

# ARAC January Distance Invitational

## January 23, 2026

High Plains Community Center – Orange Town Pool  
525 Orange Center Road, Orange, Connecticut 06477

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S25-56. 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.

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Brendan Heller	ARACswimcoach@gmail.com	203-510-6026
<b>Meet Referee:</b>	Jeremy Virgil	Jeremy.Virgil@gmail.com	860-303-9631
<b>Lead Admin Official:</b>	Kelly Bodie	kellyabodie@yahoo.com	203-278-4298
<b>Entry Chair:</b>	Brendan Heller	ARACswimcoach@gmail.com	203-510-6026
<b>Safety Chair:</b>	Ally Sega	ally98003@aol.com	860-212-8765
<b>Officials Contact:</b>	Kelly Bodie	kellyabodie@yahoo.com	203-278-4298
<b>Disability Contact</b>	Kelly Bodie	kellyabodie@yahoo.com	203-278-4298

**MEET HOST:** ARAC – Amity Regional Aquatic Club

**WEBSITE:** [Amity Regional Aquatic Club Home \(gomotionapp.com\)](http://gomotionapp.com)

**POOL EMERGENCY NUMBER:** 203-891-4761

**COURSE:** SCY

**SESSION TIMES:** Subject to Change: Warm-Up: 6:00 pm, Start: 6:45 pm

**DEADLINES:** Entry deadline is Sunday January 11, 2026. Mail hardcopy to entry chairperson: Brendan Heller, PO Box 721, Orange, CT 06477. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Preferred entry method is electronic. Meet entry precedence will be given based on the sent date/time of email with the entries included and postmark date of hard copy entries.

**DEADLINES:** Entry fees are due by mail on **Friday January 16, 2026**, one week prior to the meet.

**PAYMENT INSTRUCTIONS:** Please make entry fee checks payable to **Amity Regional Aquatic Club**.

Mail to:

PO Box 721

Orange, CT, 06477

Payment must be received by **01/16/2026**.

**ENTRY FEES:** Electronic entries: \$12.00 for individual events, there are no relays. Per Swimmer Facility Fee: \$1.00 for the Distance Meet. 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.

**REGISTRATION REPORTING:** The Meet or Entry Director **MUST** run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction USA/CT Swimming meet.

**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 for Friday Distance Meet. Both the 400 yd IM and the 1000 yd free will be conducted with mixed genders, fastest to slowest. There may be a six lane set-up, with 1 lane closed and 1 lane open for continuous warm-up throughout the session – dependent on total number of entries.

**FACILITY:** The Orange Town Pool is an 8-lane, 25 yard pool. Water depth at start end is: 4 feet 11 inches in lane 8, and 11 feet in lane 1. Water depth at the turn end is 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). The facility uses Colorado Timing and has a new LED videoboard installed in August 2023. Spectator seating exists in a balcony above the pool area on the lane 1 side of the pool, capacity is about 150 people.

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

**MEDICAL SUPERVISION:** There will be Orange Town Pool lifeguards on shift for the duration of the swim meet.

**WIFI ACCESS:** There is no public WiFi available through the Orange Town Pool.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Warm-Up: 6-6:45 pm.

**EVENT INFORMATION:** Deck entries will not be accepted. Manual entries of those already entered the meet will be accepted at the Manual Entry Fee.

**ENTRY LIMITATIONS:** The Distance Meet entry limitation is capped at two entries per swimmer.

**SCRATCH PROCEDURES:** Scratches are due 30 minutes prior to the start of the meet.

**FACILITY PROTOCOLS:** A male and female locker room will be available to enter through the lobby and into the pool deck. Adult bathrooms will be available in the first floor hallway of the Orange Community Center.

**SAFE SPORT POLICIES:** Spectators are only authorized to use the upstairs restroom and not the locker rooms for the swimmers on the pool deck.

**DISABLED ACCESS:** For more information, please contact person listed on page 1.

**ELIGIBILITY:** 1. 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.

For Sanctioned Meets: 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](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.

**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](#).

**ENTRY TIMES:** Submit entry times in SCY. **Please avoid NT entries**; a rough estimate of a swimmer's expected time will go a long way in allowing us to have the most accurate timeline of the Distance Meet.

**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 [ARACSwimCoach@gmail.com](mailto:ARACSwimCoach@gmail.com) no later than January 12, 2025. Please check that your team name, address, and contact information are listed correctly in this file. Upon submission of the entries, please expect a confirmation of receipt to ensure it has been received. Each team's entry fees due one week prior to the meet (Jan. 17, 2025).

**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 adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

**OUTREACH ENTRY FEE REIMBURSEMENT:** Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on [ctswim.org](http://ctswim.org).

### **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. The distance events (400 yards or greater) may be heat limited to the first 3 heats of entries per gender in the order they were received.
3. The maximum number of events allowed per day may be reduced by one (1).
4. 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.

**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, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. 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.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

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.

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- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

**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 USA Swimming Vice President of Program Operations.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Participating clubs will be notified of work assignments by the Monday before the meet. The Distance Meet's 1000 Yard Free will require the swimmer to provide their own timer.

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 not be scored.

**AWARDS:** No

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Please use the parking lot adjacent to the Orange Fairgrounds to enter the pool lobby.

**DIRECTIONS:** 525 Orange Center Road, Orange, CT 06477

**ARAC January Distance Invitational - 1/23/2026**  
**Session Report**

Session: 1 Distance

Day of Meet: 1 Starts at 06:45 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Mixed 400 IM	0	0	06:45 PM	_____
Finals	2 Girls 7-12 200 Butterfly	0	0	06:45 PM	_____
Finals	3 Boys 7-12 200 Butterfly	0	0	06:45 PM	_____
Finals	4 Girls 7-12 200 Backstroke	0	0	06:45 PM	_____
Finals	5 Boys 7-12 200 Backstroke	0	0	06:45 PM	_____
Finals	6 Girls 7-12 200 Breaststroke	0	0	06:45 PM	_____
Finals	7 Boys 7-12 200 Breaststroke	0	0	06:45 PM	_____
Finals	8 Mixed 1000 Freestyle	0	0	06:45 PM	_____
	Finish Time			06:45 PM	_____