

Charter OAK Fall SPRINT PENTATHLON

October 19th 2025

[Ethel Walker School – Centennial Center](#)
[230 Bushy Hill Road, Simsbury CT, 06070](#)

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S25-12 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:	Karim Mabrouk	<u>Karim.mabrouk@ctoak.org</u>	914-433-1473
Meet Referee:	Dave Heller	<u>hellerd@nationwide.com</u>	203-509-7320
Lead Admin Official:	Spencer Hartman		
Entry Chair:	Karim Mabrouk	<u>Karim.mabrouk@ctoak.org</u>	914-433-1473
Safety Chair:	Karim Mabrouk	<u>Karim.mabrouk@ctoak.org</u>	914-433-1473
Officials Contact:	Dave Heller	<u>hellerd@nationwide.com</u>	914-433-1473
Disability Contact (who to contact for disability access to your facility)	Karim Mabrouk	<u>Karim.mabrouk@ctoak.org</u>	914-433-1473

MEET HOST: Charter OAK Aquatic Club

WEBSITE: [Charter OAK Aquatic Club](#)

POOL EMERGENCY NUMBER: 914-433-1473

COURSE: SCY

SESSION TIMES: Subject to Change

7:30AM Warmup

9AM Start

DEADLINES: deadline is October 19th 2025. Mail hardcopy and payment to the entry chairperson: Karim Mabrouk at 230 Bushy Hill Road, Simsbury CT 06070. All entries must be legible and must use full names and registration numbers from USA Swimming registration. The timestamp of the entry email will determine the date an entry is received.

DEADLINES: Deadline is October 15th 2025. The timestamp of the entry email will determine the date an entry is received.

PAYMENT INSTRUCTIONS: Payment must be received by **10/19/25** Please make checks payable to **Charter OAK Aquatic Club**. Mail to:

Karim Mabrouk
230 Bushy Hill Road,
Simsbury CT
06070

ENTRY FEES: Electronic entries: \$12 for individual events. Manual entries: \$12 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: Mini Meet.

MEET FORMAT: The meet will be swum as Timed-Final

FACILITY: The Centennial Center Pool at Ethel Walker School is an 8-lane, 25-yard pool. Water depth at start end is: 7ft. Water depth at turn end is: 7ft. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Electronic timing will be used. There is a designated spectator seating gallery.

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

MEDICAL SUPERVISION: The Safety chair is lifeguard certified. AEDS are available on site

WIFI ACCESS: Wifi is available for guests.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Warmup breakdown will be shared with teams ahead of time. Warmups will go 7:30AM-8:55AM. All 8 lanes will be used for warmup.

EVENT INFORMATION: Deck entries will be available.

ENTRY LIMITATIONS: Swimmers are limited to 5 events.

SCRATCH PROCEDURES: Scratch sheets should be turned in no later than 8:30AM

FACILITY PROTOCOLS: Due to the limited locker-room space, swimmers are encouraged to use the locker-rooms for bathroom access purposes only and avoid changing/showering in the locker-rooms if possible.

SAFE SPORT POLICIES: Spectators are allowed in the spectator gallery. There are bathrooms both upstairs and downstairs for adult use. The locker-rooms to the pool are strictly for swimmers' use only.

DISABLED ACCESS: There are designated handicapped parking spaces available. There is an elevator to allow for access to the spectator gallery. If needed, wheelchair pool deck access may also be granted. For more information, please contact the Meet Director.

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 may be emailed as an attachment to the entry chair at karim.mabrouk@ctoak.org. Please check that your team's name, address, and contact information are listed correctly in this file. Payment is expected to be received no later than the day of the meet on October 19th, 2025. Entries are considered in, upon receipt of an entry file via email.

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 maximum number of events allowed per day may be reduced by one (1).
2. The maximum number of events allowed per day may be reduced by one (2).
3. Athletes aged 6 and under will be cut from the meet.

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.

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 Awards will be awarded to the top 3 finishers in each age category for the overall performance in the Pentathlon events (The IM events and the 25s and 50s of each stroke). The 200 free, 100 free, 100 fly, 100 back, and 100 breaststroke do not count toward the awards.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Parking available onsite as well as across the street at the Cobb Montessori School.

Charter OAK Fall Sprint Pentathlon - 10/19/2025**Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 8 & Under 100 IM	0	0	09:00 AM	_____
Finals	2 Boys 8 & Under 100 IM	0	0	09:00 AM	_____
Finals	3 Girls 12 & Under 100 IM	0	0	09:00 AM	_____
Finals	4 Boys 12 & Under 100 IM	0	0	09:00 AM	_____
Finals	5 Girls 13 & Over 200 IM	0	0	09:00 AM	_____
Finals	6 Boys 13 & Over 200 IM	0	0	09:00 AM	_____
Finals	7 Girls 8 & Over 200 Freestyle	0	0	09:00 AM	_____
Finals	8 Boys 8 & Over 200 Freestyle	0	0	09:00 AM	_____
	Break: 5 Minutes:				
Finals	9 Girls 8 & Under 25 Butterfly	0	0	09:05 AM	_____
Finals	10 Boys 8 & Under 25 Butterfly	0	0	09:05 AM	_____
Finals	11 Girls 12 & Under 50 Butterfly	0	0	09:05 AM	_____
Finals	12 Boys 12 & Under 50 Butterfly	0	0	09:05 AM	_____
Finals	13 Girls 13 & Over 50 Butterfly	0	0	09:05 AM	_____
Finals	14 Boys 13 & Over 50 Butterfly	0	0	09:05 AM	_____
Finals	15 Girls 8 & Over 100 Freestyle	0	0	09:05 AM	_____
Finals	16 Boys 8 & Over 100 Freestyle	0	0	09:05 AM	_____
	Break: 5 Minutes:				
Finals	17 Girls 8 & Under 25 Backstroke	0	0	09:10 AM	_____
Finals	18 Boys 8 & Under 25 Backstroke	0	0	09:10 AM	_____
Finals	19 Girls 12 & Under 50 Backstroke	0	0	09:10 AM	_____
Finals	20 Boys 12 & Under 50 Backstroke	0	0	09:10 AM	_____
Finals	21 Girls 13 & Over 50 Backstroke	0	0	09:10 AM	_____
Finals	22 Boys 13 & Over 50 Backstroke	0	0	09:10 AM	_____
Finals	23 Girls 6 & Over 50 Freestyle	0	0	09:10 AM	_____
Finals	24 Boys 6 & Over 50 Freestyle	0	0	09:10 AM	_____
	Break: 5 Minutes:				
Finals	25 Girls 8 & Under 25 Breaststroke	0	0	09:15 AM	_____
Finals	26 Boys 8 & Under 25 Breaststroke	0	0	09:15 AM	_____
Finals	27 Girls 12 & Under 50 Breaststroke	0	0	09:15 AM	_____
Finals	28 Boys 12 & Under 50 Breaststroke	0	0	09:15 AM	_____
Finals	29 Girls 13 & Over 50 Breaststroke	0	0	09:15 AM	_____
Finals	30 Boys 13 & Over 50 Breaststroke	0	0	09:15 AM	_____
Finals	31 Girls 6 & Over 25 Freestyle	0	0	09:15 AM	_____
Finals	32 Boys 6 & Over 25 Freestyle	0	0	09:15 AM	_____
Finals	33 Mixed 11 & Over 100 Butterfly	0	0	09:15 AM	_____
Finals	34 Mixed 11 & Over 100 Backstroke	0	0	09:15 AM	_____
Finals	35 Mixed 11 & Over 100 Breaststroke	0	0	09:15 AM	_____
	Finish Time			09:15 AM	_____