

CPAC February Distance Meet Invitational

February 1, 2019

Chelsea Piers CT, 1 Blachley Road, Stamford CT 06902
Google Map - <http://goo.gl/maps/rikJ4>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #OCS18-5. 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:	James Barone	baronj@chelseapiersct.com	203-989-1300
Meet Referee:	Suzannah Rogers	srogers68@optonline.net	
Lead Admin Official:	Pat Ford Griffis	king_hamako@yahoo.co.jp	203-554-1112
Entry Chair:	Pat Ford Griffis	pat.f.griffis@gmail.com	203-861-1579
Safety Chair:	James Barone	baronj@chelseapiersct.com	203-989-1300
Officials Contact:	Suzannah Rogers	srogers68@optonline.net	

MEET HOST: CPAC

WEBSITE: <http://www.ChelseaPiersCT.com>

POOL EMERGENCY NUMBER: 203-989-1300

SANCTIONED OR APPROVED: Sanctioned, Off-Calendar. **NOTE:** This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championship). This meet will not count toward the eligibility requirement of Connecticut Swimming Scholar Athlete, Athlete Travel Assistance, or other CSI recognition programs with meet eligibility requirements. This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CT Zone Team selection.

MEET DURATION: Mini meet with all sessions timed to three hours or less before scratches.

MEET FORMAT: The meet will be swum as Timed-Final. All events will be swum fast-to-slow, alternating heats of girls and boys. Volunteer Timers Required from **ALL** participants/families unless volunteering as Official or other worker. Participants must provide their own Counter for the 500 Free events and their own Timers & Counter for the 1650 Free events.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet at the beginning of each session. Coaches must indicate all scratches on these sheets and submit their scratch sheets to the computer desk at least **40** minutes before races start. If estimated time-line permits the entire meet may be pre-seeded.

FACILITY: Chelsea Piers Competition Pool is a **10**-lane, 25-yard pool with **5** additional lanes. Water depth at start end is: **7.5 ft.** Water depth at turn end is: **7.5 ft.** The competition course has not been certified in accordance with 104.2.2C(4).

Chelsea Piers uses a Daktronic timing system with a multilane LCD scoreboard.

The host club reserves the right to exercise the option to increase or decrease the number of competition lanes at the Referee's discretion based on the estimated timeline.

Spectator seating will be available on the mezzanine.

Bleachers are available on deck for team seating; deck chairs will **not** be allowed to be brought on deck.

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

DISABLED ACCESS: Chelsea Piers Connecticut is fully accessible to all, able-bodied and challenged. The spectator area is easily accessible via elevator, and all bathrooms have reserved stalls in them. Reserved parking is directly in front of the facility.

Please contact the Safety Chair for more information and special arrangements.

COURSE: SCY

SESSION TIMES: Subject to Change

Friday: Session 1 Warm-up 4:00 PM Meet starts 4:45 PM

Note: Single session is planned for approximately **3 hours** length or less.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect.

The application of general warm up (circle swim), starts and/or one-way sprints is at each coach's discretion. Any swimmers age 11/12 may be segregated in separate lanes.

The meet director reserves the right to condense or expand this warm-up format dependent upon meet subscription.

During competition, continuous **warm-up/warm-down** lanes may also be available on the other side of the bulkhead, at the discretion of the Referee. No Diving will be allowed in these lanes. Swimmers must enter these lanes feet first. Other restrictions may be applied at the discretion of the Referee.

ELIGIBILITY: USA Swimming clubs by invitation. Invited clubs: **CPAC only**.

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. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming meet policies:

<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>
and

https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf

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 may be accepted. NT's (No Time's) will not be accepted.

ENTRY LIMITATIONS: Athletes are limited to entering **maximum 1** individual event for the meet.
No over-entries accepted.

ENTRY TIMES: Submit entry times in: **SCY. No Times (NT entries) will not be accepted.**
If there are no official times for an athlete, you **must** submit estimated times in your entry.

DEADLINES: **Entry deadline** is Saturday, January 26th, 2019.

Individual swimmer entry changes or added swimmer situations (“one-off’s”) may be considered if complete info’ is supplied by email, only if space in meet is available, up to **8 pm, Thursday, January 31th, 2019.**

Note Well: On-deck added swimmers will **NOT** be accepted! On-deck changes of entry times or events will **NOT** be accepted. Only changes for health/injury reasons or for inadvertently missed heat may be allowed, but only at the Referee’s discretion.

Mail hardcopy (to arrive before January 26th) or email your entry file in CL2 or SD3 format to the Entry Chair:
Pat Ford Griffis, 16 Annjim Drive, Greenwich, CT 06830 or pat.f.griffis@gmail.com.
All entries must be legible and must use full names and registration numbers from USA Swimming registration.

CONNECTICUT-ONLY DEADLINE: None

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 pat.f.griffis@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file.

Date of Entry will be determined by date of receipt of emailed entry file attachment in sd3 or cl2 file format.

Date of Receipt of 'mailed files' needing manual input will be treated the same as electronic files, providing the file is for less than three athletes; otherwise the entry will be considered as received 5 days later than postmark.

If payment for the entry is not received by the Entry Deadline, the Date of Entry /Receipt may be delayed until the date such payment is received, jeopardizing place in order of receipt.

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: **\$12.00** 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.

FREE Heat Sheets will be available on Meet Mobile in each session. **No printed programs will be sold.**

PAYMENT INSTRUCTIONS: Please make checks payable to Chelsea Piers CT and mail to:
Chelsea Piers CT, c/o James Barone, 1 Blachley Road, Stamford CT 06902.

Payment must be received by 1/26/19 (Saturday, January 26, 2019).

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. Team will be notified if the meet is oversubscribed and may be asked to adjust their entry.

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.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS:

Officials: Any volunteer officials should contact Bill Bittenwieser, wbutten@optonline.net .

Volunteer Timers Required from **ALL** participants/families unless volunteering as Official or other worker. Participants must provide their own Counter for the 500 Free events and their own Timers & Counter for the 1650 Free events.

Participating clubs will 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:

There is parking located on site at Chelsea Piers Connecticut.

If full, off-site parking may be provided at Rogers International School, 202 Blachley Road, Stamford, CT 06902.

Please follow any parking signs/instructions or your car may be subject to towing/ticketing.

DIRECTIONS: The Chelsea Piers CT facility is located at 1 Blachley Road, Stamford CT 06902

Northbound I 95: Take exit 9. Make a left at the end of the ramp. Make a left on to Rt.1. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings.

Southbound I 95: Take exit 9. Make a right at the end of the ramp. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings

LODGING:

The Sheraton Stamford Hotel is 1 mile from Chelsea Piers CT, take exit 8 from I-95.

Address: 700 East Main St, Stamford, CT 06901

Phone: (203) 358-8400 • Fax: (203) 358-8872

Please mention Chelsea Piers if making a reservation.

**CPAC Distance Invite, Sanction #: OCS18-
February 1, 2019
Session Report**

Session: 1 Friday Distance

Day of Meet: 1 Starts at 04:45 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 400 IM	0	0	04:45 PM	_____
Finals	2 Boys 400 IM	0	0	04:45 PM	_____
Finals	3 Girls 500 Freestyle	0	0	04:45 PM	_____
	Break: 2 Minutes: Set up Counters				
Finals	4 Boys 500 Freestyle	0	0	04:47 PM	_____
Finals	5 Girls 1650 Freestyle	0	0	04:47 PM	_____
	Break: 2 Minutes: Set up Counters/Timers				
Finals	6 Boys 1650 Freestyle	0	0	04:49 PM	_____
	Finish Time			04:49 PM	_____