

**2022-2023 Short Course Season
ARAC DISTANCE MEET
December 2, 2022**

525 Orange Center Road, Orange CT 06477

<https://www.google.com/maps/place/High+Plains+Community+Center>

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. #S22- 37. 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, Amity Regional 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, the town of Orange. <http://orange-ct.gov/>

COVID-19 Assumption of Risk Disclaimer

We, Amity Regional 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 ARAC Distance Meet or on site at Orange Town Pool. 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 ARAC Distance Meet and being on site at Orange Town Pool, 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.

EVENTS

	Name	Email	Phone
Meet Director:	Michael Jordan	coachmichael@aracswimteam.com	
Meet Referee:	Dave Pite	dave@pitelaw.com	
Lead Admin Official:	David Heller	hellerd@nationwide.com	
Entry Chair:	Michael Jordan	coachmichael@aracswimteam.com	
Safety Chair:	Brittany Hicks	coachbritt03@gmail.com	
Officials Contact:	Dave Pite	dave@pitelaw.com	

MEET HOST: ARAC

WEBSITE: [Amity Regional Aquatic Club: \(www.aracswimteam.com\)](http://www.aracswimteam.com)

POOL EMERGENCY NUMBER: 203.891.4761

SESSION TIMES: Warm up 6pm Start Time 6:45pm

MEET TYPE: Distance Meet

MEET FORMAT: The meet will be swum as Timed-Final. **All events** will be swum fast-to-slow, alternating heats of women and men.

DEADLINES: deadline is November 18, 2022. Mail hardcopy and payment to the entry chairperson: Michael Jordan, PO Box 721, Orange, CT 06477. All entries must be legible and must use full names and registration numbers from USA Swimming registration. The date an entry is received will be determined by email receipt time stamp.

PAYMENT INSTRUCTIONS: Please make checks payable to Amity Regional Aquatic Club.

Mail to:

ARAC

PO Box 721

Orange, CT 06477

Payment must be received by 11/25/2022.

ENTRY FEES: Electronic entries: \$12.00 for distance event. Manual entries: \$12.00 for distance events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

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.

NEW FOR 2022-23: 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.

SANCTIONED OR APPROVED: Sanctioned

MEET DURATION: Mini meet with all sessions timed to three hours or less before scratches.

MEET FORMAT: The meet will be swum as Timed-Final. All events will be swum fast-to-slow, alternating heats of women and men.

SCRATCH PROCEDURES: All Scratches are due no later than 20 minutes prior to the Start of the Meet. Failure to comply with this procedure will result in swimmers being entered with NT.

BEFORE ENTERING FACILITY or WHAT TO BRING: It is recommended that swimmers bring deck chairs to sit in for the duration of the meet. Swimmers should arrive in their suits upon entering the Orange Town Pool.

FACILITY: Orange Town Pool is an 8 -lane, 25-yard pool. Water depth at start end is: 4ft 11in. Water depth at turn end is: 4ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system will be used. There may be spectator seating, this will be updated after all entries have been received. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

SAFE SPORT POLICIES: If spectators are allowed during the Meet, it may not be Livestreamed. If there are no spectators allowed during the Meet, it will be Livestreamed. Coaches will be notified if/when Spectators will be allowed no later than 1 week before the start of the Meet. There is no wifi.

DISABLED ACCESS: Handicap parking located in front and rear of building. Handicapped entrance in pool lobby with wheelchair ramp in lobby to access locker rooms and pool office. If allowed, spectator seating is not handicap accessible. Contact the meet director for special arrangements.

COURSE: SCY

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Warm-Up Assignments will be emailed to Coaches at least 3 days prior to the start of the Meet.

ELIGIBILITY: 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-](https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf)

[Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf](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.

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: Maximum 1 event per swimmer

ENTRY TIMES: Submit entry times in: SCY.

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 coachmichael@aracswimteam.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected by November 25, 2022.

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](#).

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.

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 8 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 4 heats of entries per gender in the order they were received.
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).

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, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

TIME TRIALS: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Swimmers will be required to provide their own timers and counter (for 500 free and 1000 free) for all events.

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: The meet will not be scored.

AWARDS: No Awards.

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Please use the parking lot adjacent to fairgrounds to enter the pool lobby.

DIRECTIONS: The Orange Town Pool is located at 525 Orange Center Road, Orange CT 06477.
[High Plain Community Center](#)

ARAC Distance Meet - 12/2/2022
Session Report

Session: 1 Friday Distance

Day of Meet: 1 Starts at 06:45 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	1 Mixed 12 & Under 500 Freestyle	06:45 PM	_____
Finals	2 Mixed 13 & Over 400 IM	06:45 PM	_____
Finals	3 Mixed 13 & Over 1000 Freestyle	06:45 PM	_____
	Finish Time	06:45 PM	_____