

**2026 CAT IMR
Invitational/ Pentathlon
October, 25, 2026**

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

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S26-21. 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	CAT
Meet Director	Steven Cusano stevenpaulcusano@gmail.com
Entry Chair	Melissa Yumbla melissayumbla.cat@gmail.com
Referee	Lisa Whitaker llwhitaker@mac.com
Safety Chair	Steven Cusano stevenpaulcusano@gmail.com
Official's Contact	Lisa Whitaker llwhitaker@mac.com
FACILITY INFORMATION	
Location	Middletown Recreation Center, 140 Wilderman's Way Middletown, CT 06457
Facilities	6 lane 25 yd. competition pool . Colorado Timing. The competition course has been certified in accordance with 104.2.2C(4). Water depth at start end is 12ft and water depth at the turn end is 3.5 ft. * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Course	SCY
Emergency Phone	860-638-4500
Website	catswim.com
Wifi Access	Public WIFI connection with decent strength is provided by the City of Middletown via the Middletown Guest network
Medical Supervision	At least two American Red Cross Certified lifeguards will be on duty at all times. There are two AEDs available in the hall way just outside the pool. The guard room is also stocked with a first aid kit and cabinet.
Safe Sport	There is ample spectator seating on the lane 6 side of the pool. Likewise, there will be public bathrooms designated for spectator and adult athlete usage. Only athletes, certified coaches and officials, and meet personnel will be allowed on the pool deck..
Handicapped/Disabled Access	The Middletown Recreation Center has handicapped parking spaces. The locker rooms and pool deck are at ground level and are spacious enough to allow wheelchair access. For any questions regarding accessibility please reach out to Rob Duguay at roberteduguay3@gmail.com
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.

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 18, 2026. Mail hardcopy and payment to the entry chairperson: Melissa Yumbla, 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.
Entry Fees	Individual: \$12.00 Relay: \$20.00 Manual Entry Fees: \$6.00 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	Melissa Yumbla, 91 Little City Rd, Higganum, CT 06441.. Payment must be received by 10/25/26
Makes checks payable to	HK Recreation Department, memo: Cougar.
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 melissayumbla.cat@gmail.com . Please check that your team name, address, and contact information are listed correctly in this file. An entry will be considered received using the time stamp on the email with entry file. Edits to entries are due by Wednesday October 21, 2026 so we can run meet recon in a timely fashion. Payment is due NO LATER than October 25, 2026.
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 . All events will be swum fast-to-slow, alternating events of women and men.
Entry Limitations	All Swimmers are limited to Five (5) Events, this includes Relay Events. Likewise the meet is capped at 150 individuals 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. We will be running a 200 yd. Medley Relay in both the 12 and under and 13 and over sessions. This relay will be run as a mixed relay. Mixed relay teams MUST consist of two boys and two girls.
Time Trials	No. 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. Time Trials WILL NOT BE OFFERED at this meet. The deadline for Time Trial entries is NA for morning sessions and NA for afternoon sessions. The fee for Time Trial entries are \$0.00 for individual events and \$0.00 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 Minor Athlete Abuse Prevention Policy .

Hospitality	Yes. Hospitality will be offered to officials and coaches.
Concession	Yes
Awards	Yes. Heat Winner ducks will be provided to all heat winners. Likewise, awards will be offered to the top 3 fastest female and male swimmers in the 8&Under, 10& Under 11-12, 13-14, and 15& Over Age groups with the fastest overall combined time in the individual Butterfly, Backstroke, Breaststroke, Freestyle, and Individual Medley events for their respective age groups.
SCHEDULE	
Sunday	Session 1 12& Under Warm up: 7:15am Start: 8:30am Session 2 13& Over Warm up: 12:15pm Start: 1:30pm
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.
Scratch Procedure	Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures. USA Swimming Rulebook 102.3
Eligibility	All USA Swimming clubs and individuals; 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. 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 yards or greater) may be heat limited to the first 2 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).

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 CAT IMR - copied - 10/25/2026**Session Report**

Session: 1 12 and Under Session

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 8 & Under 25 Butterfly	0	0	08:30 AM	_____
Finals	2 Boys 8 & Under 25 Butterfly	0	0	08:30 AM	_____
	Break: 5 Minutes:				
Finals	3 Girls 12 & Under 50 Butterfly	0	0	08:35 AM	_____
Finals	4 Boys 12 & Under 50 Butterfly	0	0	08:35 AM	_____
	Break: 5 Minutes:				
Finals	5 Girls 8 & Under 25 Backstroke	0	0	08:40 AM	_____
Finals	6 Boys 8 & Under 25 Backstroke	0	0	08:40 AM	_____
	Break: 5 Minutes:				
Finals	7 Girls 12 & Under 50 Backstroke	0	0	08:45 AM	_____
Finals	8 Boys 12 & Under 50 Backstroke	0	0	08:45 AM	_____
	Break: 5 Minutes:				
Finals	9 Girls 8 & Under 25 Breaststroke	0	0	08:50 AM	_____
Finals	10 Boys 8 & Under 25 Breaststroke	0	0	08:50 AM	_____
	Break: 5 Minutes:				
Finals	11 Girls 12 & Under 50 Breaststroke	0	0	08:55 AM	_____
Finals	12 Boys 12 & Under 50 Breaststroke	0	0	08:55 AM	_____
	Break: 5 Minutes:				
Finals	13 Girls 8 & Under 25 Freestyle	0	0	09:00 AM	_____
Finals	14 Boys 8 & Under 25 Freestyle	0	0	09:00 AM	_____
	Break: 5 Minutes:				
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 12 & Under 100 IM	0	0	09:05 AM	_____
Finals	18 Boys 12 & Under 100 IM	0	0	09:05 AM	_____
	Break: 5 Minutes:				
Finals	19 Mixed 12 & Under 200 Medley Relay	0	0	09:10 AM	_____
	Finish Time			09:10 AM	_____

2026 CAT IMR - copied - 10/25/2026**Session Report**

Session: 2 13 and Over Session

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

Round	Event	Entries	Heats	Starts at	
Finals	20 Girls 13 & Over 100 Butterfly	0	0	01:30 PM	_____
Finals	21 Boys 13 & Over 100 Butterfly	0	0	01:30 PM	_____
Finals	22 Girls 13 & Over 100 Backstroke	0	0	01:30 PM	_____
Finals	23 Boys 13 & Over 100 Backstroke	0	0	01:30 PM	_____
Finals	24 Girls 13 & Over 100 Breaststroke	0	0	01:30 PM	_____
Finals	25 Boys 13 & Over 100 Breaststroke	0	0	01:30 PM	_____
Finals	26 Girls 13 & Over 100 Freestyle	0	0	01:30 PM	_____
Finals	27 Boys 13 & Over 100 Freestyle	0	0	01:30 PM	_____
Finals	28 Girls 13 & Over 200 IM	0	0	01:30 PM	_____
Finals	29 Boys 13 & Over 200 IM	0	0	01:30 PM	_____
	Break: 5 Minutes:				
Finals	30 Mixed 13 & Over 200 Medley Relay	0	0	01:35 PM	_____
	Finish Time			01:35 PM	_____