

**WHAT Swimming**  
**Sprint Pentathlon Invite**  
**October 2nd, 2016**

88 Garden Street  
Farmington, CT 06032

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S16-2. 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:</b>	Rob Riccobon	whatcoaches@gmail.com	860-985-2818
<b>Meet Referee:</b>	Mike Wertheimer	wertheimermichael7@gmail.com	860-408-9457
<b>Entry Chair:</b>	Rob Riccobon	whatcoaches@gmail.com	860-985-2818
<b>Safety Chair:</b>	Kristine Perrault	whatcoaches@gmail.com	860-985-2818
<b>Officials Contact:</b>	Mike Wertheimer	wertheimermichael7@gmail.com	860-408-9457

**WEBSITE:** [www.whatswim.org](http://www.whatswim.org)

**POOL EMERGENCY NUMBER:** 860-409-3650

**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. In the afternoon session the 11-12 girls and boys will be mixed, as well as the 13-18 women and men.

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for the meet in their information packets listing all of their swimmers and the events for that session. Coaches must indicate all scratches on these sheets and turn them into the office within one half hour after the beginning of warm-up. If the scratch sheet is not received by that deadline all swimmers will be considered to be scratched.

**FACILITY:** The Miss Porter's School Pool is an 8-lane, 25-yard pool. Water depth at start end is: 10 feet. Water depth at turn end is: 5 feet. **Select One:** The competition course has not been certified in accordance with 104.2.2C(4). The facility is equipped with a Colorado Timing System and has spectator seating for 250. The spectator area is accessible by stairs or elevator and is located above the competition pool.

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

**DISABLED ACCESS:** The Miss Porter's School Pool is handicapped accessible with a handicapped locker room. Please contact Miss Porter's Aquatic Director, Katie Riccobon, at 860-409-3711, for more information or special arrangements.

**COURSE:** SCY

**SESSION TIMES: Subject to Change** Morning Session: 8:00am warm-up 9:00am start. Afternoon Session: 1:00pm warm-up 2:00pm start. Please confirm that this matches the start times in your Session Report.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Morning session 8:00am- 8:40am ( 8 lanes- General Warm-Up) 8:40am-8:50am (8 lanes Specific Warm-Up) ; Afternoon session 1:00pm- 1:40pm (8 lanes- General Warm-Up) 1:40pm-1:50pm (8 lanes Specific Warm-Up)

**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:** Heat winner and musical heat prizes will be awarded.

**ENTRY LIMITATIONS:** 5 individual events

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

**DEADLINES:** deadline is September 26th, 2016. Mail hardcopy and payment to the entry chairperson: WHAT Swimming, 113 Ballard Drive, West Hartford, CT 06119. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Receipt of an e-mailed entry will determine the date of entry. Invited teams will be given priority in acceptance of entries

**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 [whatcoaches@gmail.com](mailto:whatcoaches@gmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Receipt of an e-mailed entry will determine the 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: \$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 WHAT Swimming and mail to: WHAT Swimming, 113 Ballard Drive, West Hartford, CT 06119. Payment must be received by 09/26/16.

**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. Athletes aged 7 and Under will be cut from the meet
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 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:** 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:** No

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** A parking map will be sent to attending teams prior to the meet.

**DIRECTIONS:** The Miss Porter's School Pool is located at 88 Garden Street, Farmington, CT 06032.

Take Exit 39 from Interstate 84 (east or west)

Go straight through the traffic light onto Route 4 West ( Farmington Avenue)

Continue through the blinking light

Turn left at the 2nd traffic light onto Garden Street

Continue through the stop sign

Pool will be on your right ( brick building- 88 Street)

**WHAT Sprint Pentathlon Invite - 10/2/2016**  
**Session Report**

Session: 1 WHAT Sprint Pentathlon Invite

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 8 & Under 25 Butterfly	0	0	09:00 AM	_____
Finals	2 Boys 8 & Under 25 Butterfly	0	0	09:00 AM	_____
Finals	3 Girls 9-10 50 Butterfly	0	0	09:00 AM	_____
Finals	4 Boys 9-10 50 Butterfly	0	0	09:00 AM	_____
Finals	5 Girls 8 & Under 25 Backstroke	0	0	09:00 AM	_____
Finals	6 Boys 8 & Under 25 Backstroke	0	0	09:00 AM	_____
Finals	7 Girls 9-10 50 Backstroke	0	0	09:00 AM	_____
Finals	8 Boys 9-10 50 Backstroke	0	0	09:00 AM	_____
Finals	9 Girls 8 & Under 25 Breaststroke	0	0	09:00 AM	_____
Finals	10 Boys 8 & Under 25 Breaststroke	0	0	09:00 AM	_____
Finals	11 Girls 9-10 50 Breaststroke	0	0	09:00 AM	_____
Finals	12 Boys 9-10 50 Breaststroke	0	0	09:00 AM	_____
Finals	13 Girls 8 & Under 25 Freestyle	0	0	09:00 AM	_____
Finals	14 Boys 8 & Under 25 Freestyle	0	0	09:00 AM	_____
Finals	15 Girls 9-10 50 Freestyle	0	0	09:00 AM	_____
Finals	16 Boys 9-10 50 Freestyle	0	0	09:00 AM	_____
Finals	17 Girls 8 & Under 100 IM	0	0	09:00 AM	_____
Finals	18 Boys 8 & Under 100 IM	0	0	09:00 AM	_____
Finals	19 Girls 9-10 100 IM	0	0	09:00 AM	_____
Finals	20 Boys 9-10 100 IM	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

**WHAT Sprint Pentathlon Invite - 10/2/2016**  
**Session Report**

Session: 2 WHAT Sprint Pentathlon Invite

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	21 Mixed 11-12 50 Butterfly	0	0	02:00 PM	_____
Finals	22 Mixed 13 & Over 100 Butterfly	0	0	02:00 PM	_____
Finals	23 Mixed 11-12 50 Backstroke	0	0	02:00 PM	_____
Finals	24 Mixed 13 & Over 100 Backstroke	0	0	02:00 PM	_____
Finals	25 Mixed 11-12 50 Breaststroke	0	0	02:00 PM	_____
Finals	26 Mixed 13 & Over 100 Breaststroke	0	0	02:00 PM	_____
Finals	27 Mixed 11-12 50 Freestyle	0	0	02:00 PM	_____
Finals	28 Mixed 13 & Over 100 Freestyle	0	0	02:00 PM	_____
Finals	29 Mixed 11-12 100 IM	0	0	02:00 PM	_____
Finals	30 Mixed 11-12 200 IM	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____