CT clubs meeting this deadline will be entered before out of state clubs.

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 rensling@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Receipt of email will determine date of entry.

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 Northeast CT Aquatics and mail to: Rob Ensling, 681 Graham Road, South Windsor CT 06074. Payment must be received by 10/31/16.

CUT PROTOCOL: CT teams whose entries are received by the CT deadline will be entered first, after which all other teams will be entered on a first-come, first-served basis. 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 maximum number of events allowed per day may be reduced by one;
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 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 (October 31, 2016) 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 Relays

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.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Swimmers in the 1650 must provide timer and counter. Swimmers in the 400IM must provide their own timer.

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: Yes, Star Hill has a concessions area outside the pool.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Available at the facility.

DIRECTIONS: Star Hill Athletic Complex is located at 100 Gerber Drive, Tolland CT 06084.

Northeast CT Aquatics Fall Distance Meet - 11/4/2016**Session Report**

Session: 1 NCA Fall Distance Meet

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 400 IM	0	0	05:30 PM	_____
Finals	2 Boys 400 IM	0	0	05:30 PM	_____
Finals	3 Girls 1650 Freestyle	0	0	05:30 PM	_____
Finals	4 Boys 1650 Freestyle	0	0	05:30 PM	_____
	Finish Time			05:30 PM	_____