

# Hamden Hall Aquatic Club

## HHAC Distance Meet

Friday, January 27, 2023

Beckerman Athletic Center – 225 Skiff Street, Hamden, CT. 06517

<https://goo.gl/maps/cxjj88uwSo4mxfwr7>

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](http://ctswim.org) or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S22-61. 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, Hamden Hall 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,, <https://portal.ct.gov/DPH/Local-Health-Admin/LHA/Quinnipiack-Valley-Health-District>

### COVID-19 Assumption of Risk Disclaimer

We, Hamden Hall 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 All Ages Halloween Pentathlon at Beckerman Athletic Center. 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 All Ages Halloween Pentathlon at Beckerman Athletic Center, 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.

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Jen Lyman	jlyman@hamdenhall.org	203 464-6903
<b>Meet Referee:</b>	Bill Hawkins	willishawkins@comcast.net	860-539-3942
<b>Lead Admin Official:</b>	Amy Buggé	abugge@milforded.org	203-415-9372
<b>Entry Chair:</b>	Jen Lyman	jlyman@hamdenhall.org	203 464-6903
<b>Safety Chair:</b>	Martha Phelan	phelan.martha@gmail.com	203-619-4829
<b>Officials Contact:</b> (optional)			

**MEET HOST:** HHAC

**WEBSITE:** <http://www.swimhhac.com>

**POOL EMERGENCY NUMBER:** 203-752-2600

**SESSION TIMES:** Subject to Change

4:00pm warmup, Start 5:00pm

**DEADLINES:** Entry deadline is: Friday, January 6, 2023. Mail hardcopy to the entry chairperson: Jen Lyman - PO BOX 185051, Hamden, CT. 06518. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries via e-mail are encouraged and will be used to determine the date an entry is received. Deck entries are not allowed.

**PAYMENT INSTRUCTIONS:** Please make checks payable to **Hamden Hall**.

Mail to: Jen Lyman, PO BOX 185051, Hamden, CT. 06518      Payment must be received by 1/13/23.

**ENTRY FEES:** Electronic entries: \$15 for individual events. Manual entries: \$18 for individual events. In the case of approved meets, include any per swimmer fees. 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 sanctioned USA/CT Swimming meet.

**SANCTIONED OR APPROVED:** Sanctioned

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

**MEET FORMAT:** Timed Final. All events will be swum Fastest to Slowest

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for the meet in their information packets listing all of their swimmers and events. Coaches must indicate all scratches on these sheets and turn them into the computer table within one half hour after the start of warm-up.

**FACILITY:** The Edwards Family Natatorium is a 6-lane, 25-yard pool. Water depth at start end is 13.6 feet. Water depth at turn end is 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). The pool has electronic timing with a full display board. We will be using stopwatches for a back-up system should the timing system fail. The spectator seating will accommodate approx. 200 people.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**Wi-Fi is NOT available at this site**

**SAFE SPORT POLICIES:** Parents will have spectator access. Limited first come, first serve.

**DISABLED ACCESS:** Handicapped parking is available. The main entrance, locker rooms, spectator seating and pool entrances are handicapped accessible. Please contact the meet director if athletes, coaches or spectators require assistance.

**COURSE:** SCY

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect.

Warmup 1: 4:00-4:25 Lanes 1-6 (13/Overs)

Warmup 2: 4:25-4:45 Lanes 1-6 (12/Unders)

Warmup 3: 4:45-5:00 Pace/Sprints (all ages)

**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](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 (select one) USA Swimming or CT 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:** 2 events per individual

**ENTRY TIMES:** Submit entry times in: SCY. If there are no official times for an athlete, please submit estimated times. No Times (NT) will not be accepted

**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 [abugge@milforded.org](mailto:abugge@milforded.org) Please check that your team name, address, and contact information are listed correctly in this file. Payment is due by December 9, 2022. Your team is not officially entered into the meet until payment has been received. Please send payment (instructions below) immediately after sending electronic entry to ensure entry into 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](#).

**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](http://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:

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:** All teams will be required to provide timers in proportion to the size of their team entry. It is the responsibility of each team representative or coach to make sure that their timers report for the timers' meeting and remain in place throughout the session. Participating clubs will be notified of work assignments by the Tuesday before the meet.

**Swimmers MUST provide their own counter and timer for the 500 FREE and the 1650 FREE.**

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:** NO

**AWARDS:** NO

**CONCESSIONS:** NO

**HOSPITALITY FOR COACHES AND OFFICIALS:** YES

**PARKING:** Free parking is available in the Beckerman Athletic Center parking lot.

**HHAC Distance Meet - 1/27/2023**  
**Session Report**

Session: 1 Distance Session

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 500 Freestyle	0	0	05:00 PM	_____
Finals	2 Boys 500 Freestyle	0	0	05:00 PM	_____
Finals	3 Girls 8-12 200 Backstroke	0	0	05:00 PM	_____
Finals	4 Boys 8-12 200 Backstroke	0	0	05:00 PM	_____
Finals	5 Girls 8-12 200 Breaststroke	0	0	05:00 PM	_____
Finals	6 Boys 8-12 200 Breaststroke	0	0	05:00 PM	_____
Finals	7 Girls 8-12 200 Butterfly	0	0	05:00 PM	_____
Finals	8 Boys 8-12 200 Butterfly	0	0	05:00 PM	_____
Finals	9 Girls 400 IM	0	0	05:00 PM	_____
Finals	10 Boys 400 IM	0	0	05:00 PM	_____
Finals	11 Girls 1650 Freestyle	0	0	05:00 PM	_____
Finals	12 Boys 1650 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____