

# RST Winter Distance Meet January 30<sup>th</sup>, 2026

Shelton Community Center  
41 Church Street, Shelton, CT 06484

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S25-63. 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>	Emily DeMace	Emdemace@gmail.com	
<b>Meet Referee:</b>	George Mladi	Mladi@sbcglobal.net	
<b>Lead Admin Official:</b>	Bridget Gallant	Bgallant81@gmail.com	
<b>Entry Chair:</b>	Emily DeMace	Emdemace@gmail.com	
<b>Safety Chair:</b>	Chuck Clark	Chuckclark32@hotmail.com	
<b>Officials Contact:</b>	Chris Lieby	Chris.lieby@gmail.com	
<b>Disability Contact (who to contact for disability access to your facility)</b>	Chuck Clark	Chuckclark32@hotmail.com	

**MEET HOST:** Rapids Swim Team (RST)

**WEBSITE:** <https://www.gomotionapp.com/team/ctsmst/page/home>

**POOL EMERGENCY NUMBER:** 203-455-4633

**COURSE:** SCY

**SESSION TIMES: Subject to Change**

5:00-5:25pm General Warmup

5:25-5:40pm Specific Warmup

5:45pm Start

**DEADLINES:** The deadline is January 23<sup>rd</sup>, 2026. Mail hardcopy and payment to: Chuck Clark, 18 Ward Place, Trumbull CT 06611. All entries must be legible and must use full names and registration numbers from USA Swimming registration. You will receive email confirmation

from the entry chair within 24 hours upon receiving your entry. Your entry is considered in/accepted upon email confirmation.

**PAYMENT INSTRUCTIONS:** Please make checks payable to Rapids Swim Team.

Mail to:

Chuck Clark

18 Ward Place

Trumbull CT 06611

Payment must be received by 1/30/2026.

**ENTRY FEES:** Electronic entries: \$15.00 for each event and Manual entries: \$20.00 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:** Timed-Final. The 400 IM and 1000 will be swum alternating women's and men's heats; fastest to slowest. All swimmers will need to provide their own timers and counters for the 1000s.

**FACILITY:** The Shelton Community Center Competition Pool is an 8 lane, 25-yard pool. Water depth at start end is: 9 feet. Water depth at turn end is: 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). The facility is equipped with Colorado Automatic Timing and has ample spectator seating in bleachers off the deck.

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

**MEDICAL SUPERVISION:** Lifeguards will be on duty for the duration of the meet.

**WIFI ACCESS:** Wifi may be available during the meet. If so, a password will be emailed out to all teams.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. There will be 1 general warmup for 25 minutes, specific warmup for 15 minutes and all 8 lanes will be utilized.

**EVENT INFORMATION:** Yes, deck entries will be accepted. All swimmers will need to provide own timer (and counter for the 1000s).

**ENTRY LIMITATIONS:** Swimmers may swim a maximum of 2 individual events.

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for the meet in their information packets listing all their swimmers and the events for that session. Coaches must indicate all scratches on these sheets and turn them into the office within one half hour after the beginning of warm-up. If the scratch sheet is not received by that deadline, all swimmers will be considered to be scratched. USA Swimming Rulebook 102.3

**SAFE SPORT POLICIES:** Spectators will be allowed.

**DISABLED ACCESS:** The facility is fully handicap accessible; including parking and viewing areas. For more information, please contact the meet director.

**ELIGIBILITY:** USA Swimming clubs by invitation. 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](https://www.usaswimming.org/). 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.

**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 [emdemace@gmail.com](mailto:emdemace@gmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Payment is due January 30<sup>th</sup>, 2026. Your entry is considered in/accepted upon email confirmation.

**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 10 and Under will be cut from the meet.
2. The maximum number of events allowed per day may be reduced by one (1).
3. The distance events (400 meters or greater) may be heat limited to the first X heats of entries per gender based on time with the fastest getting preference. The number of heats will be based on the timeline.

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:** Participating clubs will be notified of work assignments by the Tuesday 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.

**CONCESSIONS:** Yes, light concessions.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** There is ample parking in the rear of the Shelton Community Center.

**DIRECTIONS:** The Shelton Community Center is located at 41 Church Street, Shelton CT 06484.

Merritt Parkway from New Haven: Take Exit 52. Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a left. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.

Merritt Park from New York: Take Exit 8 at the end of ramp turn left (Nichols Ave.-Rt. 108N). Go 4.3 miles to Huntington Center. Take right onto Church Street. Entrance to the Shelton Community Center is an immediate right. Parking for pool is in rear.

Route 8 (Northbound): Take Exit 11 (Huntington Road). At the end of the exit (stop light) take a left. Continue straight through the next light. When the road splits, bear right. At the second

light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.

Route 8 (Southbound): Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a right. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.

**RST Winter Distance Meet - 1/30/2026**  
**Session Report**

Session: 1 Distance

Day of Meet: 1 Starts at 05:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 400 IM	0	0	05:45 PM	_____
Finals	2 Boys 400 IM	0	0	05:45 PM	_____
Finals	3 Girls 12 & Under 200 Backstroke	0	0	05:45 PM	_____
Finals	4 Boys 12 & Under 200 Backstroke	0	0	05:45 PM	_____
Finals	5 Girls 12 & Under 200 Breaststroke	0	0	05:45 PM	_____
Finals	6 Boys 12 & Under 200 Breaststroke	0	0	05:45 PM	_____
Finals	7 Girls 12 & Under 200 Butterfly	0	0	05:45 PM	_____
Finals	8 Boys 12 & Under 200 Butterfly	0	0	05:45 PM	_____
	Break: 5 Minutes:				
Finals	9 Girls 1000 Freestyle	0	0	05:50 PM	_____
Finals	10 Boys 1000 Freestyle	0	0	05:50 PM	_____
	Finish Time			05:50 PM	_____