

Mandell JCC
Free Mix & Splash
Age Group & Senior Qualifier
October 15-16, 2022

[Cornerstone Aquatic Center](#)
[55 Buena Vista Road](#)
[West Hartford,](#)
[CT 06107](#)

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.

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Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S22-6. 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, Mandell Jewish Community Center, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, West Hartford Health Department.

COVID-19 Assumption of Risk Disclaimer

We, Mandell JCC, 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 Free Mix & Splash or on site at Cornerstone Aquatic 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 Free Mix & Splash and being on site at Cornerstone Aquatic 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.

	Name	Email	Phone
Meet Director:	Karim Mabrouk	kmabrouk@mandelljcc.org	914-433-1473
Meet Referee:	David Heller	hellerd@nationwide.com	203-509-7320
Lead Admin Official:	Maryanne Seguro	Maryanne.seguro@gmail.com	860-593-1886
Entry Chair:	Karim Mabrouk	kmabrouk@mandelljcc.org	914-433-1473
Safety Chair:	Karim Mabrouk	kmabrouk@mandelljcc.org	914-433-1473
Officials Contact: (optional)	Karim Mabrouk	kmabrouk@mandelljcc.org	914-433-1473

MEET HOST: MJCC

WEBSITE: [Mandell JCC](#)

POOL EMERGENCY NUMBER: 914-433-1473

SESSION TIMES: Subject to Change

7:30-8:20AM Saturday & Sunday.

8:30AM Start time on Saturday & Sunday.

DEADLINES: deadline is October 12th, 2022. Mail hardcopy and payment to the entry chairperson, **Karim Mabrouk at 230 Bushy Hill Road, Simsbury CT 06070**. All entries must be legible and must use full names and registration numbers from USA Swimming registration. An entry will be officially considered in the meet when the entry has been received by email or mail. Entry chairs will be notified of entry acceptance within 24 hours of receiving the entry.

PAYMENT INSTRUCTIONS: Please make checks payable to Mandell JCC.

Mail to:

Karim Mabrouk

230 Bushy Hill Road

Simsbury, CT 06070

Payment must be received by 10/16/2022.

ENTRY FEES: Electronic entries: \$12 for individual events and \$15 for distance event. Manual entries: \$12 for individual events, and \$15 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.

SCRATCH PROCEDURES: Scratches are due 30mins before the start of each session.

FACILITY: [Cornerstone Aquatic Center](#) is a eleven-lane, 25-yard pool. Water depth at start end is: 7ft. Water depth at turn end is: 4ft. 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. There is spectator seating for approx. 350 spectators. WiFi with a good signal will be available to spectators and swimmers.

SAFE SPORT POLICIES: There separate bathrooms available for coaches and volunteers on deck. Though the locker rooms are available, swimmers are encouraged to come in, ready in their suits in order to limit the locker room traffic.

DISABLED ACCESS: The Cornerstone Aquatic Center is handicapped accessible, with handicapped viewing area available. Contact the meet director for additional information and/or if special arrangements are required.

COURSE: SCY

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Warmup 1: 7:30-7:55AM; Warmup 2: 7:55-8:20AM. 10 lanes will be used for each warmup session.

ELIGIBILITY: 1. 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.

ADAPTED SWIMMING: Any current athlete members of [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. Adapted athletes may direct questions to the [Connecticut Swimming office](#).

EVENT INFORMATION: Top 3 overall athletes of each group who complete the “Freestyle Splash” (swim all or a combination of the freestyle events 50free; 100free; 200free, 500 free, 1000free and 1650free) will receive special awards.

ENTRY LIMITATIONS: Swimmers are limited to 5 events per session, for a total of 10 events for the meet.

ENTRY TIMES: Submit entry times in: SCY. No Time Standards.

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 kmabrouk@mandelljcc.org. Please check that your team name, address, and contact information are listed correctly in this file. Payments are expected no later than the final day of the meet on October 16, 2022. Other payment arrangements (such as checks delivered in person at the meet) can be made in discussion with the meet director prior to the payment deadline.

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:

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. The 1650 free event will be reserved to the top 8 swimmers in boys and top 8 in girls.
2. The 1000 free event will be reserved to the top 8 swimmers in boys and top 8 in girls.
3. The 500 free event will be reserved to the top 8 swimmers in the boys and top 8 in the girls.

4. The maximum number of events allowed per day may be reduced by one for a max of 4 events per session.
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).

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: Yes. 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. The deadline for Time Trial entries is/are 09:00AM for the morning sessions. The fee for Time Trial entries are \$20 for individual events.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Mandell JCC will cover the vast majority of work assignments. Participating clubs will be notified of work assignments by the Monday before the meet.

Each Swimmer must provide their own Timers & Counter for the 1000 & 1650 Free 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 only be scored for the freestyle events to determine the combined score of top 3 individual who compete in all or a combination of the freestyle events. Top 16 swimmers score in each freestyle event: 20; 17; 16; 15; 14; 13; 12; 11; 9; 7; 6; 5; 4; 3; 2; 1

AWARDS: Top 3 individual who compete in all or a combination of the freestyle events will receive a special award.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: You can park in any of the designated parking spots in the Cornerstone Aquatic Center parking lot.

Free Mix & Splash - 10/15/2022 to 10/16/2022**Session Report**

Session: 1 Saturday Splash

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 1000 Freestyle	0	0	08:30 AM	_____
Finals	2 Boys 12 & Under 1000 Freestyle	0	0	08:30 AM	_____
Finals	3 Girls 13 & Over 1000 Freestyle	0	0	08:30 AM	_____
Finals	4 Boys 13 & Over 1000 Freestyle	0	0	08:30 AM	_____
	Break: 5 Minutes:				
Finals	5 Girls 10 & Under 50 Butterfly	0	0	08:35 AM	_____
Finals	6 Boys 10 & Under 50 Butterfly	0	0	08:35 AM	_____
Finals	7 Girls 11-12 50 Butterfly	0	0	08:35 AM	_____
Finals	8 Boys 11-12 50 Butterfly	0	0	08:35 AM	_____
Finals	9 Girls 13 & Over 100 Butterfly	0	0	08:35 AM	_____
Finals	10 Boys 13 & Over 100 Butterfly	0	0	08:35 AM	_____
	Break: 2 Minutes:				
Finals	11 Girls 10 & Under 50 Freestyle	0	0	08:37 AM	_____
Finals	12 Boys 10 & Under 50 Freestyle	0	0	08:37 AM	_____
Finals	13 Girls 11-12 50 Freestyle	0	0	08:37 AM	_____
Finals	14 Boys 11-12 50 Freestyle	0	0	08:37 AM	_____
Finals	15 Girls 13 & Over 50 Freestyle	0	0	08:37 AM	_____
Finals	16 Boys 13 & Over 50 Freestyle	0	0	08:37 AM	_____
	Break: 2 Minutes:				
Finals	17 Girls 10 & Under 50 Backstroke	0	0	08:39 AM	_____
Finals	18 Boys 10 & Under 50 Backstroke	0	0	08:39 AM	_____
Finals	19 Girls 11-12 50 Backstroke	0	0	08:39 AM	_____
Finals	20 Boys 11-12 50 Backstroke	0	0	08:39 AM	_____
Finals	23 Girls 13 & Over 100 Backstroke	0	0	08:39 AM	_____
Finals	24 Boys 13 & Over 100 Backstroke	0	0	08:39 AM	_____
	Break: 2 Minutes:				
Finals	25 Girls 12 & Under 200 Freestyle	0	0	08:41 AM	_____
Finals	26 Boys 12 & Under 200 Freestyle	0	0	08:41 AM	_____
Finals	27 Girls 13 & Over 200 Freestyle	0	0	08:41 AM	_____
Finals	28 Boys 13 & Over 200 Freestyle	0	0	08:41 AM	_____
	Finish Time			08:41 AM	_____

Free Mix & Splash - 10/15/2022 to 10/16/2022**Session Report**

Session: 2 Sunday Splash

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 10 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	30 Boys 10 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	31 Girls 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	32 Boys 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	33 Girls 13 & Over 100 Freestyle	0	0	08:30 AM	_____
Finals	34 Boys 13 & Over 100 Freestyle	0	0	08:30 AM	_____
	Break: 2 Minutes:				
Finals	35 Girls 10 & Under 50 Breaststroke	0	0	08:32 AM	_____
Finals	36 Boys 10 & Under 50 Breaststroke	0	0	08:32 AM	_____
Finals	37 Girls 11-12 50 Breaststroke	0	0	08:32 AM	_____
Finals	38 Boys 11-12 50 Breaststroke	0	0	08:32 AM	_____
Finals	39 Girls 13 & Over 100 Breaststroke	0	0	08:32 AM	_____
Finals	40 Boys 13 & Over 100 Breaststroke	0	0	08:32 AM	_____
	Break: 2 Minutes:				
Finals	41 Girls 12 & Under 500 Freestyle	0	0	08:34 AM	_____
Finals	42 Boys 12 & Under 500 Freestyle	0	0	08:34 AM	_____
Finals	43 Girls 13 & Over 500 Freestyle	0	0	08:34 AM	_____
Finals	44 Boys 13 & Over 500 Freestyle	0	0	08:34 AM	_____
	Break: 2 Minutes:				
Finals	45 Girls 10 & Under 100 IM	0	0	08:36 AM	_____
Finals	46 Boys 10 & Under 100 IM	0	0	08:36 AM	_____
Finals	47 Girls 11-12 100 IM	0	0	08:36 AM	_____
Finals	48 Boys 11-12 100 IM	0	0	08:36 AM	_____
Finals	49 Girls 13 & Over 200 IM	0	0	08:36 AM	_____
Finals	50 Boys 13 & Over 200 IM	0	0	08:36 AM	_____
	Break: 5 Minutes:				
Finals	51 Girls 12 & Under 1650 Freestyle	0	0	08:41 AM	_____
Finals	52 Boys 12 & Under 1650 Freestyle	0	0	08:41 AM	_____
Finals	53 Girls 13 & Over 1650 Freestyle	0	0	08:41 AM	_____
Finals	54 Boys 13 & Over 1650 Freestyle	0	0	08:41 AM	_____
Finals	55 Mixed 13 & Over 1650 Freestyle	0	0	08:41 AM	_____
	Finish Time			08:41 AM	_____