# 2023 CP-AC November Age Group Qualifier 13\&O, 12\&U <br> November 10-12, 2023 

Chelsea Piers CT 1 Blachley Road, Stamford, CT 06902
Held under sanction of USA Swimming and Connecticut Swimming, Inc. \#S23-29. 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.

|  | Name | Email | Phone |
| :--- | :--- | :--- | :--- |
| Meet Director: | Matt Hurst | mhurst@chelseapiers.com | 814-777-8096 |
| Meet Referee: | Suzannah Rogers |  |  |
| Lead Admin Official: | Tim Goertel |  |  |
| Entry Chair: | Aaron <br> Montgomery | Cpacentries@ gmail.com | 914-319-3811 |
| Safety Chair: | James Goodwin | jgoodwin@chelseapiers.com |  |
| Officials Contact: | Matt Hurst |  |  |
| Disability Contact | James Goodwin |  |  |

MEET HOST: CPAC

WEBSITE: https://www.teamunify.com/Home.jsp?team=ctcp.
POOL EMERGENCY NUMBER: 203-989-1300

## COURSE: SCY

SESSION TIMES: Subject to Change

Session 1 Friday Evening 11 and Over
Session 2 Saturday Morning 13 and Over
Session 3 Saturday Afternoon 12 and Under
Session 4 Sunday Morning 13 and Over
Session 5 Sunday Afternoon 12 and Under

| 3:30 pm WU | 5:00 pm Start |
| :--- | :--- |
| 7:30 am WU | 9:00 am Start |
| 1:30 pm WU | 2:30 pm Start |
| 7:30 am WU | $9: 00 \mathrm{am}$ Start |
| 1:30 pm WU | 2:30 pm Start |

PAYMENT INSTRUCTIONS: Please make checks payable to Chelsea Piers Aquatics Club.
Mail to:
Chelsea Piers CT
c/o Matt Hurst
1 Blachley Road
Stamford, CT 06902
Payment must be received by Friday, November 3, 2023
ENTRY FEES: Electronic entries: $\$ 15.00$ for individual 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.

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming.
MEET FORMAT: The meet will be swum as: Timed-Finals
SCRATCH PROCEDURES: All scratches should be turned in 30 minutes prior to the start of the session.
FACILITY RULES: Spectators are allowed on the Mezzanine level of the pool. Spectators will be limited to approximately 100 people at a time. Chelsea Piers reserves the right to modify spectator access numbers at any time. Pool and spectator occupancy planned at approximately 300.

FACILITY: Chelsea Piers CT is a 10 lane, 25 yard pool. Water depth at start end is: $8^{\prime}$. Water depth at turn end is: $8^{\prime}$. The competition course has not been certified in accordance with 104.2.2C(4). TIMING SYSTEM: We will use an electronic timing system (Daktronics) and one timer per lane. Public Wi-Fi is available for coaches. Signal strength is good.

MEDICAL SUPERVISION: All meets will be observed by our lifeguarding staff. AED is available on site.
SAFE SPORT POLICIES: No photography from behind the starting blocks. Parents are, other than those volunteering, not allowed on the pool deck.

DISABLED ACCESS: Handicapped parking accessible with elevators on-site. Please contact Jim Goodwin for more information about disabled access.

## COURSE: SCY

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

Session 1 Friday Evening 11 and Over $3: 30$ pm WU
Session 2 Saturday Morning 13 and Over
Session 3 Saturday Afternoon 12 and Under
Session 4 Sunday Morning 13 and Over
Session 5 Sunday Afternoon 12 and Under

7:30 am WU
$1: 30 \mathrm{pm}$ WU
7:30 am WU
1:30 pm WU

5:00 pm Start
9:00 am Start
2:30 pm Start
9:00 am Start
2:30 pm Start

Friday Distance Session Warm-Ups: will be run similar to the 13 \& Over session Warm-Ups but any swimmers age 11/12 may be segregated in separate lanes assigned by team.

12 \& Under Session Warm-Ups: each team will be assigned sessions and lanes; the application of general warm up (circle swim), starts and/or one-way sprints is at each coach's discretion.
All sessions may use 2 or more tiers of warm-ups, using up to $\mathbf{1 5}$ lanes, with lanes assigned by team.
13 \& Over Session Warm-Ups: at the conclusion of the open general warm-up there will be an additional warm-up period for all teams with each outer lane being pace lanes and inner lanes designated as one-way sprints with starts from the blocks.

The meet director reserves the right to condense or expand this warm-up format dependent upon meet subscription.

During competition, continuous warm-up/warm-down lanes may also be available on the other side of the bulkhead, at the discretion of the Referee. No Diving will be allowed in these lanes. Swimmers must enter these lanes feet first. Other restrictions may be applied at the discretion of the Referee.

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 $\mathbf{\$ 1 0 0}$ 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 (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.

EVENT INFORMATION: All entries should be e-mailed to the entry chair. Entries will be taken in the order in which they are received. In the event of oversubscription, all teams will be notified. No deck entries will be accepted.

ENTRY LIMITATIONS: Athletes are limited to entering max 2 individual events on Friday, and max. 3 individual events on Saturday/Sunday; with max. 8 total individual events for the meet. No over-entries accepted.

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

DEADLINES: Entry deadline is Wednesday, November 1, 2023.
Financially Responsible Date: At this date (11/3/2023, or earlier if the Cut Protocol has been invoked) all entered teams will be considered financially responsible for their entire entry; so please note that the entry check should be in the mail or have been already received by this date.

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 cpacentries@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. If payment for the entry is not received by the Entry Deadline, the Date of Entry /Receipt may be delayed until the date such payment is received, jeopardizing place in order of receipt.

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. Friday distance cut-off-times listed in Miscellaneous section may be imposed.
2. If the Friday session is oversubscribed, 1650 Free may be limited to 60 minutes total.
3. Athletes aged 7 and Under will be cut from the meet.
4. 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. If cut protocol is needed in the distance events, the following time standards will apply to visiting teams:

Boys 1650 Free 20:43
Girls 1650 Free 21:43
Boys 500 free 6:00 and 400im 5:20
Girls free at 6:20 and 400im 5:40
5. The maximum number of events allowed per day may be reduced by one (1).
6. 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. All events will be run SLOW to FAST, with the exception of the 500 free and 400 IM. The 500 free and 400 IM will run FAST to SLOW.

TIME TRIALS: No
TIMERS, OFFICIALS OR WORK ASSIGNMENTS. Participating clubs will be notified of work assignments by the Monday before the meet. All swimmers in the 1650 Free and the 500 free must provide their own timer and counter.

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: Yes

## HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: There is parking located on site at Chelsea Piers Connecticut. If full, off-site parking may be provided at Rogers International School, 202 Blachley Road, Stamford, CT 06902. Please follow any parking signs/instructions or your car may be subject to towing/ticketing.

DIRECTIONS: The Chelsea piers CT complex is located at 1 Blachley Road, Stamford. Northbound I 95: Take exit 9. Make a left at the end of the ramp. Make a left on to Rt.1. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings. Southbound I 95: Take exit 9. Make a right at the end of the ramp. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings

LODGING: The Sheraton Stamford Hotel is 1 mile from Chelsea Piers CT, take exit 8 from I-95. Address: 700 East Main St, Stamford, CT 06901 Phone: (203) 358-8400 • Fax: (203) 358-8872 Please mention Chelsea Piers if making a reservation.

## Session Report

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

| Round |  | Event | Entries | Heats | Meet Qualifying | Starts at |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Finals | 103 | Girls 11 \& Over 1650 Freestyle | 0 | 0 |  | 05:00 PM |
| Finals | 104 | Boys 11 \& Over 1650 Freestyle | 0 | 0 |  | 05:00 PM |
| Finals | 105 | Girls 13 \& Over 50 Butterfly | 0 | 0 |  | 05:00 PM |
| Finals | 106 | Boys 13 \& Over 50 Butterfly | 0 | 0 |  | 05:00 PM |
| Finals | 107 | Girls 13 \& Over 50 Backstroke | 0 | 0 |  | 05:00 PM |
| Finals | 108 | Boys 13 \& Over 50 Backstroke | 0 | 0 |  | 05:00 PM |
| Finals | 109 | Girls 13 \& Over 50 Breaststroke | 0 | 0 |  | 05:00 PM |
| Finals | 110 | Boys 13 \& Over 50 Breaststroke | 0 | 0 |  | 05:00 PM |
| Finals | 111 | Girls 11 \& Over 400 IM | 0 | 0 |  | 05:00 PM |
| Finals | 112 | Boys 11 \& Over 400 IM | 0 | 0 |  | 05:00 PM |
| Finals | 113 | Girls 11 \& Over 500 Freestyle | 0 | 0 |  | 05:00 PM |
| Finals | 114 | Boys 11 \& Over 500 Freestyle | 0 | 0 |  | 05:00 PM |
|  |  | Finish Time |  |  |  | 05:00 PM |

## Session Report

Session: 2 Saturday 130
Day of Meet: 2 Starts at 09:00 AM Heat Interval: 15 Seconds / Back + 15 Seconds

| Round |  | Event | Entries | Heats | Meet Qualifying | Starts at |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Finals | 1 | Girls 13-14 200 IM | 0 | 0 |  | 09:00 AM |
| Finals | 2 | Boys 13-14 200 IM | 0 | 0 |  | 09:00 AM |
| Finals | 3 | Girls 15 \& Over 200 IM | 0 | 0 |  | 09:00 AM |
| Finals | 4 | Boys 15 \& Over 200 IM | 0 | 0 |  | 09:00 AM |
| Finals | 5 | Girls 13-14 100 Freestyle | 0 | 0 |  | 09:00 AM |
| Finals | 6 | Boys 13-14 100 Freestyle | 0 | 0 |  | 09:00 AM |
| Finals | 7 | Girls 15 \& Over 100 Freestyle | 0 | 0 |  | 09:00 AM |
| Finals | 8 | Boys 15 \& Over 100 Freestyle | 0 | 0 |  | 09:00 AM |
| Finals | 9 | Girls 13-14 200 Backstroke | 0 | 0 |  | 09:00 AM |
| Finals | 10 | Boys 13-14 200 Backstroke | 0 | 0 |  | 09:00 AM |
| Finals | 11 | Girls 15 \& Over 200 Backstroke | 0 | 0 |  | 09:00 AM |
| Finals | 12 | Boys 15 \& Over 200 Backstroke | 0 | 0 |  | 09:00 AM |
| Finals | 13 | Girls 13-14 100 Butterfly | 0 | 0 |  | 09:00 AM |
| Finals | 14 | Boys 13-14 100 Butterfly | 0 | 0 |  | 09:00 AM |
| Finals | 15 | Girls 15 \& Over 100 Butterfly | 0 | 0 |  | 09:00 AM |
| Finals | 16 | Boys 15 \& Over 100 Butterfly | 0 | 0 |  | 09:00 AM |
| Finals | 17 | Girls 13-14 200 Breaststroke | 0 | 0 |  | 09:00 AM |
| Finals | 18 | Boys 13-14 200 Breaststroke | 0 | 0 |  | 09:00 AM |
| Finals | 19 | Girls 15 \& Over 200 Breaststroke | 0 | 0 |  | 09:00 AM |
| Finals | 20 | Boys 15 \& Over 200 Breaststroke | 0 | 0 |  | 09:00 AM |
|  |  | Finish Time |  |  |  | 09:00 AM |

## Session Report

Session: 3 Saturday 12U
Day of Meet: 2 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round |  | Event | Entries | Heats | Meet Qualifying | Starts at |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Finals | 23 | Girls 12 \& Under 200 Breaststroke | 0 | 0 |  | 02:30 PM |
| Finals | 24 | Boys 12 \& Under 200 Breaststroke | 0 | 0 |  | 02:30 PM |
| Finals | 25 | Girls 8 \& Under 25 Butterfly | 0 | 0 |  | 02:30 PM |
| Finals | 26 | Boys 8 \& Under 25 Butterfly | 0 | 0 |  | 02:30 PM |
| Finals | 27 | Girls 10 \& Under 50 Butterfly | 0 | 0 |  | 02:30 PM |
| Finals | 28 | Boys 10 \& Under 50 Butterfly | 0 | 0 |  | 02:30 PM |
| Finals | 29 | Girls 11-12 50 Butterfly | 0 | 0 |  | 02:30 PM |
| Finals | 30 | Boys 11-12 50 Butterfly | 0 | 0 |  | 02:30 PM |
| Finals | 31 | Girls 10 \& Under 100 Backstroke | 0 | 0 |  | 02:30 PM |
| Finals | 32 | Boys 10 \& Under 100 Backstroke | 0 | 0 |  | 02:30 PM |
| Finals | 33 | Girls 11-12 100 Backstroke | 0 | 0 |  | 02:30 PM |
| Finals | 34 | Boys 11-12 100 Backstroke | 0 | 0 |  | 02:30 PM |
| Finals | 35 | Girls 8 \& Under 100 IM | 0 | 0 |  | 02:30 PM |
| Finals | 36 | Boys 8 \& Under 100 IM | 0 | 0 |  | 02:30 PM |
| Finals | 37 | Girls 10 \& Under 200 IM | 0 | 0 |  | 02:30 PM |
| Finals | 38 | Boys 10 \& Under 200 IM | 0 | 0 |  | 02:30 PM |
| Finals | 39 | Girls 11-12 200 IM | 0 | 0 |  | 02:30 PM |
| Finals | 40 | Boys 11-12 200 IM | 0 | 0 |  | 02:30 PM |
| Finals | 41 | Girls 8 \& Under 25 Breaststroke | 0 | 0 |  | 02:30 PM |
| Finals | 42 | Boys 8 \& Under 25 Breaststroke | 0 | 0 |  | 02:30 PM |
| Finals | 43 | Girls 10 \& Under 50 Breaststroke | 0 | 0 |  | 02:30 PM |
| Finals | 44 | Boys 10 \& Under 50 Breaststroke | 0 | 0 |  | 02:30 PM |
| Finals | 45 | Girls 11-12 50 Breaststroke | 0 | 0 |  | 02:30 PM |
| Finals | 46 | Boys 11-12 50 Breaststroke | 0 | 0 |  | 02:30 PM |
| Finals | 47 | Girls 10 \& Under 100 Freestyle | 0 | 0 |  | 02:30 PM |
| Finals | 48 | Boys 10 \& Under 100 Freestyle | 0 | 0 |  | 02:30 PM |
| Finals | 49 | Girls 11-12 100 Freestyle | 0 | 0 |  | 02:30 PM |
| Finals | 50 | Boys 11-12 100 Freestyle | 0 | 0 |  | 02:30 PM |
| Finals | 51 | Girls 12 \& Under 200 Butterfly | 0 | 0 |  | 02:30 PM |
| Finals | 52 | Boys 12 \& Under 200 Butterfly | 0 | 0 |  | 02:30 PM |
|  |  | Finish Time |  |  |  | 02:30 PM |

## Session Report

Session: 4 Sunday 130
Day of Meet: 3 Starts at 09:00 AM Heat Interval: 15 Seconds / Back + 15 Seconds


## Session Report

Session: 5 Sunday 12U
Day of Meet: 3 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds


