

Mandell JCC
Freestyle Ladder Challenge
Age Group & Senior Qualifier
October 19th 2019

Cornerstone Aquatics Center
55 Buena Vista Rd, West Hartford, Ct 06107, West Hartford, CT 06107
(860) 561-8270

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-15. 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:	Karim Mabrouk	kmabrouk@mandelljcc.org	914-433-1473
Meet Referee:	David Heller	hellerd@nationwide.com	203-509-7320
Lead Admin Official:	Maryanne Seguro	maryanne.seguro@gmail.com	860-593-1886
Entry Chair:	Karim Mabrouk	kmabrouk@mandelljcc.org	914-433-1473
Safety Chair:	Juan Dominguez	juanitodom@hotmail.com	860-916-8780
Officials Contact:	David Heller	hellerd@nationwide.com	203-509-7320

MEET HOST: Mandell JCC

WEBSITE: [Mandell JCC Sharks](#)

POOL EMERGENCY NUMBER: 860-561-8270

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-Final

SCRATCH PROCEDURES: Scratch sheets are due to the computer desk no later than 20 minutes after the start of the warm-up session. If a scratch sheet is not turned in, it will be assumed that the team is not in attendance and the entire team will be scratched from that session.

FACILITY: Cornerstone Aquatic center has a 10 lane competition pool and a 6 lane warmup/cool down pool; both pools are 25-yards. Water depth at start end is 8ft. Water depth at turn end is 6ft. 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 will be used. There is ample spectator seating (approx. capacity 350) There are two large locker rooms for men and women. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: The Cornerstone Aquatic Center is handicapped accessible, with handicapped viewing area available. Contact the meet director for additional information and/or if special arrangements are required.

COURSE: SCY

SESSION TIMES: The following times are subject to change:

Saturday warm-up – 7:30AM; Start -- 8:30AM

WARM-UPS CT Swimming Warm-Up Procedures will be in effect. Based on the number of teams in attendance, there will either be two separate 20mins warmup sessions, or one 40mins warmup sessions. All assigned warm-ups will be followed by 10 minutes of controlled warmup with sprint and pace lanes. Warm-up assignments will be emailed to all teams by Wednesday October 16th.

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 [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

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 prior to competition. Adapted athletes may direct questions to the [Connecticut Swimming office](#).

EVENT INFORMATION: Events will be seeded into nine competition lanes. Top 3 athletes of each group who complete the Freestyle Ladder Challenge (swim all or a combination of the freestyle events 50free; 100free; 200free and 500 free) will receive special awards.

ENTRY LIMITATIONS: Each swimmer can enter up to but no more than 5 events.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Entries will be accepted as soon as the meet announcement is posted on ctsim.org. The entries deadline is October 13th, 2019. Mail hardcopy and payment to the entry chairperson: Karim Mabrouk, 51 Rosemont Ave, Bristol CT 06010. All entries must be legible and must use full names and registration numbers from USA Swimming registration. An entry will be officially considered in the meet when the entry has been

received by email or mail. Entry chairs will be notified of entry acceptance within 24 hours of receiving the entry.

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 kmabrouk@mandelljcc.org. Please check that your team name, address, and contact information are listed correctly in this file. Payment for entries is expected to be received no later than meet day.

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 [Minor Athlete Abuse Prevention Policy](#).

ENTRY FEES: Electronic entries: \$8.50 for individual events. Entry fee for the 500free event is \$10.00. 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 Mandell JCC - Sharks and mail to: Karim Mabrouk, 51 Rosemont Ave, Bristol CT 06010. Payment must be received by 10/19/2019

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. The maximum number of events allowed per day may be reduced by one (1).
2. Heats of the 500 free will be reduced based on the swimmers' times and cut down to top 27 (3 heats each of 13&O girls and boys);
3. 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 WILL 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.

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: Work and Timing assignments will be based on teams pre-scratch entry. All teams will be notified of their assignments by the Monday before the meet.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

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 be scored for the purpose of determining the overall Freestyle Ladder Challenge Champions/Top 3 in each Age Group. Only the top 10 of each event will score points towards the overall Freestyle Ladder Challenge, as follows: 10-9-8-7-6-5-4-3-2-1

AWARDS: Yes. Special awards will be awarded to the top 3 finishers in the overall Freestyle Ladder Challenge. Coaches or top 3 swimmers must pick up awards at the end of the meet.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: ABSOLUTELY!!!

MISCELLANEOUS: Facility will not open more than 20 Minutes prior to the start of warm-up. Please make sure parents and athlete are aware of this and at no point should they attempt to enter the building prior.

PARKING: Parking is available right outside the facility, as well as along the road adjacent to the facility.

DIRECTIONS: Click on the following address for GPS directions:

[Cornerstone Aquatics Center](#)
[55 Buena Vista Rd, West Hartford, Ct 06107, West Hartford, CT 06107](#)
[\(860\) 561-8270](#)

Mandell JCC Freestyle Ladder Challenge - 10/19/2019**Session Report**

Session: 1 Saturday Oct 19th

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 13-14 50 Freestyle	0	0	08:30 AM	_____
Finals	2 Boys 13-14 50 Freestyle	0	0	08:30 AM	_____
Finals	3 Girls 15 & Over 50 Freestyle	0	0	08:30 AM	_____
Finals	4 Boys 15 & Over 50 Freestyle	0	0	08:30 AM	_____
Finals	5 Girls 13 & Over 100 Butterfly	0	0	08:30 AM	_____
Finals	6 Boys 13 & Over 100 Butterfly	0	0	08:30 AM	_____
Finals	7 Girls 13-14 100 Freestyle	0	0	08:30 AM	_____
Finals	8 Boys 13-14 100 Freestyle	0	0	08:30 AM	_____
Finals	9 Girls 15 & Over 100 Freestyle	0	0	08:30 AM	_____
Finals	10 Boys 15 & Over 100 Freestyle	0	0	08:30 AM	_____
Finals	11 Girls 13 & Over 100 Backstroke	0	0	08:30 AM	_____
Finals	12 Boys 13 & Over 100 Backstroke	0	0	08:30 AM	_____
Finals	13 Girls 13-14 200 Freestyle	0	0	08:30 AM	_____
Finals	14 Boys 13-14 200 Freestyle	0	0	08:30 AM	_____
Finals	15 Girls 15 & Over 200 Freestyle	0	0	08:30 AM	_____
Finals	16 Boys 15 & Over 200 Freestyle	0	0	08:30 AM	_____
Finals	17 Girls 13 & Over 100 Breaststroke	0	0	08:30 AM	_____
Finals	18 Boys 13 & Over 100 Breaststroke	0	0	08:30 AM	_____
Finals	19 Girls 13 & Over 500 Freestyle	0	0	08:30 AM	_____
Finals	20 Boys 13 & Over 500 Freestyle	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____