SYS 50 Freestyle Challenge Age Group Qualifier October 28-29, 2023

Walsh Intermediate School 185 Damascus Road, Branford, CT 06405

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S23-20. 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:	Sue Lecza	suelecza@gmail.com	(203) 675-5269
Meet Referee:	Dylan Lee	dylanlee@gmail.com	(860) 523-3074
Lead Admin Official:	John Mayo	johnpmayo@hotmail.com	(203) 453-1115
Entry Chair:	Sue Lecza	suelecza@gmail.com	(203) 675-5269
Safety Chair:	Wesley Crozier	wcrozier@cccymca.org	(203) 481-9622
Officials Contact:	Holley Claiborn	hclaiborn@comcast.net	(203) 453-1115
Disability Contact:	Sue Lecza	suelecza@gmail.com	(203) 675-5269

MEET HOST: SYS

WEBSITE: SoundviewYMCAStingrays.org

POOL EMERGENCY NUMBER: No incoming phone service at the pool.

COURSE: SCY.

SESSION TIMES: Subject to Change

13 & overs – 7:30 AM warm-up, 9:05 AM start 12 & unders – 12:00 PM warm-up, 1:15 PM start

DEADLINES: deadline is October 17, 2023. Mail hardcopy and payment to the entry chairperson: Sue Lecza, Soundview Family YMCA, 628 E. Main St., Branford, CT, 06405. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be considered received on the date/time the file is received by the entry chair.

PAYMENT INSTRUCTIONS: Please make checks payable to Soundview Family YMCA.

Mail to: Sue Lecza Soundview Family YMCA 628 E. Main St. Branford, CT, 06405. Payment must be received by 10/27/2023.

ENTRY FEES: Electronic entries: \$12.00 for individual events, \$12.00 for distance event, \$20.00 for relays. Manual entries: \$12.00 for individual events, \$12.00 for distance events, \$20.00 for relays. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

REGISTRATION REPORTING: 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-Finals except the 50 Freestyle. The 50 Freestyle will be swum as prelims, quarter-finals (top 8 swimming 1 vs 8, 2 vs 7, 3 vs 6 and 4 vs 5), semi-finals (winner of quarter final heats swimming heat 1 vs heat 4 and heat 2 vs heat 3), and finals (winner of each semi-final heat swimming head to head).

FACILITY: The Walsh Intermediate School Pool is a 6-lane, 25-yard pool. Water depth at start end is: 11 feet. Water depth at turn end is: 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). Colorado Timing Systems will be used to run the meet. Spectator seating capacity is 180 persons.

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

MEDICAL SUPERVISION: Certified lifeguards will be stationed for all sessions of the meet. AED device is available in the lifeguard office if needed.

WIFI ACCESS: There is no public wi-fi available at the school.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Teams will be assigned warm-up lanes and warm-up assignments will be sent to teams at least 3 days prior to the start of the meet. 13 & older swimmers will have a minimum of 25 minutes general warm-up, 12 & under swimmers will have a minimum of 20 minutes general warm-up. General warm-ups will be followed by 10 minutes of specific warm-up with lanes designated for one-way sprints and pace.

EVENT INFORMATION: Deck entries will not be accepted.

ENTRY LIMITATIONS: Swimmers may enter a maximum of 3 individual events per day.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet at the beginning of each session. **S**cratches are due no later than 30 minutes prior to the start of the meet. There is no penalty for swimmers who miss their event and have not been scratched.

Failure to Compete in the 50 Freestyle Finals: Any swimmer qualifying for the quarter-finals, semi-finals or finals of the 50 Freestyle who fails to compete and who has not been scratched will be barred from all further competition in the meet. Any swimmer who fails to compete in any of the final rounds will be considered a forfeit and their opponent will automatically advance to the next round. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. Exceptions for Failure to Compete in Finals: No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

SAFE SPORT POLICIES: Spectators seating is limited to the bleacher area. No spectators will be allowed on the pool deck. Locker room use is restricted to swimmers only. Alternative restroom facilities will be provided for spectators.

DISABLED ACCESS: There are designated handicap parking spaces in the school parking lot. The school, pool and spectator areas are all handicap accessible. For more information, please contact person listed on page 1.

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:

 $\underline{https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf} \ and$

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 <u>prior</u> to competition. Adapted athletes may direct questions to the <u>Connecticut Swimming office</u>.

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 suelecza@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Emailed entries will be considered received on the date received by the entry chair. Payments are due by the start of 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 adult athletes, or parents of minor athletes, 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 <u>Outreach Athlete</u> 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 7 and Under will be cut from the meet.
- 2. All relays, if planned, will be eliminated.
- 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: Yes. There are no limitations on the number of relays a team may enter. All relay swimmers must be officially entered in the meet.

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, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. 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.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

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

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 USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Teams will be required to provide timers in proportion to the size of their entry. 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 <u>Minor Athlete Abuse Prevention</u> <u>Policy.</u>

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: Awards will be presented to the winner of the 50 Freestyle only. The winner in each age group/gender will receive an award.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: ample parking is available in the lot behind the school. Entrance to the pool is in the rear of the building.

DIRECTIONS:

From I-95 North – Use exit 55, turn left at the end of the ramp onto US-1 and follow to the second traffic light. Take a left at the light onto Windmill Hill Road. Follow Windmill Hill Road to the first Stop sign and turn left onto Damascus Road. The school is at the bottom of the hill on the right.

From I-95 South – Use exit 55, turn right at the end of the ramp onto US-1 and follow to the third traffic light. Take a left at the light onto Windmill Hill Road. Follow Windmill Hill Road to the first Stop sign and turn left onto Damascus Road. The school is at the bottom of the hill on the right.

Session: 1 Saturday Morning

Day of Meet: 1 Starts at 09:05 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Prelims	1	Women 13-99 50 Freestyle	0	0	09:05 AM	
Prelims	2	Men 13-99 50 Freestyle	0	0	09:05 AM	
Finals	3	Women 13-99 200 Backstroke	0	0	09:05 AM	
Finals	4	Men 13-99 200 Backstroke	0	0	09:05 AM	
Finals	5	Women 13-99 100 Breaststroke	0	0	09:05 AM	
Finals	6	Men 13-99 100 Breaststroke	0	0	09:05 AM	
Finals	7	Women 13-99 200 Freestyle	0	0	09:05 AM	
Finals	8	Men 13-99 200 Freestyle	0	0	09:05 AM	
Finals	9	Women 13-99 100 Butterfly	0	0	09:05 AM	
Finals	10	Men 13-99 100 Butterfly	0	0	09:05 AM	
		Break: 5 Minutes:				
Semis	1	Women 13-99 50 Freestyle	0	2ι	ı 09:10 AM	
Semis	2	Men 13-99 50 Freestyle	0	2ι	ı 09:13 AM	
		Break: 5 Minutes:				
Finals	11	Women 13-99 200 Freestyle Relay	0	0	09:20 AM	
Finals	12	Men 13-99 200 Freestyle Relay	0	0	09:20 AM	
		Entry / Heat Totals:	0	4		
		Finish Time			09:20 AM	

Session: 2 Saturday Afternoon

Day of Meet: 1 Starts at 01:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Prelims	13	Girls 11-12 50 Freestyle	0	0	01:15 PM	
Prelims	14	Boys 11-12 50 Freestyle	0	0	01:15 PM	
Prelims	15	Girls 10 & Under 50 Freestyle	0	0	04 45 014	
Prelims	16	Boys 10 & Under 50 Freestyle	0	0		
Finals	17	Girls 11-12 200 Breaststroke	0	0		
Finals	18	Boys 11-12 200 Breaststroke	0	0		
Finals	19	Girls 10 & Under 100 Butterfly	0	0		
Finals	20	Boys 10 & Under 100 Butterfly	0	0	01:15 PM	
Finals	21	Girls 11-12 100 Butterfly	0	0		
Finals	22	Boys 11-12 100 Butterfly	0	0		
Finals	23	Girls 10 & Under 200 Freestyle	0	0		
Finals	24	Boys 10 & Under 200 Freestyle	0	0	01:15 PM	
Finals	25	Girls 11-12 200 Freestyle	0	0		
Finals	26	Boys 11-12 200 Freestyle	0	0	01:15 PM	
Finals	27	Girls 10 & Under 100 IM	0	0		
Finals	28	Boys 10 & Under 100 IM	0	0		
Finals	29	Girls 11-12 100 IM	0	0		
Finals	30	Boys 11-12 100 IM	0	0	01:15 PM	
Finals	31	Girls 10 & Under 100 Backstroke	0	0		
Finals	32	Boys 10 & Under 100 Backstroke	0	0	01:15 PM	
Finals	33	Girls 11-12 100 Backstroke	0	0		
Finals	34	Boys 11-12 100 Backstroke	0	0		
Finals	35	Girls 10 & Under 50 Breaststroke	0	0	01:15 PM	
Finals	36	Boys 10 & Under 50 Breaststroke	0	0		
Finals	37	Girls 11-12 50 Breaststroke	0	0		
Finals	38	Boys 11-12 50 Breaststroke	0	0	01:15 PM	
		Break: 5 Minutes:				
Semis	13	Girls 11-12 50 Freestyle	0	2 u	01:20 PM	
Semis	14	Boys 11-12 50 Freestyle	0	2 u	01:23 PM	
Semis	15	Girls 10 & Under 50 Freestyle	0	2 u	01:25 PM	
Semis	16	Boys 10 & Under 50 Freestyle	0	2 u	01:27 PM	
		Break: 5 Minutes:				
Finals	39	Girls 10 & Under 200 Freestyle Relay	0	0	01:34 PM	
Finals	40	Boys 10 & Under 200 Freestyle Relay	0	0	01:34 PM	
Finals	41	Girls 11-12 200 Freestyle Relay	0	0	01:34 PM	
Finals	42	Boys 11-12 200 Freestyle Relay	0	0	01:34 PM	
		Entry / Heat Totals:	0	8		
		Finish Time			01:34 PM	

Session: 3 Sunday Morning

Day of Meet: 2 Starts at 09:05 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Finals	1	Women 13-99 50 Freestyle	0	2ι	ı 09:05 AM	
Finals	2	Men 13-99 50 Freestyle	0	2ι	ı 09:08 AM	
		Break: 5 Minutes:				
Finals	43	Women 13-99 200 Butterfly	0	0	09:15 AM	
Finals	44	Men 13-99 200 Butterfly	0	0	09:15 AM	
Finals	45	Women 13-99 100 Backstroke	0	0	09:15 AM	
Finals	46	Men 13-99 100 Backstroke	0	0	09:15 AM	
Finals	47	Women 13-99 200 Breaststroke	0	0	09:15 AM	
Finals	48	Men 13-99 200 Breaststroke	0	0	09:15 AM	
Finals	49	Women 13-99 100 Freestyle	0	0	09:15 AM	
Finals	50	Men 13-99 100 Freestyle	0	0	09:15 AM	
Finals	51	Women 13-99 200 IM	0	0	09:15 AM	
Finals	52	Men 13-99 200 IM	0	0	09:15 AM	
		Break: 5 Minutes:				
Finals	53	Women 13-99 50 Freestyle Swim-off	0	0	09:20 AM	
Finals	54	Men 13-99 50 Freestyle Swim-off	0	0	09:20 AM	
		Break: 5 Minutes:				
Finals	55	Women 13-99 200 Medley Relay	0	0	09:25 AM	
Finals	56	Men 13-99 200 Medley Relay	0	0	09:25 AM	
		Entry / Heat Totals:	0	4		
		Finish Time			09:25 AM	

Session: 4 Sunday Afternoon

Day of Meet: 2 Starts at 01:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals 1	13 Girls 11-12 50 Freestyle	0	2 u	01:15 PM
Finals 1	14 Boys 11-12 50 Freestyle	0	2 u	01:18 PM
	Break: 5 Minutes:			
Finals 1	L5 Girls 10 & Under 50 Freestyle	0	2 u	01:25 PM
Finals 1	l6 Boys 10 & Under 50 Freestyle	0	2 u	01:27 PM
Finals 5	57 Girls 11-12 200 Butterfly	0	0	01:29 PM
Finals 5	58 Boys 11-12 200 Butterfly	0	0	01:29 PM
Finals 5	59 Girls 10 & Under 200 IM	0	0	01:29 PM
Finals 6	60 Boys 10 & Under 200 IM	0	0	01:29 PM
Finals 6	61 Girls 11-12 200 IM	0	0	01:29 PM
Finals 6	52 Boys 11-12 200 IM	0	0	01:29 PM
Finals 6	63 Girls 10 & Under 50 Backstroke	0	0	01:29 PM
Finals 6	54 Boys 10 & Under 50 Backstroke	0	0	01:29 PM
Finals 6	55 Girls 11-12 50 Backstroke	0	0	01:29 PM
Finals 6	66 Boys 11-12 50 Backstroke	0	0	01:29 PM
Finals 6	67 Girls 10 & Under 100 Breaststroke	0	0	01:29 PM
Finals 6	68 Boys 10 & Under 100 Breaststroke	0	0	01:29 PM
Finals 6	69 Girls 11-12 100 Breaststroke	0	0	01:29 PM
Finals 7	70 Boys 11-12 100 Breaststroke	0	0	01:29 PM
Finals 7	71 Girls 10 & Under 100 Freestyle	0	0	01:29 PM
Finals 7	72 Boys 10 & Under 100 Freestyle	0	0	01:29 PM
Finals	73 Girls 11-12 100 Freestyle	0	0	01:29 PM
Finals 7	74 Boys 11-12 100 Freestyle	0	0	01:29 PM
Finals 7	75 Girls 10 & Under 50 Butterfly	0	0	01:29 PM
Finals 7	76 Boys 10 & Under 50 Butterfly	0	0	01:29 PM
Finals	77 Girls 11-12 50 Butterfly	0	0	01:29 PM
Finals 7	78 Boys 11-12 50 Butterfly	0	0	01:29 PM
Finals 7	79 Girls 11-12 200 Backstroke	0	0	01:29 PM
Finals 8	Boys 11-12 200 Backstroke Break: 5 Minutes:	0	0	01:29 PM
Finals 8	31 Girls 10 & Under 50 Freestyle Swim-off	0	0	01:34 PM
	B2 Boys 10 & Under 50 Freestyle Swim-off	0	0	01:34 PM
Finals 8	33 Girls 11-12 50 Freestyle Swim-off	0	0	01:34 PM
Finals 8	34 Boys 11-12 50 Freestyle Swim-off Break: 5 Minutes:	0	0	01:34 PM
Finals 8	35 Girls 10 & Under 200 Medley Relay	0	0	01:39 PM
	36 Boys 10 & Under 200 Medley Relay	0	0	01:39 PM
	37 Girls 11-12 200 Medley Relay	0	0	01:39 PM
	38 Boys 11-12 200 Medley Relay	Ö	0	01:39 PM
	Entry / Heat Totals:	0	8	
	Finish Time	Ü	Ü	01:39 PM