

CAC and SAQ Trophy Pentathlon

Saturday, November 6, 2021

Wolff – Zackin Natatorium, University of Connecticut
2095 Hillside Road, Storrs, CT 06269

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit ctswim.org or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S21-20. 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.

COVID-19 Statement

In applying for this sanction, the Host, Connecticut Aquatic Club/Storrs Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, UCONN Storrs. <http://www.ehhd.org/>

COVID-19 Assumption of Risk Disclaimer

We, Connecticut Aquatic Club/Storrs Aquatic Club, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at CAC/SAQ Trophy Pentathlon or on site at Wolff-Zackin Natatorium. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at CAC/SAQ Trophy Pentathlon and being on site at Wolff-Zackin Natatorium, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN

CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19
RELATED TO PARTICIPATION IN THIS COMPETITION.

WAIVER: Waivers with signatures are required. All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Instructions for waivers will be emailed to visiting teams when entry is received.

EVENTS

	Name	Email	Phone
Meet Director:	Jon Caswell	joncacswwim@gmail.com	401-256-7483
Meet Referee:	Willis Hawkins	willishawkins@comcast.net	
Lead Admin Official:	Tim Wise	tim.wise@uconn.edu	
Entry Chair:	Time Wise		
Safety Chair:	Chris Maiello	christopher.maiello@uconn.edu	

MEET HOSTS: CAC and SAQ.

WEBSITE: www.cacswwim.net.

POOL EMERGENCY NUMBER: (860) 486 – 4800 (campus police)

SANCTIONED OR APPROVED: Sanctioned

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming;

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

SCRATCH PROCEDURES: Scratch sheets will be due no more than 30 minutes after warm up begins

BEFORE ENTERING FACILITY or WHAT TO BRING: Heat sheet info and entry procedures will be emailed to visiting teams when entries for the meet are accepted.

FACILITY: The Wolff – Zackin Natatorium is a 6 lane, 50 meter pool with 2 moveable bulkheads. For this competition 6 lanes will be used for racing (north course) with an additional 6 lanes for continuous warm up/warm down (south course). Water depth at start end is: 6 ft. Water depth at turn end is: 6 ft. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado electronic timing will be used. Ample spectator seating exists. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

SAFE SPORT POLICIES: Spectator information will be emailed to visiting teams when entries are accepted.

DISABLED ACCESS: Handicapped parking and pool deck access are available. If special assistance is required by athletes, coaches or spectators please contact the Meet Director

COURSE: SCY

SESSION TIMES: Subject to Change (sessions may be combined if not full)

11-12 Warmup 7am, Meet 8am

10 & U Warmup 10am, Meet 10:30am

13 & 14 Warmup 12pm Meet 1pm

15 & over Warmup 3pm, Meet 4pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Warm-up assignments will be emailed to visiting teams by Tuesday prior to the meet.

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.

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.

ADULT ATHLETES: All athletes who will be 18 years of age or older must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

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 LIMITATIONS: Swimmers must swim all 5 events to be in the running for a trophy at the end of the meet. Times from all 5 events will be added together and the swimmers with the lowest time will win.

ENTRY TIMES: Submit entry times in: SCY.

DEADLINES: deadline is November 1, 2021. Mail hardcopy and payment to the entry chairperson: Jon Caswell, 5443 Post Rd, Charlestown RI 02813. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entry is considered received by email receipt.

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 joncacswwim@gmail.com. Please submit payment to be received one week before the start of the meet.

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 athletes, and their parents, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

ENTRY FEES: Electronic entries: \$10.50 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

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.

PAYMENT INSTRUCTIONS: Please make checks payable to CAC and mail to: Jon Caswell/CAC, 5443 Post Rd, Charlestown RI 02813. Payment must be received by Friday, November 5, 2021.

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: 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.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. 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.

Additionally, the following "Non-Camera Zones" shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

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 the USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming Rules will govern this meet.

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: Pentathlon scoring - Times from all 5 events will be added together and the swimmers with the lowest time will win.

AWARDS: Yes. 12 & unders will receive top 6 ribbons for each event. For ALL AGES the top 3 swimmers that swim all 5 events and have the lowest overall time will receive trophies

CONCESSIONS: N/A

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: South Garage is the nearest parking structure to the Wolff – Zackin Natatorium. This is an hourly pay to park facility. Storrs Aquatics is not responsible for those vehicles that park illegally. School is in session on Friday. Those cars parked in reserved spaces, run the risk of receiving a citation. Surface lots open at 5:00 pm and remain open on Saturday – Sunday

DIRECTIONS:

FROM HARTFORD: The University of Connecticut campus is located 45 minutes driving time from Hartford. Take I-84 east to exit (68). Off the exit take a right on Rte. 195 south and follow signs to the university. Once on the campus go right on North Eagleville Road. Take first left onto Glenbrook Rd. At end of Glenbrook Rd., go left on Hillside Road. At the second stop sign go right on Jim Calhoun Way.

UFROM BOSTON: The University of Connecticut campus is approximately one and half-hours from Boston. From Mass Pike take I-84 west to exit (68). Off the exit take a left on Rte. 195 south and follow signs to the university. Once on the campus go right on North Eagleville Road. Take first left onto Glenbrook Rd. At end of Glenbrook Rd., go left on Hillside Road. At the second stop sign go right on Jim Calhoun Way.

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at UCONN Storrs or any CAC/SAQ related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) CAC/SAQ and / or UCONN Storrs and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this ____ day of November, 2021.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

NAMES OF MINOR CHILD(REN), IF ANY: _____

2021 Trophy Pentathlon - 11/6/2021
Session Report

Session: 1 11-12

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +20 Seconds

Round	Event	Starts at	
Finals	1 Girls 11-12 100 IM	08:00 AM	_____
Finals	2 Boys 11-12 100 IM	08:05 AM	_____
Finals	3 Girls 11-12 50 Butterfly	08:09 AM	_____
Finals	4 Boys 11-12 50 Butterfly	08:11 AM	_____
Finals	5 Girls 11-12 50 Backstroke	08:14 AM	_____
Finals	6 Boys 11-12 50 Backstroke	08:17 AM	_____
Finals	7 Girls 11-12 50 Breaststroke	08:20 AM	_____
Finals	8 Boys 11-12 50 Breaststroke	08:23 AM	_____
Finals	9 Girls 11-12 50 Freestyle	08:25 AM	_____
Finals	10 Boys 11-12 50 Freestyle	08:28 AM	_____
	Swimmers Counts for Warm-ups: 15		
	Finish Time	08:30 AM	_____

2021 Trophy Pentathlon - 11/6/2021
Session Report

Session: 2 10 & under

Day of Meet: 1 Starts at 10:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	11 Girls 9-10 100 IM	10:30 AM	_____
Finals	12 Boys 9-10 100 IM	10:33 AM	_____
Finals	13 Girls 8 & Under 100 IM	10:37 AM	_____
Finals	14 Boys 8 & Under 100 IM	10:39 AM	_____
Finals	15 Girls 9-10 50 Butterfly	10:42 AM	_____
Finals	16 Boys 9-10 50 Butterfly	10:43 AM	_____
Finals	17 Girls 8 & Under 25 Butterfly	10:46 AM	_____
Finals	18 Boys 8 & Under 25 Butterfly	10:47 AM	_____
Finals	19 Girls 9-10 50 Backstroke	10:48 AM	_____
Finals	20 Boys 9-10 50 Backstroke	10:48 AM	_____
Finals	21 Girls 8 & Under 25 Backstroke	10:51 AM	_____
Finals	22 Boys 8 & Under 25 Backstroke	10:52 AM	_____
Finals	23 Girls 9-10 50 Breaststroke	10:53 AM	_____
Finals	24 Boys 9-10 50 Breaststroke	10:55 AM	_____
Finals	25 Girls 8 & Under 25 Breaststroke	10:57 AM	_____
Finals	26 Boys 8 & Under 25 Breaststroke	10:58 AM	_____
Finals	27 Girls 9-10 50 Freestyle	10:59 AM	_____
Finals	28 Boys 9-10 50 Freestyle	11:01 AM	_____
Finals	29 Girls 8 & Under 25 Freestyle	11:03 AM	_____
Finals	30 Boys 8 & Under 25 Freestyle	11:04 AM	_____
	Swimmers Counts for Warm-ups: 21		
	Finish Time	11:05 AM	_____

2021 Trophy Pentathlon - 11/6/2021
Session Report

Session: 3 13-14

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +20 Seconds

Round	Event	Starts at
Finals	31 Boys 13-14 100 IM	01:00 PM _____
Finals	32 Girls 13-14 100 IM	01:02 PM _____
Finals	33 Boys 13-14 100 Butterfly	01:04 PM _____
Finals	34 Girls 13-14 100 Butterfly	01:06 PM _____
Finals	35 Boys 13-14 100 Backstroke	01:08 PM _____
Finals	36 Girls 13-14 100 Backstroke	01:11 PM _____
Finals	37 Boys 13-14 100 Breaststroke	01:13 PM _____
Finals	38 Girls 13-14 100 Breaststroke	01:15 PM _____
Finals	39 Boys 13-14 100 Freestyle	01:17 PM _____
Finals	40 Girls 13-14 100 Freestyle	01:19 PM _____
	Swimmers Counts for Warm-ups: 7	
	Finish Time	01:21 PM _____

2021 Trophy Pentathlon - 11/6/2021
Session Report

Session: 4 15 & OVER

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +20 Seconds

Round	Event	Starts at	
Finals	41 Boys 15 & Over 100 IM	04:00 PM	_____
Finals	42 Girls 15 & Over 100 IM	04:02 PM	_____
Finals	43 Boys 15 & Over 100 Butterfly	04:04 PM	_____
Finals	44 Girls 15 & Over 100 Butterfly	04:06 PM	_____
Finals	45 Boys 15 & Over 100 Backstroke	04:08 PM	_____
Finals	46 Girls 15 & Over 100 Backstroke	04:10 PM	_____
Finals	47 Boys 15 & Over 100 Breaststroke	04:12 PM	_____
Finals	48 Girls 15 & Over 100 Breaststroke	04:14 PM	_____
Finals	49 Boys 15 & Over 100 Freestyle	04:16 PM	_____
Finals	50 Girls 15 & Over 100 Freestyle	04:18 PM	_____
	Swimmers Counts for Warm-ups: 5		
	Finish Time	04:20 PM	_____