

Charter OAK

Last One Fast One

February 5th-7th

Ethel Walker School - Centennial Center
230 Bushy Hill Road, Simsbury CT, 06070

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S26-62. 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.

Host Team Code	Charter OAK Aquatic Club OAK
Meet Director	Karim Mabrouk karim.mabrouk@ctoak.org 914-433-1473
Entry Chair	Karim Mabrouk karim.mabrouk@ctoak.org 914-433-1473
Referee	Dave Heller hellerd@nationwide.com 203-509-7320
Safety Chair	Karim Mabrouk karim.mabrouk@ctoak.org 914-433-1473
Official's Contact	Dave Heller hellerd@nationwide.com 203-509-7320
FACILITY INFORMATION	
Location	Centennial Center, 230 Bushy Hill Road, Simsbury CT 06070
Facilities	8-lanes, 25-yard pool. Colorado Timing. The competition course has been certified in accordance with 104.2.2C(4). Water depth at start end and turn end 7 to 7 ft. * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Course	SCY
Emergency Phone	914-433-1473
Website	<u>Charter OAK Aquatic Club</u>
Wifi Access	Ethel Walker Guest
Medical Supervision	Meet director is lifeguard certified. AED onsite.
Safe Sport	There are athlete only locker-rooms and bathrooms, as well as non-athlete ones. Parents can watch from the spectator area located upstairs.
Handicapped/Disabled Access	Handicapped parking near pool entrance. The facility is fully accessible. The pool entrance is on ground level. Access to the spectator area through an elevator along with a designated wheelchair area if needed. Bathrooms are available both downstairs and upstairs.
Parking	Parking is available onsite. Additional parking available across the street at the Montessori Cobb School.
Deck Access	Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.
ENTRY INFORMATION	
CT ONLY Deadline	There are no CT ONLY deadlines for any meet in the SC season

Entry Deadline	Deadline is January 31st, 2027. The timestamp of the entry email will determine the date an entry is received.
Entry Fees	Individual: \$15 Distance: \$15 Relay: \$20 Manual Entry Fees: \$15 will be added to the amounts above ** No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.
Send Payment to	Karim Mabrouk 230 Bushy Hill Road Simsbury, CT 06070 Payment must be received by 2/7/2027 .
Makes checks payable to	Charter OAK Aquatic Club
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 name, address, and contact information are listed correctly in this file. Payment is expected by February 7th, 2027 and teams are financially accountable for entries submitted by January 31 st , 2027 at 8pm. Teams are still accountable for any scratches that occur after that deadline.
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.
MEET INFORMATION	
Meet Format	The meet will be swum as a Timed-Final.
Entry Limitations	5 max entries per session.
Meet Duration	Full meet with time limits as defined by CT/USA Swimming.
Sanction Type	Sanctioned
Rules	Current USA Swimming rules will govern all competition.
Relays	Yes
Time Trials	Yes Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is 30mins before the start of the sessions. The fee for Time Trial entries are \$20 for individual events and \$20 for relays.
Adult Athletes	All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the <u>Minor Athlete Abuse Prevention Policy</u> .
Hospitality	Yes
Concession	Yes
Awards	Yes Awards will be awarded for each best time swum.
SCHEDULE	
Friday	Warm up: 5:30pm Start: 6:30pm
Saturday	Warm up: 8AM Start: 9AM
Sunday	Warm up: 8AM Start: 9AM
CT Swimming Warm-Up Procedures will be in effect.	
MISCELLANEOUS	

<i>Adapted Swimming</i>	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 <u>prior</u> to competition. Adapted athletes may direct questions to the <u>Connecticut Swimming office</u>
<i>Outreach</i>	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 <u>Outreach Athlete page</u> on ctswim.org .
<i>Work Assignments</i>	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 <u>Minor Athlete Abuse Prevention Policy</u> .
<i>Registration Reporting</i>	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.
<i>Meet Changes</i>	Once the meet has begun, the Meet Referee may make adjustments to the conduct of competition in accordance with USA Swimming Rule 102.11. Any pre-meet changes to the provisions of this meet announcement may only be made with approval of CT Swim Program Operations, unless specifically authorized by CT Swim policy.
<i>Scratch Procedure</i>	Scratch Sheets should be turned in no later than 30 minutes prior to the start of the competition.
<i>Eligibility</i>	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 <u>registration procedures</u>. 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.
<i>Drones</i>	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.

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. All relays will be canceled.
2. Athletes aged 7 and Under will be cut from the meet.
3. The maximum number of events allowed per day may be reduced by one (1).
4. The maximum number of events allowed per day may be reduced by two (2).
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).

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

Charter OAK Last One Fast One - 2/5/2027 to 2/7/2027**Session Report**

Session: 1 Friday

Day of Meet: 1 Starts at 06:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 13 & Over 400 IM	0	0	06:30 PM	_____
Finals	2 Boys 13 & Over 400 IM	0	0	06:30 PM	_____
Finals	3 Girls 12 & Under 200 Butterfly	0	0	06:30 PM	_____
Finals	4 Boys 12 & Under 200 Butterfly	0	0	06:30 PM	_____
Finals	5 Girls 12 & Under 200 Backstroke	0	0	06:30 PM	_____
Finals	6 Boys 12 & Under 200 Backstroke	0	0	06:30 PM	_____
Finals	7 Girls 12 & Under 200 Breaststroke	0	0	06:30 PM	_____
Finals	8 Boys 12 & Under 200 Breaststroke	0	0	06:30 PM	_____
	Break: 10 Minutes:				
Finals	9 Girls 13 & Over 500 Freestyle	0	0	06:40 PM	_____
Finals	10 Boys 13 & Over 500 Freestyle	0	0	06:40 PM	_____
	Finish Time			06:40 PM	_____

Charter OAK Last One Fast One - 2/5/2027 to 2/7/2027**Session Report**

Session: 2 Saturday

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Mixed 12 & Under 200 Medley Relay	0	0	09:00 AM	_____
Finals	12 Mixed 13 & Over 200 Medley Relay	0	0	09:00 AM	_____
	Break: 5 Minutes:				
Finals	13 Girls 8 & Under 50 Freestyle	0	0	09:05 AM	_____
Finals	14 Boys 8 & Under 50 Freestyle	0	0	09:05 AM	_____
Finals	15 Girls 12 & Under 50 Freestyle	0	0	09:05 AM	_____
Finals	16 Boys 12 & Under 50 Freestyle	0	0	09:05 AM	_____
Finals	17 Girls 13 & Over 50 Freestyle	0	0	09:05 AM	_____
Finals	18 Boys 13 & Over 50 Freestyle	0	0	09:05 AM	_____
Finals	19 Girls 12 & Under 100 Breaststroke	0	0	09:05 AM	_____
Finals	20 Boys 12 & Under 100 Breaststroke	0	0	09:05 AM	_____
Finals	21 Girls 13 & Over 100 Breaststroke	0	0	09:05 AM	_____
Finals	22 Boys 13 & Over 100 Breaststroke	0	0	09:05 AM	_____
Finals	23 Girls 8 & Under 25 Backstroke	0	0	09:05 AM	_____
Finals	24 Boys 8 & Under 25 Backstroke	0	0	09:05 AM	_____
Finals	25 Girls 12 & Under 50 Backstroke	0	0	09:05 AM	_____
Finals	26 Boys 12 & Under 50 Backstroke	0	0	09:05 AM	_____
Finals	27 Girls 13 & Over 100 Backstroke	0	0	09:05 AM	_____
Finals	28 Boys 13 & Over 100 Backstroke	0	0	09:05 AM	_____
	Break: 5 Minutes:				
Finals	29 Girls 13 & Over 200 Butterfly	0	0	09:10 AM	_____
Finals	30 Boys 13 & Over 200 Butterfly	0	0	09:10 AM	_____
Finals	31 Girls 12 & Under 200 Freestyle	0	0	09:10 AM	_____
Finals	32 Boys 12 & Under 200 Freestyle	0	0	09:10 AM	_____
Finals	33 Girls 13 & Over 200 Freestyle	0	0	09:10 AM	_____
Finals	34 Boys 13 & Over 200 Freestyle	0	0	09:10 AM	_____
Finals	35 Girls 8 & Under 25 Butterfly	0	0	09:10 AM	_____
Finals	36 Boys 8 & Under 25 Butterfly	0	0	09:10 AM	_____
Finals	37 Girls 12 & Under 50 Butterfly	0	0	09:10 AM	_____
Finals	38 Boys 12 & Under 50 Butterfly	0	0	09:10 AM	_____
Finals	39 Girls 13 & Over 50 Butterfly	0	0	09:10 AM	_____
Finals	40 Boys 13 & Over 50 Butterfly	0	0	09:10 AM	_____
Finals	41 Girls 12 & Under 200 IM	0	0	09:10 AM	_____
Finals	42 Boys 12 & Under 200 IM	0	0	09:10 AM	_____
	Finish Time			09:10 AM	_____

Charter OAK Last One Fast One - 2/5/2027 to 2/7/2027**Session Report**

Session: 3 Sunday

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	43 Mixed 12 & Under 200 Freestyle Relay	0	0	09:00 AM	_____
Finals	44 Mixed 13 & Over 200 Freestyle Relay	0	0	09:00 AM	_____
	Break: 5 Minutes:				
Finals	45 Girls 13 & Over 200 IM	0	0	09:05 AM	_____
Finals	46 Boys 13 & Over 200 IM	0	0	09:05 AM	_____
Finals	47 Girls 8 & Under 25 Breaststroke	0	0	09:05 AM	_____
Finals	48 Boys 8 & Under 25 Breaststroke	0	0	09:05 AM	_____
Finals	49 Girls 12 & Under 50 Breaststroke	0	0	09:05 AM	_____
Finals	50 Boys 12 & Under 50 Breaststroke	0	0	09:05 AM	_____
Finals	51 Girls 13 & Over 50 Breaststroke	0	0	09:05 AM	_____
Finals	52 Boys 13 & Over 50 Breaststroke	0	0	09:05 AM	_____
Finals	53 Girls 12 & Under 100 Butterfly	0	0	09:05 AM	_____
Finals	54 Boys 12 & Under 100 Butterfly	0	0	09:05 AM	_____
Finals	55 Girls 13 & Over 100 Butterfly	0	0	09:05 AM	_____
Finals	56 Boys 13 & Over 100 Butterfly	0	0	09:05 AM	_____
Finals	57 Girls 8 & Under 25 Freestyle	0	0	09:05 AM	_____
Finals	58 Boys 8 & Under 25 Freestyle	0	0	09:05 AM	_____
Finals	59 Girls 12 & Under 100 Freestyle	0	0	09:05 AM	_____
Finals	60 Boys 12 & Under 100 Freestyle	0	0	09:05 AM	_____
Finals	61 Girls 13 & Over 100 Freestyle	0	0	09:05 AM	_____
Finals	62 Boys 13 & Over 100 Freestyle	0	0	09:05 AM	_____
Finals	63 Girls 12 & Under 100 Backstroke	0	0	09:05 AM	_____
Finals	64 Boys 12 & Under 100 Backstroke	0	0	09:05 AM	_____
Finals	65 Girls 13 & Over 200 Backstroke	0	0	09:05 AM	_____
Finals	66 Boys 13 & Over 200 Backstroke	0	0	09:05 AM	_____
Finals	67 Girls 12 & Under 100 IM	0	0	09:05 AM	_____
Finals	68 Boys 12 & Under 100 IM	0	0	09:05 AM	_____
Finals	69 Girls 13 & Over 50 Backstroke	0	0	09:05 AM	_____
Finals	70 Boys 13 & Over 50 Backstroke	0	0	09:05 AM	_____
Finals	71 Girls 13 & Over 200 Breaststroke	0	0	09:05 AM	_____
Finals	72 Boys 13 & Over 200 Breaststroke	0	0	09:05 AM	_____
	Finish Time			09:05 AM	_____