

Long Axis Pentathlon
Meet Type: Pentathlon
October 2nd, 2016

William W. Higgins '53 Aquatic Center
Canterbury School
101 Aspetuck Ave
New Milford, CT 06776
<https://goo.gl/maps/q9msrYcDndu>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S16-1. 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:	Gordon Brown	gbrown@regionalymca.org	203-775-4444 ext 129
Meet Referee:	Phillip James	phillip.m.james@gmail.com	
Entry Chair:	Gordon Brown	gbrown@regionalymca.org	203-775-4444 Ext 129
Safety Chair:	Gordon Brown	gbrown@regionalymca.org	203-775-4444 Ext 129

WEBSITE: www.makoswim.org

POOL EMERGENCY NUMBER: 860-210-3840

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: Scratch sheets will be due to the computer table 30 minutes after the start of warm-ups; these must be returned even if a team has no scratches.

FACILITY: The William W. Higgins '53 Aquatic Center is an 8-lane, 25-yard pool. Water depth at start end is: 7ft. Water depth at turn end is: 13ft. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics Timing System will be used. Spectator seating is available.

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

DISABLED ACCESS: Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email the meet director in advance to make arrangements.

COURSE: SCY

SESSION TIMES: Subject to Change

Warm-up: 8:00am

Start: 9:00am

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. One 20-minute team warm-up for 12 & under swimmers, one 20-minute team warm-up for 13 & over swimmers, and one 15-minute session for one way sprints with age specific 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](#).

EVENT INFORMATION: No deck entries will be allowed.

ENTRY LIMITATIONS: Swimmers may enter up to 5 individual events.

ENTRY TIMES: Submit entry times in: SCY. There are no time standards but NT entries will not be accepted.

DEADLINES: deadline is September 23rd, 2016. Mail hardcopy and payment to the entry chairperson: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804. All non-electronic entries must be typed or printed legibly, and must use full names and include each athlete's correct date of birth. Entries will be accepted on a first-come, first-serve basis, space permitting. Formal team entry date is determined by date of email receipt as long as the entry fee and hard copy are post marked within five business days. Be aware the meet may close prior to the entry deadline. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than September 26th, 2016. The meet director reserves the right to deny any or all changes to the entry after it is received. Any entry received after the entry deadline will be returned, unless the meet is undersubscribed.

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 gbrown@regionalmca.org. Please check that your team name, address, and contact information are listed correctly in this file. Entries will be accepted on a first-come, first-serve basis, space permitting. Please send original entry sheets, sorted by swimmer, along with payment to the meet director, Gordon Brown, at 2 Huckleberry Hill Rd, Brookfield CT 06804.

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 The Regional YMCA of Western Connecticut and mail to: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment must be received by 09/30/16.

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:

1. 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: All teams will be required to supply timers in proportion to the size of their entry. Teams providing a list of officials by September 23rd, 2016 will be credited in their timing assignments. Watches to be provided by meet host. Participating clubs must 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 not be scored.

AWARDS: No.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Parking map will be emailed to attending teams the Monday before the meet.

DIRECTIONS: William W. Higgins '53 Aquatic Center, Canterbury School. 101 Aspetuck Ave New Milford, CT 06776. <https://goo.gl/maps/q9msrYcDndu>

Long Axis Pentathlon - 10/2/2016**Session Report**

Session: 1 Saturday

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 8 & Under 25 Freestyle	0	0	09:00 AM
Finals	2 Boys 8 & Under 25 Freestyle	0	0	09:00 AM
Finals	3 Girls 9-10 50 Freestyle	0	0	09:00 AM
Finals	4 Boys 9-10 50 Freestyle	0	0	09:00 AM
Finals	5 Girls 11-12 50 Freestyle	0	0	09:00 AM
Finals	6 Boys 11-12 50 Freestyle	0	0	09:00 AM
Finals	7 Girls 13 & Over 50 Freestyle	0	0	09:00 AM
Finals	8 Boys 13 & Over 50 Freestyle	0	0	09:00 AM
Finals	9 Girls 8 & Under 50 Backstroke	0	0	09:00 AM
Finals	10 Boys 8 & Under 50 Backstroke	0	0	09:00 AM
Finals	11 Girls 9-10 100 Backstroke	0	0	09:00 AM
Finals	12 Boys 9-10 100 Backstroke	0	0	09:00 AM
Finals	13 Girls 11-12 100 Backstroke	0	0	09:00 AM
Finals	14 Boys 11-12 100 Backstroke	0	0	09:00 AM
Finals	15 Girls 13 & Over 200 Backstroke	0	0	09:00 AM
Finals	16 Boys 13 & Over 200 Backstroke	0	0	09:00 AM
Finals	17 Girls 8 & Under 50 Freestyle	0	0	09:00 AM
Finals	18 Boys 8 & Under 50 Freestyle	0	0	09:00 AM
Finals	19 Girls 9-10 100 Freestyle	0	0	09:00 AM
Finals	20 Boys 9-10 100 Freestyle	0	0	09:00 AM
Finals	21 Girls 11-12 100 Freestyle	0	0	09:00 AM
Finals	22 Boys 11-12 100 Freestyle	0	0	09:00 AM
Finals	23 Girls 13 & Over 100 Freestyle	0	0	09:00 AM
Finals	24 Boys 13 & Over 100 Freestyle	0	0	09:00 AM
Finals	25 Girls 8 & Under 25 Backstroke	0	0	09:00 AM
Finals	26 Boys 8 & Under 25 Backstroke	0	0	09:00 AM
Finals	27 Girls 9-10 50 Backstroke	0	0	09:00 AM
Finals	28 Boys 9-10 50 Backstroke	0	0	09:00 AM
Finals	29 Girls 11-12 50 Backstroke	0	0	09:00 AM
Finals	30 Boys 11-12 50 Backstroke	0	0	09:00 AM
Finals	31 Girls 13 & Over 100 Backstroke	0	0	09:00 AM
Finals	32 Boys 13 & Over 100 Backstroke	0	0	09:00 AM
Finals	33 Girls 8 & Under 100 Freestyle	0	0	09:00 AM
Finals	34 Boys 8 & Under 100 Freestyle	0	0	09:00 AM
Finals	35 Girls 9-10 200 Freestyle	0	0	09:00 AM
Finals	36 Boys 9-10 200 Freestyle	0	0	09:00 AM
Finals	37 Girls 11-12 200 Freestyle	0	0	09:00 AM
Finals	38 Boys 11-12 200 Freestyle	0	0	09:00 AM
Finals	39 Girls 13 & Over 200 Freestyle	0	0	09:00 AM
Finals	40 Boys 13 & Over 200 Freestyle	0	0	09:00 AM
	Finish Time			09:00 AM