

2023 Water Rat Age Group Qualifier

Qualifier

November 10-12, 2023

Westport Weston Family Y

14 Allen Raymond Lane – Westport, CT 06880

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S23-30. 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.

EVENTS

	Name	Email	Phone
Meet Director:	Ellen Johnston	ejohnston@westporty.org	(203) 209-0198
Meet Referee:	Margy Sargent	mhsarge@att.net	
Lead Admin Official:	Adrienne Williams	awilliams@westporty.org	
Entry Chair:	Ellen Johnston	ejohnston@westporty.org	
Safety Chair:	Kristen Finnegan	kfinnegan@westporty.org	
Officials Contact: (optional)			

MEET HOST: Westport Weston Family Y Swim Team - WRAT

WEBSITE: www.wrat.org

POOL EMERGENCY NUMBER: 203-226-8981

SESSION TIMES: Subject to Change

Session	Warm-up	Meet Start
Session I: Friday PM	330pm	430pm
Session II: Saturday AM	645am	830am
Session III: Saturday PM	1245pm	230pm
Session IV: Sunday AM	645am	830am
Session V: Sunday PM	1245pm	230pm

DEADLINES: Entry deadline is Wednesday, November 1, 2023. Emails entries are preferred from Hy-Tek Team Manager that are in CL2 or SD3/SDIF format. ALL entries are to be submitted to Ellen Johnston – ejohnston@westporty.org. Mail hardcopy and payment – checks payable to WRAT Parent Club – Mail to: Water Rat Swim Team; Westport Y; 14 Allen Raymond Lane; Westport, CT 06880. Entry fee payments are due by Friday, November 10, 2023. *Entries will be accepted on a first come first serve basis via email.*

PAYMENT INSTRUCTIONS: Please make checks payable to: WRAT Parent Club.

Please make checks payable to WRAT Parent's Club and mail to: Water Rat Swim Team; 14 Allen Raymond lane; Westport, CT 06880. Payment must be received by 11/10/23.

ENTRY FEES: Electronic entries: \$12.00 for individual events and \$15.00 for the 1650. Manual entries: \$15.00 for individual events and \$20.00 for distance events.

EVENT INFORMATION: No new swimmer on deck event entries will be allowed. For swimmers entered in the meet, change of events will be allowed and adding will be based on session time line.

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.

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 Finals.

The 1650 will run fastest to slowest. The event *may be* heat limited to Top 30 women and men.

SCRATCH PROCEDURES: Attending teams will receive a scratch sheet with their meet entries. These will need to be turned in no later 30 minutes after the start of warm-up. USA Swimming Rulebook 102.3

BEFORE ENTERING FACILITY or WHAT TO BRING: Swimmers are asked to wear their suit to the meet. As the meet date draws closer, more specific information will be sent to all attending teams. Spectators will be determined once all of the entries have been received. Seating for the swimmers is the priority. The meet will be livestreamed. The meet will be on Meet Mobile.

FACILITY: The Strittmatter Family Aquatic Center houses a 10 lane x 25 yard competition pool. Water depth at start end is: 9'. Water depth at turn end is: 4'. 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 Timing System will be used with full display color board. Off deck spectator seating is available. NO personal folding chairs will be allowed on deck or spectator area.

The Westport Weston Family Y offers free guest WiFi. Information is available at the Membership Services Desk upon entering the facility and will be posted in spectator area of the pool. Connectivity is strong.

SAFE SPORT POLICIES: Specific instructions will be sent to attending teams upon finalization of meet numbers.

DISABLED ACCESS: Handicap parking is available near the front entrance. An elevator is located just off the lobby which brings the athlete down next to the Family Locker Room. For spectators, space if available for wheelchairs.

MEDICAL SUPERVISION: Lifeguards will be on duty from warm-up thru the completion of each session. An AED is located on the pool deck. Should emergency personal be needed, 911 will be called and they will respond as needed.

COURSE: SCY

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. The warm-up schedule will be finalized when entries are closed. All ten lanes will be used with multiple warm-up sessions to ensure each team has the opportunity to warm-up.

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. 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.

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](#).

EVENT INFORMATION: The 1650 will run fastest to slowest. The event *may be* heat limited to Top 30 women and men.

- Sessions 2-5 will be capped at 300 swimmers per session
- No new swimmer on deck event entries will be allowed. For swimmers entered in the meet, change of events will be allowed and adding will be based on session time line.

ENTRY LIMITATIONS: Swimmers may swim a maximum of three (3) events per day. A maximum of seven (7) total events.

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 ejohnston@westporty.org. Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received by Saturday, November 10, 2023. Date of receipt is based on Electronic Copy of entry

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 ctsim.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:

- Athletes aged 8 and Under will be cut from the meet.
- The maximum number of events allowed per day may be reduced by one (1).

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

MEDICAL SUPERVISION: Lifeguards will be on duty from warm-up thru the completion of each session. An AED is located on the pool deck. Should emergency personal be needed, 911 will be called and they will respond as needed.

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: 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: The meet will not be scored.

AWARDS: NO

CONCESSIONS: TBD

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Specific parking instructions will be sent to attending teams.

DIRECTIONS:

Y at Mahackeno: Located directly off Exit 41 – northbound – of the Merritt Parkway.

I-95: From north or south, left turn off exit ramp. Follow up to the Merritt Parkway – Route 15. Get in the turn lane as though going onto the Parkway north but stay in the right lane and go straight into the YMCA.

2023 Water Rat Age Group Qualifier - 11/10/2023 to 11/12/2023**Session Report**

Session: 1 Session I - Friday

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 1650 Freestyle	0	0	04:30 PM	_____
Finals	2 Boys 1650 Freestyle	0	0	04:30 PM	_____
	Finish Time			04:30 PM	_____

2023 Water Rat Age Group Qualifier - 11/10/2023 to 11/12/2023**Session Report**

Session: 2 Session II - Saturday AM

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

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 15 & Over 50 Freestyle	0	0	08:30 AM	_____
Finals	4 Boys 15 & Over 50 Freestyle	0	0	08:30 AM	_____
Finals	5 Girls 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	6 Boys 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	7 Girls 200 Breaststroke	0	0	08:30 AM	_____
Finals	8 Boys 200 Breaststroke	0	0	08:30 AM	_____
Finals	9 Girls 11-12 50 Breaststroke	0	0	08:30 AM	_____
Finals	10 Boys 11-12 50 Breaststroke	0	0	08:30 AM	_____
Finals	11 Girls 15 & Over 100 Butterfly	0	0	08:30 AM	_____
Finals	12 Boys 15 & Over 100 Butterfly	0	0	08:30 AM	_____
Finals	13 Girls 11-12 100 Butterfly	0	0	08:30 AM	_____
Finals	14 Boys 11-12 100 Butterfly	0	0	08:30 AM	_____
Finals	15 Girls 200 Backstroke	0	0	08:30 AM	_____
Finals	16 Boys 200 Backstroke	0	0	08:30 AM	_____
Finals	17 Girls 11-12 50 Backstroke	0	0	08:30 AM	_____
Finals	18 Boys 11-12 50 Backstroke	0	0	08:30 AM	_____
Finals	19 Girls 15 & Over 200 Freestyle	0	0	08:30 AM	_____
Finals	20 Boys 15 & Over 200 Freestyle	0	0	08:30 AM	_____
Finals	21 Girls 11-12 200 Freestyle	0	0	08:30 AM	_____
Finals	22 Boys 11-12 200 Freestyle	0	0	08:30 AM	_____
	Break: 10 Minutes: 10 Minute Break - Pool C				
Finals	23 Girls 400 IM	0	0	08:40 AM	_____
Finals	24 Boys 400 IM	0	0	08:40 AM	_____
	Finish Time			08:40 AM	_____

2023 Water Rat Age Group Qualifier - 11/10/2023 to 11/12/2023**Session Report**

Session: 3 Session III - Saturday PM

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Girls 13-14 50 Freestyle	0	0	02:30 PM	_____
Finals	26 Boys 13-14 50 Freestyle	0	0	02:30 PM	_____
Finals	27 Girls 10 & Under 50 Freestyle	0	0	02:30 PM	_____
Finals	28 Boys 10 & Under 50 Freestyle	0	0	02:30 PM	_____
Finals	29 Girls 13-14 200 Breaststroke	0	0	02:30 PM	_____
Finals	30 Boys 13-14 200 Breaststroke	0	0	02:30 PM	_____
Finals	31 Girls 10 & Under 50 Breaststroke	0	0	02:30 PM	_____
Finals	32 Boys 10 & Under 50 Breaststroke	0	0	02:30 PM	_____
Finals	33 Girls 13-14 100 Butterfly	0	0	02:30 PM	_____
Finals	34 Boys 13-14 100 Butterfly	0	0	02:30 PM	_____
Finals	35 Girls 10 & Under 100 Butterfly	0	0	02:30 PM	_____
Finals	36 Boys 10 & Under 100 Butterfly	0	0	02:30 PM	_____
Finals	37 Girls 13-14 200 Backstroke	0	0	02:30 PM	_____
Finals	38 Boys 13-14 200 Backstroke	0	0	02:30 PM	_____
Finals	39 Girls 10 & Under 50 Backstroke	0	0	02:30 PM	_____
Finals	40 Boys 10 & Under 50 Backstroke	0	0	02:30 PM	_____
Finals	41 Girls 13-14 200 Freestyle	0	0	02:30 PM	_____
Finals	42 Boys 13-14 200 Freestyle	0	0	02:30 PM	_____
Finals	43 Girls 10 & Under 200 Freestyle	0	0	02:30 PM	_____
Finals	44 Boys 10 & Under 200 Freestyle	0	0	02:30 PM	_____
	Break: 10 Minutes: 10 Minute Break - Pool C				
Finals	45 Girls 13-14 400 IM	0	0	02:40 PM	_____
Finals	46 Boys 13-14 400 IM	0	0	02:40 PM	_____
	Finish Time			02:40 PM	_____

2023 Water Rat Age Group Qualifier - 11/10/2023 to 11/12/2023**Session Report**

Session: 4 Session IV - Sunday AM

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	47 Girls 15 & Over 100 Freestyle	0	0	08:30 AM	_____
Finals	48 Boys 15 & Over 100 Freestyle	0	0	08:30 AM	_____
Finals	49 Girls 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	50 Boys 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	51 Girls 200 Butterfly	0	0	08:30 AM	_____
Finals	52 Boys 200 Butterfly	0	0	08:30 AM	_____
Finals	53 Girls 11-12 50 Butterfly	0	0	08:30 AM	_____
Finals	54 Boys 11-12 50 Butterfly	0	0	08:30 AM	_____
Finals	55 Girls 15 & Over 100 Breaststroke	0	0	08:30 AM	_____
Finals	56 Boys 15 & Over 100 Breaststroke	0	0	08:30 AM	_____
Finals	57 Girls 11-12 100 Breaststroke	0	0	08:30 AM	_____
Finals	58 Boys 11-12 100 Breaststroke	0	0	08:30 AM	_____
Finals	59 Girls 200 IM	0	0	08:30 AM	_____
Finals	60 Boys 200 IM	0	0	08:30 AM	_____
Finals	61 Girls 11-12 100 IM	0	0	08:30 AM	_____
Finals	62 Boys 11-12 100 IM	0	0	08:30 AM	_____
Finals	63 Girls 15 & Over 100 Backstroke	0	0	08:30 AM	_____
Finals	64 Boys 15 & Over 100 Backstroke	0	0	08:30 AM	_____
Finals	65 Girls 11-12 100 Backstroke	0	0	08:30 AM	_____
Finals	66 Boys 11-12 100 Backstroke	0	0	08:30 AM	_____
	Break: 10 Minutes: 10 Minute Break - Pool C				
Finals	67 Girls 500 Freestyle	0	0	08:40 AM	_____
Finals	68 Boys 500 Freestyle	0	0	08:40 AM	_____
	Finish Time			08:40 AM	_____

2023 Water Rat Age Group Qualifier - 11/10/2023 to 11/12/2023**Session Report**

Session: 5 Session V - Sunday PM

Day of Meet: 3 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	69 Girls 13-14 100 Freestyle	0	0	02:30 PM	_____
Finals	70 Boys 13-14 100 Freestyle	0	0	02:30 PM	_____
Finals	71 Girls 10 & Under 100 Freestyle	0	0	02:30 PM	_____
Finals	72 Boys 10 & Under 100 Freestyle	0	0	02:30 PM	_____
Finals	73 Girls 13-14 200 Butterfly	0	0	02:30 PM	_____
Finals	74 Boys 13-14 200 Butterfly	0	0	02:30 PM	_____
Finals	75 Girls 10 & Under 50 Butterfly	0	0	02:30 PM	_____
Finals	76 Boys 10 & Under 50 Butterfly	0	0	02:30 PM	_____
Finals	77 Girls 13-14 100 Breaststroke	0	0	02:30 PM	_____
Finals	78 Boys 13-14 100 Breaststroke	0	0	02:30 PM	_____
Finals	79 Girls 10 & Under 100 Breaststroke	0	0	02:30 PM	_____
Finals	80 Boys 10 & Under 100 Breaststroke	0	0	02:30 PM	_____
Finals	81 Girls 13-14 200 IM	0	0	02:30 PM	_____
Finals	82 Boys 13-14 200 IM	0	0	02:30 PM	_____
Finals	83 Girls 10 & Under 100 IM	0	0	02:30 PM	_____
Finals	84 Boys 10 & Under 100 IM	0	0	02:30 PM	_____
Finals	85 Girls 13-14 100 Backstroke	0	0	02:30 PM	_____
Finals	86 Boys 13-14 100 Backstroke	0	0	02:30 PM	_____
Finals	87 Girls 10 & Under 100 Backstroke	0	0	02:30 PM	_____
Finals	88 Boys 10 & Under 100 Backstroke	0	0	02:30 PM	_____
	Break: 10 Minutes: 10 Minute Break - Pool C				
Finals	89 Girls 13-14 500 Freestyle	0	0	02:40 PM	_____
Finals	90 Boys 13-14 500 Freestyle	0	0	02:40 PM	_____
	Finish Time			02:40 PM	_____