

Cougar Aquatic Team
2025 IMR (IM Ready) Meet
Sunday November 23, 2025

Middletown Recreation Center Pool
140 Wilderman's Way, Middletown, CT 06457

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S25-35. 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:	John Callahan	jdc12377@gmail.com	
Meet Referee:	Mischa Van Berkel	mischavanberkel@me.com	
Lead Admin Official:	Rob Duguay	Bobbydoogs@gmail.com	203-695-5771
Entry Chair:	Melissa Yumbla	melissayumbla.cat@gmail.com	
Safety Chair:	Steve Cusano	stevenpaulcusano@gmail.com	
Officials Contact:	John Callahan	jdc12377@gmail.com	
Disability Contact:	Rob Duguay	Bobbydoogs@gmail.com	203-695-5771

MEET HOST: CAT

WEBSITE: catswim.com

POOL EMERGENCY NUMBER: 860-638-4500

COURSE: SCY

SESSION TIMES: Subject to Change Session 1 12&Unders: Warm up 7:15am. Meet Start 8:30am. Session 2 13&Overs: Warm up 12:15pm. Meet Start 1:30pm.

DEADLINES: deadline is Monday November 17, 2025 Mail hardcopy and payment to the entry chairperson: MelissaYumbla, 91 Little City Rd, Higganum, CT 06441. All entries must be legible and must use full names and registration numbers from USA Swimming registration. An entry will be considered received using the time stamp on the email with entry file.

PAYMENT INSTRUCTIONS: Please make checks payable to **HK Recreation Department, memo: Cougar.**

Mail to:

Melissa Yumbla
91 Little City Rd
Higganum, CT 06441

Payment must be received by **11/17/25**.

ENTRY FEES: Electronic entries: \$12.00 for individual events, \$ \$20.00 for relays. Per Manual entries: \$18.00 for individual events, \$24.00 for relays. 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. All **events** will be swum fast-to-slow, alternating heats of women and men.

FACILITY: Competition Pool is 6 lane, 25-yard pool. Water depth at start end is: 10.0 ft. Water depth at turn end is: 3.5 ft. The competition course has not been certified in accordance with 104.2.2C(4). Timing is run by a Colorado timing system with six lane display with 6 touch pads with semiautomatic back up buttons and watches as a secondary back up. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. There is ample spectator seating in stands on the lane 6 side of the pool deck.

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

MEDICAL SUPERVISION: Two American Red Cross Certified Lifeguards will be on duty at all times. There is access to First Aid equipment and AEDs.

WIFI ACCESS: Public Wifi is available with decent speed and connection.

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

EVENT INFORMATION: Deck Entries will NOT be accepted.

ENTRY LIMITATIONS: All Swimmers are limited to Five (5) Events, this includes Relay Events.

SCRATCH PROCEDURES: All scratches are due no later than 20 minutes after the start of warm ups. Failure to comply with this procedure will result in swimmers being entered with NT's. If a swimmer misses their event, they will be scored as "NS" for that event but will still be allowed to compete in the rest of the meet.

SAFE SPORT POLICIES: Parents will be allowed to watch their athletes from the spectator stands on the Lane 6 side of the pool. There will be restrooms available to spectators in the East Hallway of the facility next to the circuit training room. Access to the pool deck is limited to Athletes, Officials, and Authorized Meet Staff ONLY.

DISABLED ACCESS: There is clearly marked handicapped parking in front of the Middletown Recreation Center. In compliance with ADA, the pool deck, locker rooms and rest rooms are wheelchair accessible. The stands do have steps, and are NOT Wheelchair accessible. Accommodations can be made by reaching out to Steven Cusano for further assistance at stevenpaulcusano@gmail.com or Rob Duguay at bobbydoogs@gmail.com.

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 melissayumbra.cat@gmail.com. Please check that your team

name, address, and contact information are listed correctly in this file. Payment is due prior to the start 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 3 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 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: Yes. There are no relay limitations other than a swimmer can only compete on one relay per relay event. All relay swimmers must be officially entered in the meet.

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.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: 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: Yes, we will have awards for heat winners. Likewise, there will be medals for the top three places in the Pentathlon (Doing all of the individual races for all four strokes and the Individual Medley (IM)) for the 10and unders, 11-12, 13-14, 15 and overs. To be eligible for medals you must have completed all 5 individual races for your age bracket. (50/100 Fly, 50/100 Breast, 50/100 Back, 50/100 Free AND the 100/200IM.)

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Please park in the MARKED Spaces either in the lots next to the Middletown Recreation Center or Beman Middle School. Cars parked in the fire lane in front of Beman Middle School WILL BE TOWED. To utilize handicapped parking please display your credential/ placard. Any cars parked in handicapped parking spots without credentials are subject to fines and/or towing.

2025 CAT IMR - 11/23/2025**Session Report**

Session: 1 12 & under session

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

Round	Event	Entries	Heats	Starts at	Actual
Finals	1 Girls 10 & Under 50 Freestyle	0	0	08:30 AM	e08:30 AM
Finals	2 Boys 10 & Under 50 Freestyle	0	0	08:30 AM	e08:30 AM
Finals	3 Girls 12 & Under 50 Freestyle	0	0	08:30 AM	e08:30 AM
Finals	4 Boys 12 & Under 50 Freestyle	0	0	08:30 AM	e08:30 AM
Finals	5 Girls 12 & Under 50 Butterfly	0	0	08:30 AM	e08:30 AM
Finals	6 Boys 12 & Under 50 Butterfly	0	0	08:30 AM	e08:30 AM
Finals	7 Girls 12 & Under 50 Backstroke	0	0	08:30 AM	e08:30 AM
Finals	8 Boys 12 & Under 50 Backstroke	0	0	08:30 AM	e08:30 AM
Finals	9 Girls 12 & Under 50 Breaststroke	0	0	08:30 AM	e08:30 AM
Finals	10 Boys 12 & Under 50 Breaststroke	0	0	08:30 AM	e08:30 AM
Finals	11 Girls 10 & Under 100 IM	0	0	08:30 AM	e08:30 AM
Finals	12 Boys 10 & Under 100 IM	0	0	08:30 AM	e08:30 AM
Finals	13 Girls 12 & Under 100 IM	0	0	08:30 AM	e08:30 AM
Finals	14 Boys 12 & Under 100 IM	0	0	08:30 AM	e08:30 AM
Finals	15 Girls 12 & Under 200 Medley Relay	0	0	08:30 AM	e08:30 AM
Finals	16 Boys 12 & Under 200 Medley Relay	0	0	08:30 AM	e08:30 AM
	Finish Time			08:30 AM	e08:30 AM

2025 CAT IMR - 11/23/2025**Session Report**

Session: 2 13&over session

Day of Meet: 1 Starts at 01:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	17 Girls 13 & Over 100 Freestyle	0	0	01:30 PM	e01:30 PM
Finals	18 Boys 13 & Over 100 Freestyle	0	0	01:30 PM	e01:30 PM
Finals	19 Girls 13 & Over 100 Butterfly	0	0	01:30 PM	e01:30 PM
Finals	20 Boys 13 & Over 100 Butterfly	0	0	01:30 PM	e01:30 PM
Finals	21 Girls 13 & Over 100 Backstroke	0	0	01:30 PM	e01:30 PM
Finals	22 Boys 13 & Over 100 Backstroke	0	0	01:30 PM	e01:30 PM
Finals	23 Girls 13 & Over 100 Breaststroke	0	0	01:30 PM	e01:30 PM
Finals	24 Boys 13 & Over 100 Breaststroke	0	0	01:30 PM	e01:30 PM
Finals	25 Girls 13 & Over 200 IM	0	0	01:30 PM	e01:30 PM
Finals	26 Boys 13 & Over 200 IM	0	0	01:30 PM	e01:30 PM
Finals	27 Girls 13 & Over 200 Medley Relay	0	0	01:30 PM	e01:30 PM
Finals	28 Boys 13 & Over 200 Medley Relay	0	0	01:30 PM	e01:30 PM
	Finish Time			01:30 PM	e01:30 PM