

HHAC Distance Meet

January 30, 2026

Beckerman Athletic Center – 225 Skiff Street, Hamden, CT. 06517

<https://goo.gl/maps/cxjj88uwSo4mxfwr7>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S25-62. 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.

	Name	Email	Phone
Meet Director:	Jen Lyman	jlyman@hamdenhall.org	(203) 464-6903
Meet Referee:	Bill Hawkins	willishawkins@comcast.net	(860) 539-3942
Lead Admin Official:	Amy Bugge'	abugge@milforded.org	(203) 415-9372
Entry Chair:	Jen Lyman	jlyman@hamdenhall.org	(203) 464-6903
Safety Chair:	Martha Phelan	phelan.martha@gmail.com	
Officials Contact:	Bill Hawkins	willishawkins@comcast.net	(860) 539-3942
Disability Contact:	Jen Lyman	jlyman@hamdenhall.org	(203) 464-6903

MEET HOST: HHAC

WEBSITE: <https://www.teamunify.com/team/cthhac/page/home>

POOL EMERGENCY NUMBER: (203) 752-2600

COURSE: SCY

SESSION TIMES: Subject to Change, 3:30 warm-Up, 4:30 start.

DEADLINES: Deadline is January 14, 2026. The time and date stamp on the email containing the electronic entry file will determine the order in which entries are received. **Teams are financially responsible for their initial entry, unless they are asked to reduce the size of the entry due to oversubscription.**

PAYMENT INSTRUCTIONS: Please make checks payable to **Hamden Hall**.

Mail to:

Jen Lyman

PO BOX 185051

Hamden, CT 06518

Payment must be received by **January 30, 2026**.

ENTRY FEES: Electronic entries: \$15.00 for distance events. Manual entries: \$20.00 for distance 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-Final and all events will be swum fastest to slowest. The 1000 Freestyle only, will alternating heats of women and men.

FACILITY: The Edwards Family Natatorium is a 6-lane, 25-yard pool. Water depth at start end is 13.6 feet. Water depth at turn end is 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). The pool has electronic timing with a full display board. We will be using stopwatches for a back-up system should the timing system fail. The spectator seating will accommodate approx. 200 people.

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

MEDICAL SUPERVISION: Hamden Hall Country Day School will provide a lifeguard for the duration of warmup and each session(s). AEDS are located on the Beckerman Athletic Center lobby and Pool Office.

WIFI ACCESS: Wi-Fi is not available.

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

Warmup 1 (13/Overs): 3:30-3:55pm

Warmup 2 (12/Under): 3:55-4:15pm

Warmup 3 (Sprints in lanes 2-3-4-5) (Pace in Lanes 1 & 6): 4:15-4:30pm

EVENT INFORMATION: Deck Chairs allowed.

ENTRY LIMITATIONS: 3 maximum entries.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for the meet in their information packets listing all of their swimmers and events. Coaches must indicate all scratches on these sheets and turn them into the computer table within 20 minutes after the start of warm-up.

FACILITY PROTOCOLS: There will be use of the pool, locker rooms and rest rooms only, no other areas of the Hamden Hall Country Day School Athletic Facility should be accessed.

SAFE SPORT POLICIES: Spectators are allowed.

DISABLED ACCESS: Handicapped parking is available. The main entrance, locker rooms, spectator seating and pool entrances are handicapped accessible. Please contact the meet director if athletes, coaches or spectators require assistance For more information, please contact person listed on page 1..

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

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

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.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format should be email to the entry chairperson: Jen Lyman at jlyman@hamdenhall.org All entries must be legible and must use full names and registration numbers from USA Swimming. Please check that your team name, address, and contact information is listed correctly in this file. **Payment is expected by January 30, 2026. Please send payment immediately after sending the electronic entry to ensure entry into the meet.**

PAYMENT INSTRUCTIONS: Please make checks payable to Hamden Hall.

Mail to:

Jen Lyman

PO BOX 185051

Hamden, CT, 0618.

Payment must be received by 1/30/26

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.

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 distance events (500 meters or greater) may be heat limited to the first 4 heats of entries per gender in the order they were received.
2. The maximum number of events allowed per day may be reduced by one (1).

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 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 relays.

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, 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.

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

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 time trials.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Swimmers MUST provide their own counter and timer for the 500 Free and 1000 Free. The 200 Stroke events and the 400 IMs will have timers assigned by team entry. All teams will be required to provide timers in proportion to the size of their team entry. 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 [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 awards.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Free parking is available in the Beckerman Athletic Center parking lot. Please park in the Beckerman Athletic Center parking spaces not on grass or the emergency circle in the front of the building.

2026 HHAC January Distance Meet - 1/30/2026**Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 500 Freestyle	0	0	04:30 PM	_____
Finals	2 Boys 500 Freestyle	0	0	04:30 PM	_____
Finals	3 Girls 8-12 200 Breaststroke	0	0	04:30 PM	_____
Finals	4 Boys 8-12 200 Breaststroke	0	0	04:30 PM	_____
Finals	5 Girls 8-12 200 Backstroke	0	0	04:30 PM	_____
Finals	6 Boys 8-12 200 Backstroke	0	0	04:30 PM	_____
Finals	7 Girls 8-12 200 Butterfly	0	0	04:30 PM	_____
Finals	8 Boys 8-12 200 Butterfly	0	0	04:30 PM	_____
Finals	9 Girls 400 IM	0	0	04:30 PM	_____
Finals	10 Boys 400 IM	0	0	04:30 PM	_____
Finals	11 Girls 1000 Freestyle	0	0	04:30 PM	_____
Finals	12 Boys 1000 Freestyle	0	0	04:30 PM	_____
	Finish Time			04:30 PM	_____