

WHAT Swimming
November Age Group Qualifier
November 21-23, 2025
88 Garden Street, Farmington, CT 06032

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S25-31. 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:	Rob Riccobon	whatcoaches@gmail.com	860-985-2818
Meet Referee:	Sarah Bollman	sbollman.mbs@gmail.com	203.521.9162
Lead Admin Official:	Reen Nouh-Omar	whatoperations@gmail.com	860-670-7581
Entry Chair:	Jo Ann McCaffrey	keepintimeentries@gmail.com	914-391-5841
Safety Chair:	Alex Albert	whatoperations@gmail.com	860-985-2818
Officials Contact:	Sarah Bollman	sbollman.mbs@gmail.com	203.521.9162
Disability Contact	Rob Riccobon	whatcoaches@gmail.com	860-985-2818

MEET HOST: WHAT

WEBSITE: www.whatswim.org

POOL EMERGENCY NUMBER: 8605618270

COURSE: SCY

SESSION TIMES: Subject to Change Friday Distance: Warmup 4:00pm Start 5:00 pm
Morning Sessions: 7:00am warm-up 8:00am start. Afternoon Sessions: 1:00pm warm-up 2:00pm start.

DEADLINES: Deadline is November 7, 2025. All entries must be legible and must use full names and registration numbers from USA Swimming registration. You will receive an email from Jo Ann keepintimeentries@gmail.com upon receiving your entry.

PAYMENT INSTRUCTIONS: Please make checks payable to West Hartford Aquatic Team
Please bring your payment to the meet. Payment must be received by 11/21/2025.

ENTRY FEES: Electronic entries: \$15.00 for individual events. Manual entries: \$18.00 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-Finals

FACILITY: Miss Porter's School Pool is an 8-lane, 25-yard pool. Water depth at start end is: 10 feet. The water depth at turn end is: 5 feet. Select One: The competition course has not been certified in accordance with

104.2.2C(4). The copy of such certification is on file with USA Swimming; or the competition course has not been certified in accordance with 104.2.2C(4). The facility is equipped with a Colorado Automatic timing and has spectator seating for 250. The spectator area is accessible by stairs or elevator and is located above the competition pool. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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MEDICAL SUPERVISION: Lifeguards are present for the whole meet with access to safe equipment, first aid, and an AED.

WIFI ACCESS: WIFI is available under guest connection.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. **SUBJECT TO CHANGE depending on total swimmers**

- Friday Distance Warmup 4:00pm Start 5:00 pm
- AM Sessions: 7:00am-7:20am (8 lanes) 7:20am-7:40am (8 lanes) 7:40am-7:50am (8 lanes of Specific Warm-Up) Start 8:00 am
- PM Sessions: 1:00pm-1:20pm (8 lanes) 1:20pm-1:40pm (8 lanes) 1:40-1:50pm (8 lanes of Specific Warm-Up) Start 2:00pm

EVENT INFORMATION: Deck Entries will be accepted if they do not impact on any timeline constraints.

- **FRIDAY DISTANCE**
 - **Events will be swum mixed age/gender**
 - **Heats will swim fast to slow**
 - **Swimmers will need to provide their own timers**

ENTRY LIMITATIONS: Maximum Entry 7 events (1 Friday/3 Sat/3 Sun)

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for the meet in their information packets listing all of 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.

SAFE SPORT POLICIES: Spectators will be allowed in the facility.

DISABLED ACCESS: The Miss Porter's School Pool is handicapped accessible with a handicapped locker room. Please contact Miss Porter's Aquatic Director, Katie Riccobon, at 860-409-3711, for more information or special arrangements

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.

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 keepintimeentries@gmail.com. Confirmation will be emailed to you. Please check that your team name, address, and contact information are listed correctly in this file. Payment is due the day of the meet.

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. 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 greater) may be heat limited to the first 2 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 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.

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. **FRIDAY DISTANCE WILL BE TIME YOUR OWN.** 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: Heat Winner awards will be given

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: A parking map will be sent to attending teams prior to the meet.

DIRECTIONS: Miss Porter's School Pool is located at 88 Garden Street, Farmington, CT 06032. Take Exit 39 from Interstate 84 (east or west) Go straight through the traffic light onto Route 4 West (Farmington Avenue) Continue through the blinking light Turn left at the 2nd traffic light onto Garden Street Continue through the stop sign Pool will be on your right (brick building- 88 Street)

2025 WHAT Age Group Qualifier - 11/21/2025 to 11/23/2025

Session Report

Session: 1 Friday

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 13 & Over 400 IM Break: 10 Minutes:	0	0	05:00 PM	_____
Finals	2 Mixed 10 & Over 500 Freestyle Break: 10 Minutes: Finish Time	0	0	05:10 PM 05:20 PM	_____ _____

Session: 2 Saturday Morning

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 11-12 100 Freestyle	0	0	08:00 AM	_____
Finals	4 Boys 11-12 100 Freestyle	0	0	08:00 AM	_____
Finals	5 Girls 15 & Over 100 Freestyle	0	0	08:00 AM	_____
Finals	6 Boys 15 & Over 100 Freestyle	0	0	08:00 AM	_____
Finals	7 Girls 11-12 50 Backstroke	0	0	08:00 AM	_____
Finals	8 Boys 11-12 50 Backstroke	0	0	08:00 AM	_____
Finals	9 Girls 15 & Over 100 Backstroke	0	0	08:00 AM	_____
Finals	10 Boys 15 & Over 100 Backstroke	0	0	08:00 AM	_____
Finals	11 Girls 11-12 100 Breaststroke	0	0	08:00 AM	_____
Finals	12 Boys 11-12 100 Breaststroke	0	0	08:00 AM	_____
Finals	13 Girls 15 & Over 200 Breaststroke	0	0	08:00 AM	_____
Finals	14 Boys 15 & Over 200 Breaststroke	0	0	08:00 AM	_____
Finals	15 Girls 11-12 50 Butterfly	0	0	08:00 AM	_____
Finals	16 Boys 11-12 50 Butterfly	0	0	08:00 AM	_____
Finals	17 Girls 15 & Over 200 Butterfly	0	0	08:00 AM	_____
Finals	18 Boys 15 & Over 200 Butterfly	0	0	08:00 AM	_____
Finals	19 Girls 11-12 100 IM	0	0	08:00 AM	_____
Finals	20 Boys 11-12 100 IM	0	0	08:00 AM	_____
Finals	21 Girls 15 & Over 200 IM	0	0	08:00 AM	_____
Finals	22 Boys 15 & Over 200 IM Finish Time	0	0	08:00 AM 08:00 AM	_____ _____

2025 WHAT Age Group Qualifier - 11/21/2025 to 11/23/2025

Session Report

Session: 3 Saturday Afternoon

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Girls 10 & Under 100 Freestyle	0	0	02:00 PM	_____
Finals	24 Boys 10 & Under 100 Freestyle	0	0	02:00 PM	_____
Finals	25 Girls 13-14 100 Freestyle	0	0	02:00 PM	_____
Finals	26 Boys 13-14 100 Freestyle	0	0	02:00 PM	_____
Finals	27 Girls 10 & Under 50 Backstroke	0	0	02:00 PM	_____
Finals	28 Boys 10 & Under 50 Backstroke	0	0	02:00 PM	_____
Finals	29 Girls 13-14 100 Backstroke	0	0	02:00 PM	_____
Finals	30 Boys 13-14 100 Backstroke	0	0	02:00 PM	_____
Finals	31 Girls 10 & Under 100 Breaststroke	0	0	02:00 PM	_____
Finals	32 Boys 10 & Under 100 Breaststroke	0	0	02:00 PM	_____
Finals	33 Girls 13-14 200 Breaststroke	0	0	02:00 PM	_____
Finals	34 Boys 13-14 200 Breaststroke	0	0	02:00 PM	_____
Finals	35 Girls 10 & Under 50 Butterfly	0	0	02:00 PM	_____
Finals	36 Boys 10 & Under 50 Butterfly	0	0	02:00 PM	_____
Finals	37 Girls 13-14 200 Butterfly	0	0	02:00 PM	_____
Finals	38 Boys 13-14 200 Butterfly	0	0	02:00 PM	_____
Finals	39 Girls 10 & Under 200 IM	0	0	02:00 PM	_____
Finals	40 Boys 10 & Under 200 IM	0	0	02:00 PM	_____
Finals	41 Girls 13-14 200 IM	0	0	02:00 PM	_____
Finals	42 Boys 13-14 200 IM	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____

2025 WHAT Age Group Qualifier - 11/21/2025 to 11/23/2025

Session Report

Session: 4 Sunday Morning

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	43 Girls 11-12 50 Freestyle	0	0	08:00 AM	_____
Finals	44 Boys 11-12 50 Freestyle	0	0	08:00 AM	_____
Finals	45 Girls 15 & Over 50 Freestyle	0	0	08:00 AM	_____
Finals	46 Boys 15 & Over 50 Freestyle	0	0	08:00 AM	_____
Finals	47 Girls 11-12 200 Freestyle	0	0	08:00 AM	_____
Finals	48 Boys 11-12 200 Freestyle	0	0	08:00 AM	_____
Finals	49 Girls 15 & Over 200 Freestyle	0	0	08:00 AM	_____
Finals	50 Boys 15 & Over 200 Freestyle	0	0	08:00 AM	_____
Finals	51 Girls 11-12 100 Backstroke	0	0	08:00 AM	_____
Finals	52 Boys 11-12 100 Backstroke	0	0	08:00 AM	_____
Finals	53 Girls 15 & Over 200 Backstroke	0	0	08:00 AM	_____
Finals	54 Boys 15 & Over 200 Backstroke	0	0	08:00 AM	_____
Finals	55 Girls 11-12 50 Breaststroke	0	0	08:00 AM	_____
Finals	56 Boys 11-12 50 Breaststroke	0	0	08:00 AM	_____
Finals	57 Girls 15 & Over 100 Breaststroke	0	0	08:00 AM	_____
Finals	58 Boys 15 & Over 100 Breaststroke	0	0	08:00 AM	_____
Finals	59 Girls 11-12 100 Butterfly	0	0	08:00 AM	_____
Finals	60 Boys 11-12 100 Butterfly	0	0	08:00 AM	_____
Finals	61 Girls 15 & Over 100 Butterfly	0	0	08:00 AM	_____
Finals	62 Boys 15 & Over 100 Butterfly	0	0	08:00 AM	_____
Finals	63 Girls 11-12 200 IM	0	0	08:00 AM	_____
Finals	64 Boys 11-12 200 IM	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

2025 WHAT Age Group Qualifier - 11/21/2025 to 11/23/2025

Session Report

Session: 5 Sunday Afternoon

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	65 Girls 10 & Under 50 Freestyle	0	0	02:00 PM	_____
Finals	66 Boys 10 & Under 50 Freestyle	0	0	02:00 PM	_____
Finals	67 Girls 13-14 50 Freestyle	0	0	02:00 PM	_____
Finals	68 Boys 13-14 50 Freestyle	0	0	02:00 PM	_____
Finals	69 Girls 10 & Under 200 Freestyle	0	0	02:00 PM	_____
Finals	70 Boys 10 & Under 200 Freestyle	0	0	02:00 PM	_____
Finals	71 Girls 13-14 200 Freestyle	0	0	02:00 PM	_____
Finals	72 Boys 13-14 200 Freestyle	0	0	02:00 PM	_____
Finals	73 Girls 10 & Under 100 Backstroke	0	0	02:00 PM	_____
Finals	74 Boys 10 & Under 100 Backstroke	0	0	02:00 PM	_____
Finals	75 Girls 13-14 200 Backstroke	0	0	02:00 PM	_____
Finals	76 Boys 13-14 200 Backstroke	0	0	02:00 PM	_____
Finals	77 Girls 10 & Under 50 Breaststroke	0	0	02:00 PM	_____
Finals	78 Boys 10 & Under 50 Breaststroke	0	0	02:00 PM	_____
Finals	79 Girls 13-14 100 Breaststroke	0	0	02:00 PM	_____
Finals	80 Boys 13-14 100 Breaststroke	0	0	02:00 PM	_____
Finals	81 Girls 10 & Under 100 Butterfly	0	0	02:00 PM	_____
Finals	82 Boys 10 & Under 100 Butterfly	0	0	02:00 PM	_____
Finals	83 Girls 13-14 100 Butterfly	0	0	02:00 PM	_____
Finals	84 Boys 13-14 100 Butterfly	0	0	02:00 PM	_____
Finals	85 Girls 10 & Under 100 IM	0	0	02:00 PM	_____
Finals	86 Boys 10 & Under 100 IM	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____