# The Mic-Dev Classic Invitational November 22-24, 2019

525 Orange Center Road High Plains Community Center, Orange, CT 06477

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-47. 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
<b>Meet Director:</b>	Michael O'Brien	CoachMikeObrien@gmail.com	203.589.9697
Meet Referee:	Willis Hawkins	WillisHawkins@comcast.net	
Lead Admin Official:	Amy Bugge	AmyBugge@yahoo.com	
Entry Chair:	Michael O'Brien	CoachMikeObrien@gmail.com	203.589.9697
Safety Chair:	Matthew Pohlman	MatthewPohlman9271@gmail.com	203.534.9172
<b>Officials Contact:</b>	Kelly Bodie	KellyaBodie@yahoo.com	203.278.4298

**MEET HOST:** ARAC

WEBSITE: www.aracswimteam.com

#### POOL EMERGENCY NUMBER: 203.891.4790

SANCTIONED OR APPROVED: Sanctioned

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming

**MEET FORMAT:** The meet will be swum as Timed-Finals. The **Friday evening distance events** will be swum fast-to-slow, alternating heats of women and men.

**SCRATCH PROCEDURES** Coaches will receive a scratch sheet for each session of the meet in their information packets listing all of their swimmers and events for each session. Coaches must dictate all scratches on these sheets and turn them into the computer table within one half hour after the start of warm-up.

**FACILITY:** The Orange Town Pool is an 8 -lane, 25-yard pool. Water depth at start end is: 4 feet. Water depth at turn end is: 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). We will be using Colorado Timing System, 8 lane electronic display. Spectator seating in balcony area, 300 seat occupancy. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** Handicap parking in the front and rear of the building. Handicap entrance in pool lobby with wheelchair ramp in lobby to access locker rooms and pool office. Spectator seating- not handicap accessible. Contact meet director Michael O'Brien for special arrangements.

COURSE: SCY.

### **SESSION TIMES: Subject to Change**

Session 1- Friday- 6:15PM warm up, 7pm start Session 2- Saturday- 7AM warm up, 8AM start Session 3- Saturday- 11:30AM warm up, 12:30PM start Session 4- Saturday- 3PM warm up, 4PM start Session 5- Sunday- - 7AM warm up, 8AM start Session 6- Sunday- 11:30AM warm up, 12:30PM start Session 7- Sunday- 3PM warm up, 4PM start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. All 8 lanes will be used for general warm up for the first 30 minutes of each session, with lanes 1 &8 becoming pace lanes and lanes 2 through 7 one way sprint lanes for 15 minutes.

**ELIGIBILITY:** All USA Swimming clubs and individuals. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

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 <u>registration</u> <u>procedures</u>. 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: <a href="https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf">https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf</a> and <a href="https://www.ctswim.org/Customer-Content/www/CMS/files/policies\_admin/RegistrationPolicyforMeetHosts.pdf">https://www.ctswim.org/Customer-Content/www/CMS/files/policies\_admin/RegistrationPolicyforMeetHosts.pdf</a>

Any swimmer entered in the meet must 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 **without the use of the backstroke ledge.** When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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.

**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 <u>prior</u> to competition. Adapted athletes may direct questions to the <u>Connecticut Swimming office</u>.

ENTRY LIMITATIONS: 5 events per day.

ENTRY TIMES: Submit entry times in: SCY

**DEADLINES:** deadline is November 8<sup>th</sup> 2019. Mail hardcopy and payment to the entry chairperson: Michael O'Brien, 106 Ivy Street West Haven CT 06516. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entry is considered received upon email verification.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is October 1<sup>st</sup>, 2019. Entry is considered received upon email verification. 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 <u>CoachMikeObrien@gmail.com</u>. Please check that your team name, address, and contact information are listed correctly in this file. Payment should be made by the entry deadline.

**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.

All athletes, and their parents, who enter without club affiliation will be required to attest to reading and understanding the <u>Minor Athlete Abuse Prevention Policy</u>.

**ENTRY FEES:** Electronic entries: \$8.00 for individual events, \$10.00 for Friday night distance event, \$12.00 for relays. Manual entries: \$9.00 for individual events, \$11.00 for distance events, \$12.00 for relays. 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 Amity Regional Aquatic Club and mail to: Michael O'Brien, 106 Ivy St, West Haven CT 06516. Payment must be received by 11/08/19.

# **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. All relays, if planned, will be eliminated.

3. The distance events (400 meters or yards or greater) may be heat limited to the first 4 heats of entries per gender in the order they were received.

4. The maximum number of events allowed per day may be reduced by one (1).

5. 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:** Yes, there are no relay limitations. All relay swimmers must be officially entered in the meet.

### 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.

**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.

### 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:** Swimmers must provide their own timers and counters for the 1000 free on Friday. For other events, timer assignments will be e-mailed to all teams prior to the meet. It is the responsibility of each team representative or coach to make sure that their timers report for

the timers meeting and remain in place throughout the session. Participating clubs will be notified of work assignments by the Monday before the meet.

All volunteers will be required to attest to reading and understanding the <u>Minor Athlete Abuse Prevention</u> <u>Policy</u>.

**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 is available on both sides of the building.

**DIRECTIONS:** The Orange Town Pool is located at 525 Orange Center Road, Orange, CT 06477 google map 525 Orange Center Road

Session: 1 Friday Distance events

Day of Meet: 1 Starts at 07:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Finals	1	Girls 11-12 500 Freestyle	0	0	07:00 PM
Finals	2	Boys 11-12 500 Freestyle	0	0	07:00 PM
Finals	3	Girls 400 IM	0	0	07:00 PM
Finals	4	Boys 400 IM	0	0	07:00 PM
Finals	5	Girls 1000 Freestyle	0	0	07:00 PM
Finals	6	Boys 1000 Freestyle	0	0	07:00 PM
		Finish Time			07:00 PM

Session: 2 11-12

Round		Event	Entries	Heats	Starts at
Finals	7	Girls 11-12 200 Medley Relay	0	0	08:00 AM
Finals	8	Boys 11-12 200 Medley Relay	0	0	08:00 AM
Finals	9	Girls 11-12 200 Freestyle	0	0	08:00 AM
Finals	10	Boys 11-12 200 Freestyle	0	0	08:00 AM
Finals	11	Girls 11-12 50 Butterfly	0	0	08:00 AM
Finals	12	Boys 11-12 50 Butterfly	0	0	08:00 AM
Finals	13	Girls 11-12 100 Breaststroke	0	0	08:00 AM
Finals	14	Boys 11-12 100 Breaststroke	0	0	08:00 AM
Finals	15	Girls 11-12 50 Freestyle	0	0	08:00 AM
Finals	16	Boys 11-12 50 Freestyle	0	0	08:00 AM
Finals	17	Girls 11-12 100 Backstroke	0	0	08:00 AM
Finals	18	Boys 11-12 100 Backstroke	0	0	08:00 AM
Finals	19	Girls 11-12 200 Butterfly	0	0	08:00 AM
Finals	20	Boys 11-12 200 Butterfly	0	0	08:00 AM
Finals	21	Girls 11-12 100 IM	0	0	08:00 AM
Finals	22	Boys 11-12 100 IM	0	0	08:00 AM
		Finish Time			08:00 AM

Session: 3 10/Under

Day of Meet: 2 Starts at 12:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Finals	23	Girls 10 & Under 200 Medley Relay	0	0	12:30 PM
Finals	24	Boys 10 & Under 200 Medley Relay	0	0	12:30 PM
Finals	25	Girls 8 & Under 100 Medley Relay	0	0	12:30 PM
Finals	26	Boys 8 & Under 100 Medley Relay	0	0	12:30 PM
Finals	27	Girls 8 & Under 25 Freestyle	0	0	12:30 PM
Finals	28	Boys 8 & Under 25 Freestyle	0	0	12:30 PM
Finals	29	Girls 10 & Under 100 Butterfly	0	0	12:30 PM
Finals	30	Boys 10 & Under 100 Butterfly	0	0	12:30 PM
Finals	31	Girls 10 & Under 50 Backstroke	0	0	12:30 PM
Finals	32	Boys 10 & Under 50 Backstroke	0	0	12:30 PM
Finals	33	Girls 8 & Under 25 Butterfly	0	0	12:30 PM
Finals	34	Boys 8 & Under 25 Butterfly	0	0	12:30 PM
Finals	35	Girls 10 & Under 100 Freestyle	0	0	12:30 PM
Finals	36	Boys 10 & Under 100 Freestyle	0	0	12:30 PM
Finals	37	Girls 10 & Under 50 Breaststroke	0	0	12:30 PM
Finals	38	Boys 10 & Under 50 Breaststroke	0	0	12:30 PM
Finals	39	Girls 10 & Under 200 IM	0	0	12:30 PM
Finals	40	Boys 10 & Under 200 IM	0	0	12:30 PM
		Finish Time			12:30 PM

Session: 4 13/Over

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Finals	41	Girls 200 Medley Relay	0	0	04:00 PM
Finals	42	Boys 200 Medley Relay	0	0	04:00 PM
Finals	43	Girls 200 Freestyle	0	0	04:00 PM
Finals	44	Boys 200 Freestyle	0	0	04:00 PM
Finals	45	Girls 100 Butterfly	0	0	04:00 PM
Finals	46	Boys 100 Butterfly	0	0	04:00 PM
Finals	47	Girls 200 Backstroke	0	0	04:00 PM
Finals	48	Boys 200 Backstroke	0	0	04:00 PM
Finals	49	Girls 50 Freestyle	0	0	04:00 PM
Finals	50	Boys 50 Freestyle	0	0	04:00 PM
Finals	51	Girls 200 Breaststroke	0	0	04:00 PM
Finals	52	Boys 200 Breaststroke	0	0	04:00 PM
Finals	53	Girls 200 IM	0	0	04:00 PM
Finals	54	Boys 200 IM	0	0	04:00 PM
Finals	55	Girls 500 Freestyle	0	0	04:00 PM
Finals	56	Boys 500 Freestyle	0	0	04:00 PM
		Finish Time			04:00 PM

Amity Regional Aquatics Club

Session: 5 11-12

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Finals	57	Girls 11-12 200 Freestyle Relay	0	0	08:00 AM
Finals	58	Boys 11-12 200 Freestyle Relay	0	0	08:00 AM
Finals	59	Girls 11-12 200 IM	0	0	08:00 AM
Finals	60	Boys 11-12 200 IM	0	0	08:00 AM
Finals	61	Girls 11-12 50 Breaststroke	0	0	08:00 AM
Finals	62	Boys 11-12 50 Breaststroke	0	0	08:00 AM
Finals	63	Girls 11-12 200 Backstroke	0	0	08:00 AM
Finals	64	Boys 11-12 200 Backstroke	0	0	08:00 AM
Finals	65	Girls 11-12 100 Butterfly	0	0	08:00 AM
Finals	66	Boys 11-12 100 Butterfly	0	0	08:00 AM
Finals	67	Girls 11-12 50 Backstroke	0	0	08:00 AM
Finals	68	Boys 11-12 50 Backstroke	0	0	08:00 AM
Finals	69	Girls 11-12 100 Freestyle	0	0	08:00 AM
Finals	70	Boys 11-12 100 Freestyle	0	0	08:00 AM
Finals	71	Girls 11-12 200 Breaststroke	0	0	08:00 AM
Finals	72	Boys 11-12 200 Breaststroke	0	0	08:00 AM
		Finish Time			08:00 AM

Session: 6 10/Under

Day of Meet: 3 Starts at 12:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Finals	73	Girls 10 & Under 200 Freestyle Relay	0	0	12:30 PM
Finals	74	Boys 10 & Under 200 Freestyle Relay	0	0	12:30 PM
Finals	75	Girls 8 & Under 100 Freestyle Relay	0	0	12:30 PM
Finals	76	Boys 8 & Under 100 Freestyle Relay	0	0	12:30 PM
Finals	77	Girls 8 & Under 25 Backstroke	0	0	12:30 PM
Finals	78	Boys 8 & Under 25 Backstroke	0	0	12:30 PM
Finals	79	Girls 10 & Under 200 Freestyle	0	0	12:30 PM
Finals	80	Boys 10 & Under 200 Freestyle	0	0	12:30 PM
Finals	81	Girls 10 & Under 50 Butterfly	0	0	12:30 PM
Finals	82	Boys 10 & Under 50 Butterfly	0	0	12:30 PM
Finals	83	Girls 8 & Under 25 Breaststroke	0	0	12:30 PM
Finals	84	Boys 8 & Under 25 Breaststroke	0	0	12:30 PM
Finals	85	Girls 10 & Under 100 IM	0	0	12:30 PM
Finals	86	Boys 10 & Under 100 IM	0	0	12:30 PM
Finals	87	Girls 10 & Under 100 Backstroke	0	0	12:30 PM
Finals	88	Boys 10 & Under 100 Backstroke	0	0	12:30 PM
Finals	89	Girls 10 & Under 50 Freestyle	0	0	12:30 PM
Finals	90	Boys 10 & Under 50 Freestyle	0	0	12:30 PM
Finals	91	Girls 10 & Under 100 Breaststroke	0	0	12:30 PM
Finals	92	Boys 10 & Under 100 Breaststroke	0	0	12:30 PM
		Finish Time			12:30 PM

Session: 7 13/Over

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Finals	93	Girls 200 Freestyle Relay	0	0	04:00 PM
Finals	94	Boys 200 Freestyle Relay	0	0	04:00 PM
Finals	95	Girls 50 Butterfly	0	0	04:00 PM
Finals	96	Boys 50 Butterfly	0	0	04:00 PM
Finals	97	Girls 100 Freestyle	0	0	04:00 PM
Finals	98	Boys 100 Freestyle	0	0	04:00 PM
Finals	99	Girls 100 Breaststroke	0	0	04:00 PM
Finals	100	Boys 100 Breaststroke	0	0	04:00 PM
Finals	101	Girls 50 Backstroke	0	0	04:00 PM
Finals	102	Boys 50 Backstroke	0	0	04:00 PM
Finals	103	Girls 200 Butterfly	0	0	04:00 PM
Finals	104	Boys 200 Butterfly	0	0	04:00 PM
Finals	105	Girls 100 Backstroke	0	0	04:00 PM
Finals	106	Boys 100 Backstroke	0	0	04:00 PM
Finals	107	Girls 50 Breaststroke	0	0	04:00 PM
Finals	108	Boys 50 Breaststroke	0	0	04:00 PM
		Finish Time			04:00 PM