

2026 WHAT Swimming November Age Group Qualifier

November 13-15, 2026

Wesleyan University –
Freeman Athletic Center 161 Cross Street, Middletown, CT 06459.

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

Host Team Code	WHAT
Meet Director	Rob Riccobon whatoperations@mail.com 860-985-2818
Entry Chair	JoAnn McCaffrey keepintimeentries@gmail.com 914-391-5841
Referee	Susan Parker Sparker61@comcast.net
Safety Chair	Alex Albert whatoperations@gmail.com 860-985-2818
Official's Contact	Susan Parker Sparker61@comcast.net
FACILITY INFORMATION	
Location	Freeman Athletic Center 161 Cross Street, Middletown, CT 06459
Facilities	10-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 7.5 to 14 ft * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Course	SCY
Emergency Phone	860-985-2818
Website	www.whatswim.org
Wifi Access	WIFI availability and fair connectivity strength
Medical Supervision	Provided by Middletown Fire and Police dept. AED's are available
Safe Sport	There is a viewing area with seating above the pool
Handicapped/Disabled Access	handicapped parking, handicapped entrances and whether pool, locker rooms and spectator areas are accessible. Please contact meet director if needed..
Parking	Parking is designated areas as listed by Wesleyan University Visitor Guide for the event.
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 10/28/26
Entry Fees	Individual: 15.00 Distance 20,00 Per swimmer surcharge \$10.00 Manual Entry Fees: \$20.00 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	WHAT SWIMMING will bill teams at the conclusion of the meet Payment must be received by immediately after billing
Makes checks payable to	WHAT SWIMMING
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 Please check that your team name, address, and contact information are listed correctly in this file. payment is expected as soon as invoices are received.
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 Timed-Final . Friday events will swim as MIXED age/gender and will swim FAST to SLOW. ALL Friday events will need their own counter and timer. All other events will swim normal, slow to fast.
Entry Limitations	Swimmers will be limited to 9 events total 1 Fri/4Sat/4 Sun
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	No
Time Trials	No
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 Minor Athlete Abuse Prevention Policy .
Hospitality	Yes
Concession	Yes if Wesleyan snack bar is open
Awards	No... Heat winners only
SCHEDULE	
Friday	<u>Session 1 Distance</u> Warm-up 3:30pm Start 5:00 pm
Saturday	<u>Session 2 11/12 and 15 over</u> Warm up: 7:00 am Start: 8:00 am <u>Session 3 10 under and 13/14</u> Warm up: 1:00 pm Start:2:00 pm
Sunday	<u>Session 4 11/12 and 15 over</u> Warm up: 7:00 am Start: 8:00 am <u>Session 5 10 under and 13/14</u> Warm up:1:00 pm Start: 2:00 pm
CT Swimming Warm-Up Procedures will be in effect.	
MISCELLANEOUS	
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 .
Outreach	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.
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 .
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.
Meet Changes	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.
Scratch Procedure	Scratch sheets will be handed out per session and are due 20 min after the start of warmups. Teams not complying, will be scratched from the session USA Swimming Rulebook 102.3
Eligibility	Select one: 1. 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. List any restrictions, such as age, etc. 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.
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.

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. Time the session allows The distance events (400 yards or greater) may be heat limited to the heats of entries per gender in the order they were received.
2. The maximum number of events allowed per day may be reduced by one (1).

3. 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

2026 WHAT SWIMMING November Age Group Qualifie - 11/13/2026 to 11/15/2026**Session Report**

Session: 1 Friday distance

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	0	0	05:00 PM	_____
Finals	2 Mixed 10 & Over 500 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 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	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

2026 WHAT SWIMMING November Age Group Qualifier - 11/13/2026 to 11/15/2026**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	_____

2026 WHAT SWIMMING November Age Group Qulifie - 11/13/2026 to 11/15/2026**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	_____

2026 WHAT SWIMMING November Age Group Qualifie - 11/13/2026 to 11/15/2026**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	_____