

2020 CONNECTICUT SWIMMING SENIOR CHAMPIONSHIP

February 20-23, 2020

Wesleyan University Freeman Athletic Center

161 Cross Street, Middletown, CT 06457

<http://goo.gl/maps/KD21C>

Revised 02.11.20	Revision to address omission of bonus event entry limits.
Revised 02.18.20	Revision to address timed final no shows policy and typo error in Relays section.

EVENTS

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-97. 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. Sponsored by Connecticut Swimming and the Senior Committee, the meet will be run in accordance with USA Swimming rules unless otherwise noted. The meet will be open to eligible 2020 CT Swimming registered clubs and swimmers who have swum the attached time standards.

MEET DIRECTOR: Jason Paige jpaige@regionalmca.org

MEET REFEREE: Dave Pite <mailto:pite@snet.net>

ADMINISTRATIVE REFEREE: Mark Wollen mark@mjwollen.com

MEET ENTRY INFO: Ginger McCurdy ctswim.mccurdy@gmail.com

WEBSITE: <http://www.ctswim.org>

SAFETY CHAIR: Duffy Mudry

EMERGENCY NO: Wesleyan Public Safety: 860-685-2345

RULES: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

FACILITY: Wesleyan University’s Freeman Athletic Center Pool

- The Freeman Center Pool is a 50-meter by 25 yard venue with a Colorado Timing System. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado electronic timing system. Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. Limited spectator seating; limited refreshments.
- No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.
- Changing into or out of swimsuits, whole or in part, other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Misbehavior, unsportsmanlike conduct, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.
- No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet.

- No Folding Chairs are allowed anywhere in the building
- Seating for swimmers on the pool deck will be limited. Additional seating is available in gym.
- Spectators will be allowed to SIT only in spectator viewing area.
- Any vehicle parked anywhere other than in a parking space will be subject to fines and being towed.
- Deck capacity is limited to 350, which includes all swimmers, coaches, and meet volunteers.

DISABLED/ELDERLY ACCESS: Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby goes to locker rooms and pool deck. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

SCHEDULE:	Warm-up	Start
Thursday Evening	3:30 p.m.	5:00 p.m.
Trials -Fri-Sat-Sun	7:00 a.m.	9:00 a.m.
Finals -Fri-Sat-Sun	3:45 p.m.	5:00 p.m.

WARM-UP: All clubs must warm-up under the supervision of a coach. Coaches should register in the office when they arrive in order for their clubs to begin warm-up. Only swimmers entered in this meet may use the warm-up lanes. All athletes must have a coach in attendance. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify Meet Director. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets and on the CT website. No diving will be permitted, except in the sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches. No training equipment is allowed in the pool except at the discretion of the Meet Referee. Entry into pool is feet-first from the turn ends of the pool.

PRELIMS: Prelims will be conducted in one 10-lane course. All Prelims will be conducted in **SCY** course.

SEATING: During Prelims, all swimmers will be asked to sit in the Wesleyan indoor Gymnasium unless otherwise directed by the meet director. Swimmers must stay off the basketball court at all times. Monitors will be provided to inform all swimmers which event and heat is splashing in the competition pool.

FINALS: Finals will be conducted as **SCY** in a 10-lane course. Three heats (Top 30) will return for the evening session. Races will be conducted in the following order: - C Final (21-30), B Final (11-20), and A Final (top 10). **All Relays will swim during the evening Finals sessions (see relays section for more information on how relays will be conducted).**

READY ROOM: Swimmers competing in the A final events are expected to report to the Ready Room area no more than 10 minutes prior to their event. The A finalists are expected to remain in the Ready Room until they march out for their event.

COACHES' MEETING: A brief coaches meeting will be held on Friday morning at a time designated by the meet referee and as necessary on Saturday and Sunday. Meeting time will be announced Friday morning.

ELIGIBILITY: This meet is open to Connecticut LSC swimmers only. Clubs and swimmers must be 2020 registered members of USA Swimming. No FLEX memberships permitted. 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. Coaches will be required to check-in at the pool office in order to be on deck.

ADULT ATHLETES: All athletes who will be 18 years of age or older must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

ADAPTED SWIMMING: Any USA Swimming athlete with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy available on ctswim.org and may contact office@ctswim.org for time standards and other information.

FEES: Splash fees: \$12.00 per individual event, \$20.00 per relay, and \$15 per time trial. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Payment is required upon final entry submission. Credit card and checks accepted.

OUTREACH: Participating clubs may request, in writing, that individual entry fees be waived for Outreach athletes listed on the club's entry. See <https://www.ctswim.org/Content/www/CMS/files/Membership/Outreach-Entry-Fees.pdf> for policy and procedure.

SCORING: Individual event scoring will be to 20 places as follows:

Timed final events: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1

Prelim/Finals events: A final: 24-21-20-19-18-17-16-15-14-13

B final: 11-9-8-7-6-5-4-3-2-1

C final: No Score

Relay event scoring will be to 20 places as follows:

Relays events: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

TEAM SCORING: Team scores will be kept for the Men's, Women's and Combined Teams through 20th place as per USA Swimming rule 102.25 for all Short Course Finals events.

AWARDS: Individual and Relay awards will be presented for 1st through 3rd place at finals immediately following each event men's event. The awards presentation for Thursday evening's events will be presented prior to the start of Friday finals. Relay awards for the 800 and 400 Freestyle relay will be presented at the finals session on the following night. The Individual Distance High Point Award (for the 400IM, 500Y, 1000Y, and 1650Y Free) will be presented after the conclusion of the last distance event. The Overall Individual High Point Award will be presented at the conclusion of the last individual event on Sunday evening. Team awards will be presented at the conclusion of Sunday's finals.

ENTRY INFORMATION: Swimmers must have equaled or bettered the attached time standards since January 1, 2019 and before the entry deadline.



Swimmers may enter any individual event for which they qualify, but may only compete in three (3) individual events per day and a maximum of seven (7) individual events for the meet. Bonus events will be allowed for events 200yds or shorter at a qualified event to bonus event ratio of: 1:2, 2:2, 3:1.

Swimmers qualified in either the 1000 or 1650 Freestyle may bonus the alternative distance event if they have not achieved the qualifying standard in that alternative distance event; however the swimmer must have an official time for the alternate distance bonus that was achieved during the qualifying period. This will count towards the total number of allowable bonus swims for an individual.

SEEDING: All conforming SCY times will be seeded first, followed by LCM entry times, and finally bonus times. Prelims will be seeded in accordance with USA Swimming rules 102.5 unless otherwise stated herein. Events will be swum slowest to fastest unless otherwise stated herein. See *DISTANCE EVENTS* section.

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 DEADLINE: Entry deadline for all entries is **9:00 p.m. Tuesday, February 11th, 2020**. Payment will be due with submission of entry. Please see PAYMENT section for details.

LATE QUALIFIERS: Any entered club that has a swimmer achieve an initial qualifying time during the period of **February 12th through February 16th, 2020** must enter, no later than **5:00 p.m. Monday, February 17th, 2020**, using FAST Online Entries. After this deadline, no late qualifier entries will be accepted. No exceptions will be made to this deadline. No improvements in seed time will be accepted. Splash fees for late qualifiers are due on **Monday, February 17th, 2020** by check (postmarked) or credit card. CSI reserves the right to remove the unpaid entries from the meet.

CORRECTIONS: The psych sheets will be posted on ctswim.org and clubs will be given until **5:00 p.m. Monday, February 17th, 2020** to email corrections to ctswim.mccurdy@gmail.com. No exceptions will be made to this deadline. No improvements in seed time will be accepted, including improvements due to changes in course. Corrections will be accepted by email only. \$5 will be assessed for each correction. CSI is not responsible for entry errors based on incorrect meet files, computer/server errors, software bugs, etc. Splash fees for corrections are due on **Monday, February 17th, 2020** by check (postmarked) or credit card. CSI reserves the right to remove the unpaid entries from the meet.

PAYMENT: Payment will be collected upon submission of entry by credit card via the CSI Website or by signed check/check request. If paying by check an image of the signed check/check request must be submitted with the entry. The check must then be mailed to the address below.

Connecticut Swimming
28 Farms Village Rd
Wethersfield, CT 06109



PROOF OF ENTRY TIMES: All entry times must be pre-proven. The results of any USA Swimming sanctioned, approved, or observed meet or a meet attested by a USA Referee will be acceptable as proof of time. Eligible times not verified in Connecticut FAST may be proven by using the Connecticut FAST custom times tool available to CSI clubs or, in the case of unattached entries, by sending an email to the entry chair, which includes the meet name, date, location, referee attestation, and pertinent page(s) of the results. Failure to pre-prove an entry time will prevent the swimmer from being entered in that event. Proof of time is the responsibility of each coach. In accordance with CSI policy, (Integrity Statement 1/25/94), the Club from which a swimmer's time cannot be proven, shall be fined the sum of \$100 per event. The \$100.00 fine must be paid by May 1, 2020, to the Connecticut Swimming office.

ENTRY INFORMATION: CSI-member USA Swimming clubs will enter using Connecticut FAST Online Entries and enter an adapted athlete by contacting ctswim.mccurdy@gmail.com. Unattached athletes not affiliated with a club should email an entry file (*.sd3 or *.cl2) and proof of time to ctswim.mccurdy@gmail.com. If meet entry software is not available, email ctswim.mccurdy@gmail.com the athlete name, USA ID, age, event number, event name, time, and proof of time. Extra fees for manual entries will apply. See Proof of Entry Times section for acceptable proof.

SCRATCHES & POSITIVE CHECK IN: Coaches will receive a team packet containing swimmer entry lists for each day's events upon team check in. All scratches are to be submitted to the Clerk of Course by the appropriate scratch deadlines. The scratch box and positive check in will be located with the Clerk of Course on deck. **Swimmers are automatically seeded in the meet if a scratch is NOT turned in.**

This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. Scratches from finals can only be done directly with the Administrative Referee.

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event, preliminary or timed final heat, in which he/she has been entered and has not been scratched will be barred from all remaining individual and relay events on that day including all events at finals. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events.

Scratch deadlines are as follows:

Scratches and Positive Check-in for Thursday Evening Events: Thursday, 4:00pm

Scratches and Positive Check-in for Friday Preliminary Events and Relays: Thursday, 7:00pm

Scratches and Positive Check-in for Saturday Preliminary Events and Relays: Friday, 7:00pm

Scratches and Positive Check-in for Sunday Preliminary, Timed Final Events and Relays: Saturday 7:00pm

A swimmer seeded for an A Final, B Final, or C final who fails to compete and who has not scratched shall be barred from all further competition in the meet. Sunday Finalist shall be fined \$50.00 for each event not swum. Fines must be paid before May 1, 2020. No penalty will apply if:

1. The referee is notified in the event of illness or injury and accepts the proof.
2. A swimmer qualifying for finals based on the results of preliminaries notified the Clerk of Course within 30 minutes of the announcement of qualifiers that he/she may not intend to compete and confirm his/her final intention within 30 minutes following his/her last preliminary event.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

DISTANCE EVENTS: Swimmers participating in the 1000/1650yd freestyles MUST positively check-in and declare their intent to swim by the check-in deadline for these events to be seeded at their entry time.

- Positive check-in is required for the Men's 1000Y and Women's 1650Y freestyle by 4:00 p.m. on Thursday, February 20, 2020
- Positive check-in is required for the Women's 1000Y and Men's 1650Y freestyle events by 7:00 PM on Saturday February 22, 2020
- Failure to positively check-in will result in the swimmer not being seeded into the event with their entry time. Any swimmer that does not scratch or positively check in by the check-in time will be seeded at "NT."

Thursday Distance Freestyle Events (W 1650/M 1000), will be swum as timed finals and alternate women, then men by heat fastest to slowest. All swimmers need to supply their own timer and counter.

Sunday Distance Freestyle Events (W 1000/M 1650), will be swum as timed finals with the fastest heat in the women's 1000Y Freestyle followed by the fastest heat in the men's 1650Y Freestyle to be conducted at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, so that the 2nd fastest heat of Men's 1650 Free will end at approximately 3:45pm and the 2nd fastest heat of the women's 1000 Free will swim in the heat prior to the 2nd fastest heat of the Men's 1650 Free. The heats will alternate women and men. The heat order and schedule will be published after the Positive Check-in deadline on Saturday night. Swimmers must supply their own timer and counter for all heats except those swum during Sunday's finals. Swimmers need only supply their own counter if competing in the finals session.

Prelims of the 400Y IM and 500Y Free will be swum as follows: top forty, with the top 20 being circle seeded, of Women followed by the top forty, with the top 20 being circle seeded, of Men, then all remaining heats, alternating Women and Men continuing fastest to slowest. Swimmers must provide their own timers during prelims of the all distance events as well as their own counters for all Freestyle distance events.

RELAYS: Teams participating in the relay events MUST positively check-in and declare their intent to swim those relays by the scratch deadline for that day's events. **Relays that do not check-in by the appropriate deadline will be scratched.** Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. **Teams must provide their own timers for the Thursday evening relays and the 800 Freestyle Relay.**

Clubs may enter a maximum of two relay entries per relay event. 'Relay only' swimmers are not allowed. The time for each relay may be submitted as a composite. All relays will be swum as timed finals at the end of the evening sessions (with the exception of the 200 Medley relay on Thursday evening which will be swum at the beginning of the Thursday evening session). The order for the relays shall be the women's slowest to fastest and then men's slowest to fastest.

OVERSUBSCRIPTION: In the event of over subscription, the Senior Committee and meet management reserve the right to make adjustments to the meet. These may include, but are not limited to, conducting all events in two pools or splitting sessions.

MEET JURIES: The Meet Juries shall be announced by the Meet Referee at the Coaches Meeting. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone and that fee is refundable if the protest is upheld.

TIME TRIALS: Time trials will be conducted based on the availability of time in-between prelims and finals only and at the discretion of the Meet Referee, 15 minutes after the completion of each preliminary session. Time trials will be conducted for those swimmers participating in individual events in the meet in accordance with USA Swimming rules. Each individual time trial will count as one of the seven individual swims allowed each swimmer. Swimmers must sign up for time trials Friday/Saturday/Sunday between 9:00am-10:30am (subject to change). Special consideration will be made for athletes who swim events after the deadline closes and who choose to swim that event as a time trial offering an additional deadline 10 min after that event is swum. Fees: paid in cash are \$15.00/individual event; \$25.00/relay. Swimmers entered in time trials must provide their own timers and lap counters. The meet referee reserves the right to combine events as necessary. Note: Entering time trials constitutes an agreement to swim in combined heats with no lane separation. **A no show for time trials will not count towards a swimmers total number of allowed events for the meet.**

Time trials will be swum in the following order at the discretion of the meet referee to facilitate efficient conduct of the time trials:

Friday Time Trials:	Friday/Saturday/Sunday/Thursday events in that order
Saturday Time Trials:	Saturday/Sunday/Thursday/Friday events in that order
Sunday Time Trials:	Sunday/Thursday (relays only)/Friday/Saturday events in that order

The 1000Y and 1650Y events will only be offered as the last event on either Friday or Saturday (time permitting). The day will be announced at the Coaches Meeting. Note: 1000Y and 1650Y events may be swum as time trials in the slowest seeded heat during the meet if lanes are open. Athletes will be considered on a first come basis until the heat is full.

For every 400 athletes, there will be max 1 hour of Time Trials, not to exceed 2 hours of Time Trials. The Meet Referee reserves the right to limit Time Trials entries based on circumstances.

WORK ASSIGNMENTS: All teams are required to provide workers (e.g. timers, runners, marshals, officials, etc.) in proportion to the size of their entry. Team contacts will be notified of their team's work assignments as soon as possible after the entries are received. Please include the name, phone number and address of the team contact for work assignments. Interested officials should apply online at <http://www.ctswim.org/CTNet/CFPaintForm.aspx?f=74> or contact the meet referee by **February 14th**.

Any team which fails to provide its workers or whose workers do not work for the entire session will be fined by Connecticut Swimming, Inc. Clubs will be fined \$100 per each worker that fails to show and \$60 for each worker that is late or leaves early.

NOTE WELL that a work assignment is for the duration of the session. It is up to the team to provide a backup worker in case the team's worker for any reason is unable to perform or complete the work assignment.

REFRESHMENTS: Hospitality will be provided for coaches and officials and computer operators. Water will be distributed on deck to volunteers/timers. Wesleyan will provide concessions.

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.

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.

DIRECTIONS: From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left. From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left.

LODGING:

Crowne Plaza Cromwell
100 Berlin Road, Cromwell
800-308-4589
Comfort Inn
Route 372, Cromwell
860-635-4100
Super 8 Motel
1 Industrial Dr, Cromwell
800-843-1991

Marriott Courtyard
4 Sebethe Dr, Cromwell
860-635-1001
Ramada Plaza Hotel
275 Research Pkwy, Meriden
203-238-2380
Hawthorne Inn
2387 Wilbur Cross Pkwy, Berlin
860-828-4181

Inn at Middletown
70 Main Street Middletown
860-854-6300
Hampton Inn
20 Waterchase Dr, Rocky Hill
860-563-7877
Sheraton Hartford South
100 Capital Blvd, Rocky Hill
860-257-6000



**2020 Senior Championship
ORDER OF EVENTS
February 20-23, 2020**

WOMEN

MEN

THURSDAY, February 20, 2020

<u>NO.</u>	<u>LCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>SCY</u>	<u>LCM</u>	<u>NO</u>
1			200Y Medley Relay			2
3	19:02.39	18:35.19	W 1650/ M 1000 Free	10:48.19	9:36.99	4
	19:36.69	18:57.49	Alt Distance Bonus	11:01.19	9:42.79	4
			10 Minute Break			
5			400Y Free Relay			6

FRIDAY, February 21, 2020

7	29.29	25.79	50Y Freestyle	23.49	26.79	8
9	2:39.29	2:20.29	200Y Butterfly	2:12.99	2:29.59	10
11	1:21.69	1:12.69	100Y Breaststroke	1:06.09	1:18.99	12
13	2:16.39	2:00.79	200Y Freestyle	1:51.49	2:06.59	14
15	5:33.28	4:52.19	400Y IM	4:33.79	5:16.29	16
			10 Minute Break			
17			800Y Freestyle Relay(in Finals only)			18

SATURDAY, February 22, 2020

19	1:09.59	1:01.69	100Y Butterfly	56.99	1:04.99	20
21	2:57.09	2:36.79	200Y Breaststroke	2:28.99	2:52.99	22
23	1:10.39	1:02.39	100Y Backstroke	58.29	1:08.99	24
25	4:48.17	5:20.99	500Y/400M Freestyle	5:01.79	4:35.99	26
			10 Minute Break			
27			400Y Medley Relay(in Finals only)			28

SUNDAY, February 23, 2020

29	9:57.59	11:07.59	W 1000/ M 1650 Free	18:00.69	18:59.99	30
	10:15.49	11:20.89	Alt Distance Bonus	18:22.29	19:34.19	
31	2:32.99	2:15.79	200Y Backstroke	2:07.79	2:29.59	32
33	1:02.89	55.69	100Y Freestyle	50.79	58.09	34
35	2:32.89	2:16.19	200Y IM	2:05.59	2:26.79	36
			10 Minute Break			
37			200Y Free Relay(in Finals only)			38

- NOTES:**
1. Please see the Relays section, for more details on Relay schedule
 2. The above order of events is for finals sessions (Fri/Sat/Sun). See DISTANCE EVENTS section for information regarding the Preliminary session format.