

THE MAC PILGRIM PLUNGE

Sunday December 1, 2024

Middletown Recreation Center Pool
140 Wilderman's Way, Middletown, CT 06457

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S24-38. 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:	Bill Evison	william.evison@gmail.com	860-836-1776
Meet Referee:	Lisa Whitaker	llwhitaker@mac.com	203-982-6854
Lead Admin Official:	Rob Duguay	bobbydoogs@gmail.com	203-695-5771
Entry Chair:	Bill Evison	william.evison@gmail.com	860-836-1776
Safety Chair:	Bill Evison	william.evison@gmail.com	860-836-1776
Officials Contact:	Lisa Whitaker	llwhitaker@mac.com	203-982-6854
Disability Contact (who to contact for disability access to your facility)	Bill Evison	william.evison@gmail.com	860-836-1776

MEET HOST: MAC

WEBSITE: mac-swimming.com

POOL EMERGENCY NUMBER: 860-638-4516

COURSE: SCY

SESSION TIMES: Subject to Change: Session 1 Warm-up 8:00am Start: 9:15am
Session 2: (Distance): Warm-up 11:45am Meet Start 12:00pm* The distance session will begin 15 minutes after the conclusion of the 200 Freestyle Relays.

DEADLINES: Deadline for Electronic Entries is November 24, 2024. Events can be sent as a hy-tek file to Bill Evison at william.evison@gmail.com.

Mail payment to the entry chairperson:

Bill Evison
24 Rose Hill Rd
Portland, CT 06480-1218.

We ARE accepting Deck Entries for meet registered swimmers wishing to add additional events until 8:30am for Session 1 and until 1:30pm for Session 2. Payment will be due at time of entry.

All entries must be legible and must use full names and registration numbers from USA Swimming registration.

PAYMENT INSTRUCTIONS: Please make checks payable to: **MAC**

Mail to:

Bill Evison

24 Rose Hill Rd

Portland, CT 06480-1218

Payment must be received by **November 24, 2024**

ENTRY FEES: There will be a \$2.00 Athlete Surcharge per swimmer. (This allows us to give out FREE Heat sheets, both paper and on meet mobile.) Electronic entries \$10.00 for individual events, \$16.00 for relays. Deck Entries/Manual entries: \$12.00 for individual events, \$16.00 for relays.(RELAYS SAME PRICE AS EARLY ENTRY, SWIMMERS LOVE 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: Full meet with time limits as defined by CT/USA Swimming.

MEET FORMAT: The meet will be swum as **Timed Finals**.

FACILITY:The Middletown Pool is a 6 -lane, 25-yard pool. Water depth at start end is: 12 Feet. Water depth at turn end is: 3Feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. We will be using Colorado System 6 timing with touch pads and back up buttons with two (2) manual back timers per lane. We will NOT be using backstroke ledges. There is ample spectator seating in bleachers elevated above the pool on the lane 6 side of the pool.

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

MEDICAL SUPERVISION: Lifeguards will be on duty during the meet and an AED is located in the entry hall.

WIFI ACCESS: WIFI will be available.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Session 1 : Warm-up Start: 8:00am Warm-up End: 9:00am 6 lanes are available for warm up until 8:45am and 3 lanes

will be designated as One-way Sprint starting at 8:45am. Session 2:(Distance): Warm-up Start:11:45am Warm-up End: 11:55am 6 lanes are available for warm up until 11:55am* The Distance Session warm up will run for Ten (10) minutes at the conclusion of the 200 Freestyle Relay. The distance session will start no more than Fifteen (15) after the conclusion of the 200 Freestyle Relay.

EVENT INFORMATION: Deck entries will be accepted for swimmers already entered in the meet. The deadline for Session 1 is until 8:30am and Session 2 until 11:30am. Deck entries will cost of \$12.00 per individual event and \$20.00 per relay event. There will be breaks of five (5) to ten (10) minutes scattered throughout the meet at the discretion of the meet director and meet referee.

ENTRY LIMITATIONS: All athletes are limited to Five (5) Individual Events and Two (2) Relay Events in the first session. Athletes Participating in the distance session are limited to Four (4) Individual Events.

SCRATCH PROCEDURES: All Scratches or event changes are due to the Timers' Table/ Administrative Officials by 8:30am for Session 1 and 11:30am for Session 2. Any swimmer wishing to scratch an event after this dead line must notify or have their coach notify the Deck Referee and they will be charged a Declared False Start (DFS).

SAFE SPORT POLICIES: Spectators will be allowed as there is ample spectator seating. All Coaches, Officials, Deck Staff, and Athletes age 18 and over will be required to follow Safe Sport Athlete Protection Policies. A separate bathroom/ changing area will be available for USA Swimming officials and coaches, deck staff, and competitors over age 18.

DISABLED ACCESS: The Pool Deck for Middletown Recreation Center is handicap accessible. Handicap Parking, and locker rooms are available. 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:

<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](#).

ENTRY TIMES: Submit entry times in:SCY if an athlete does not have any established time (SCY or Conversion from SCM or LCM), please enter them as NT (NO TIME).

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 william.evison@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Event entries and payments should be received no later than November 24,2024. Deck entries are subject to a \$2.00 late fee per individual event (\$12.00 per event fee instead of \$10.00 per event) and there is NO late fee per Relay Event (\$16.00 for online and deck entries)Payment is due December 1, 2024 at time 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 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 [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. Athletes aged 7 and Under will be cut from the meet.
2. All relays, if planned, will be eliminated.
3. The distance events (400 yards or greater) may be heat limited to the first TWO (2) heats of entries per gender in the order they were received.
4. The maximum number of events allowed per day may be reduced by one (1).
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: Yes. There will be no team limitations on relays. All relay swimmers must be officially entered in the meet. Mixed relays maybe allowed and counted as a time trial event at the Late Entry relay price. All mixed relays must be made up of Two (2) Male and Two (2) Female Swimmers. Each Swimmer will be allowed a Maximum of Two (2) Relay Entries (1 Medley Relay and/or 1 Freestyle Relay).

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, restrooms 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 photographer 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: 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 8:30am for morning sessions and 11:30am for afternoon sessions. The fee for Time Trial entries are \$15.00 for individual events and \$20.00 for relays. (See info regarding Mixed Relays.) Any Swimmer doing a time trial will be required to provide their own timer. Additionally, 500 Free swimmers will need to provide both a timer and a counter. All swimmers in the distance session, will be required to provide their own timers.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Any Swimmer doing a time trial or competing in the distance session will be required to provide their own timer. Additionally, 500 Free swimmers will need to provide both a timer AND a counter. Any official looking to work should email The Meet Referee, with a screen shot of their current certification(s). 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. However, All HEAT WINNERS will receive a rubber duck as an award at the conclusion of their heat.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Ample Parking at the Beman Middle School Parking lot. Officials, coaches and handicapped individuals can park directly in front and to the right to the Recreation Center.

DIRECTIONS: The Middletown Recreation Center is located at 140 Wilderman's Way, Middletown, CT 06457.

2024 MAC Pilgrim Plunge - 12/1/2024**Session Report**

Session: 1 Main Session

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Starts at	Actual
Finals	1 Girls 12 & Under 200 Medley Relay	09:00 AM	NA
Finals	2 Boys 12 & Under 200 Medley Relay	09:00 AM	NA
Finals	3 Girls 13 & Over 200 Medley Relay	09:00 AM	NA
Finals	4 Boys 13 & Over 200 Medley Relay	09:00 AM	NA
	Break: 5 Minutes:		
Finals	5 Girls 12 & Under 50 Backstroke	09:05 AM	NA
Finals	6 Boys 12 & Under 50 Backstroke	09:05 AM	NA
Finals	7 Girls 13 & Over 50 Backstroke	09:05 AM	NA
Finals	8 Boys 13 & Over 50 Backstroke	09:05 AM	NA
Finals	9 Girls 12 & Under 100 Freestyle	09:05 AM	NA
Finals	10 Boys 12 & Under 100 Freestyle	09:05 AM	NA
Finals	11 Girls 13 & Over 100 Freestyle	09:05 AM	NA
Finals	12 Boys 13 & Over 100 Freestyle	09:05 AM	NA
Finals	13 Girls 12 & Under 50 Breaststroke	09:05 AM	NA
Finals	14 Boys 12 & Under 50 Breaststroke	09:05 AM	NA
Finals	15 Girls 13 & Over 50 Breaststroke	09:05 AM	NA
Finals	16 Boys 13 & Over 50 Breaststroke	09:05 AM	NA
Finals	17 Girls 12 & Under 100 IM	09:05 AM	NA
	Break: 5 Minutes:		
Finals	18 Boys 12 & Under 100 IM	09:10 AM	NA
Finals	19 Girls 13 & Over 100 IM	09:10 AM	NA
Finals	20 Boys 13 & Over 100 IM	09:10 AM	NA
Finals	21 Girls 12 & Under 200 Freestyle	09:10 AM	NA
Finals	22 Boys 12 & Under 200 Freestyle	09:10 AM	NA
Finals	23 Girls 13 & Over 200 Freestyle	09:10 AM	NA
Finals	24 Boys 13 & Over 200 Freestyle	09:10 AM	NA
Finals	25 Girls 12 & Under 100 Breaststroke	09:10 AM	NA
Finals	26 Boys 12 & Under 100 Breaststroke	09:10 AM	NA
Finals	27 Girls 13 & Over 100 Breaststroke	09:10 AM	NA
Finals	28 Boys 13 & Over 100 Breaststroke	09:10 AM	NA
	Break: 5 Minutes:		
Finals	29 Girls 12 & Under 50 Butterfly	09:15 AM	NA
Finals	30 Boys 12 & Under 50 Butterfly	09:15 AM	NA
Finals	31 Girls 13 & Over 50 Butterfly	09:15 AM	NA
Finals	32 Boys 13 & Over 50 Butterfly	09:15 AM	NA
Finals	33 Girls 12 & Under 100 Backstroke	09:15 AM	NA
Finals	34 Boys 12 & Under 100 Backstroke	09:15 AM	NA
Finals	35 Girls 13 & Over 100 Backstroke	09:15 AM	NA
Finals	36 Boys 13 & Over 100 Backstroke	09:15 AM	NA
	Break: 5 Minutes:		
Finals	37 Girls 12 & Under 200 IM	09:20 AM	NA
Finals	38 Boys 12 & Under 200 IM	09:20 AM	NA
Finals	39 Girls 13 & Over 200 IM	09:20 AM	NA
Finals	40 Boys 13 & Over 200 IM	09:20 AM	NA

2024 MAC Pilgrim Plunge - 12/1/2024
Session Report

Session: 1 Main Session

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Starts at	Actual
	Break: 5 Minutes:		
Finals	41 Girls 12 & Under 100 Butterfly	09:25 AM	NA
Finals	42 Boys 12 & Under 100 Butterfly	09:25 AM	NA
Finals	43 Girls 13 & Over 100 Butterfly	09:25 AM	NA
Finals	44 Boys 13 & Over 100 Butterfly	09:25 AM	NA
Finals	45 Girls 12 & Under 50 Freestyle	09:25 AM	NA
Finals	46 Boys 12 & Under 50 Freestyle	09:25 AM	NA
Finals	47 Girls 13 & Over 50 Freestyle	09:25 AM	NA
Finals	48 Boys 13 & Over 50 Freestyle	09:25 AM	NA
	Break: 5 Minutes:		
Finals	49 Girls 12 & Under 200 Freestyle Relay	09:30 AM	NA
Finals	50 Boys 12 & Under 200 Freestyle Relay	09:30 AM	NA
Finals	51 Girls 13 & Over 200 Freestyle Relay	09:30 AM	NA
Finals	52 Boys 13 & Over 200 Freestyle Relay	09:30 AM	NA
	Finish Time	09:30 AM	e09:30 AM

Session: 2 Distance Session

Day of Meet: 1 Starts at 12:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Starts at	Actual
Finals	53 Mixed 10 & Over 400 IM	12:00 PM	NA
	Break: 5 Minutes:		
Finals	54 Mixed 10 & Over 200 Backstroke	12:05 PM	NA
Finals	55 Mixed 10 & Over 200 Breaststroke	12:05 PM	NA
Finals	56 Mixed 10 & Over 200 Butterfly	12:05 PM	NA
	Break: 5 Minutes:		
Finals	57 Mixed 10 & Over 500 Freestyle	12:10 PM	NA
	Finish Time	12:10 PM	e12:10 PM