

RST Fall Distance Meet

October 18th, 2026

McCann Natatorium, 70 Park Circle, Milford CT 06460

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S26-13. 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	RST
Meet Director	Emily DeMace emdemace@gmail.com (203)455-4633
Entry Chair	Emily DeMace emdemace@gmail.com (203)455-4633
Referee	George Mladsí
Safety Chair	Chuck Clark chuckclark32@yahoo.com
Official's Contact	Emily DeMace emdemace@gmail.com
FACILITY INFORMATION	
Location	70 Park Circle, Milford CT 06460
Facilities	6-lanes, 25-yard pool. Colorado Timing. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end and turn end 4 to 9 ft. * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Course	SCY
Emergency Phone	203-455-4633
Website	https://www.gomotionapp.com/team/ctsmst/page/home
Wifi Access	Wifi may be available during the meet, if so, a password will be emailed to all teams.
Medical Supervision	There will be no lifeguards on duty but AEDs and first aid kits are available on site.
Safe Sport	Spectators are allowed.
Handicapped/Disabled Access	The McCann Natatorium is fully handicapped accessible. Please contact the Meet Director, Emily DeMace, at (203)455-4633.
Parking	Ample parking is available around and near the pool.
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 October 11th, 2026. All entries must be legible and use full names and registration numbers from USA Swimming registration. Entry into the meet will be determined by the email date of the entry. A confirmation email will be sent within 24 hours of receiving an entry.
Entry Fees	Individual: \$15.00 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	Chuck Clark 18 Ward Pl, Trumbull CT 06611 Payment must be received by 10/18/2026 .
Makes checks payable to	Rapids Swim Team

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 emdemace@gmail.com Please check that your team name, address, and contact information are listed correctly in this file. All entries must be legible and use full names and registration numbers from USA Swimming registration. Entry into the meet will be determined by the email date of the entry. A confirmation email will be sent within 24 hours of receiving an entry.
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. The 400 IMs and 1000 Freestyles will be swum as mixed-gender events.
Entry Limitations	Athletes may swim a maximum of 2 events.
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
Awards	No
SCHEDULE	
Saturday	Session 1 Warm up: 9:00am Start: 10:00am
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 <u>prior</u> 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.

<i>Scratch Procedure</i>	Coaches will receive a scratch sheet for the meet in their information packets listing all 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 warmups. If the scratch sheet is not received by that deadline, all swimmers will be considered to be scratched.
<i>Eligibility</i>	All CT 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.
<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. Athletes aged 7 and Under will be cut from the meet.
2. The distance events (400 meters or yards or greater) may be heat limited to the first 2 heats of entries per gender in the order they were received.
3. The maximum number of events allowed per day may be reduced by one (1).
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).

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.

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Distance Meet - 10/18/2026
Session Report

Session: 1 Session 1

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 400 IM	0	0	10:00 AM	_____
Finals	3 Girls 200 Backstroke	0	0	10:00 AM	_____
Finals	4 Boys 200 Backstroke	0	0	10:00 AM	_____
Finals	5 Girls 200 Butterfly	0	0	10:00 AM	_____
Finals	6 Boys 200 Butterfly	0	0	10:00 AM	_____
Finals	7 Girls 200 Breaststroke	0	0	10:00 AM	_____
Finals	8 Boys 200 Breaststroke	0	0	10:00 AM	_____
Finals	9 Mixed 1000 Freestyle	0	0	10:00 AM	_____
	Finish Time			10:00 AM	_____