

**Central Connecticut
Open Water Festival
USA Registered Swimmers**

**Hosted by GRIT Aquatics
Sunday, September 22, 2024**

**Lake Terramuggus
Blish Memorial Park
23 Park Road Marlborough, CT 06447**

<https://www.mapquest.com/us/connecticut/blish-memorial-park-378181252>

SANCTION	Sanction held under sanction of USA Swimming and Connecticut Swimming, Inc. #S24-1- USA Swimming, Connecticut Swimming, GRIT Aquatic Club, Meet Director, Officials, Race organizers, Committee members, Volunteers, Blish Park, the Town of Marlborough and the Marlborough Recreation Department shall be held free and harmless from all liabilities or claims for damages arising because of injuries to anyone during.
Event Staff	Meet Directors/Entry Directors: Bill Ball gritaquaticsbb@gmail.com 860-305-4559 Meet Referee: Mike Huffman mhuffman99@gmail.com Admin Official: Bill Ball Independent Safety Monitor: Dave Arnold
Image Authorization	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. PHOTOGRAPHY AND VIDEO RECORDING: Meet Management has the full authority to restrict any and all photography and visual recording at the event by spectators. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) is prohibited in any “Non-Camera Zones” as 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. 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
Safe Sport Information	The Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations. The Minor Athlete Abuse Prevention Policy (“MAAPP”) prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from

	<p>another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.</p> <p>Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531- 0340 or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</p> <p>All athletes aged 18 and older must complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after 30 days prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.</p> <p>The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.</p> <p>Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other’s property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.</p> <p>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p> <p>Deck changes are prohibited.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p> <p>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.</p>
<p>Athlete Protection</p>	<p>All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. This requirement applies to all athlete members who will reach their 18th birthday prior September 24, 2023. Any athlete who turns age 18 prior to September 22, 2024, who has not completed Athlete Protection Training by the first day of competition will be prohibited from participating in the competition. Performances achieved by an athlete who turns age 18 prior to September 22, 2024, who competes in a USA Swimming sanctioned event without completing this membership requirement will NOT count for qualification or recognition.</p> <p>Transgender Participants Athletes attending this event must abide by IOC policies that state:</p>

	<p>Those who transition from male to female are eligible to compete in the female category under the following conditions:</p> <ul style="list-style-type: none"> • The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years. • The athlete must demonstrate that her total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to her first competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation, considering whether or not 12 months is a sufficient length of time to minimize any advantage in women's competition). • The athlete's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the female category. • Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months. <p>Any athlete who desires to submit medical records to stay in compliance to the IOC rule shall submit to USA Swimming's National Team Managing Director: 1) a signed declaration that the member's gender identity is female, and (2) an attestation from a medical professional that the member's total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to the member's first competition. USA Swimming will not accept actual test results or other medical records from a member and any such documents received by USA Swimming will be destroyed immediately.</p> <p>As a transitioning athlete you may need to utilize a medication/substance that is prohibited and would require approval for use. To ensure compliance with these rules please contact the U.S. Anti-Doping Agency (USADA) at 719-785-2000.</p> <p>USA Swimming follows IOC guidelines for transgender participants, and therefore this information is subject to change as policy surrounding transgender elite athletes evolves. Information and selection criteria will be updated when changes are made.</p>
<p>FACILITY</p>	<p>Lake Terramuggus is an 83-acre lake situated in Marlborough, CT.</p> <p>Blish Memorial Park, Lake Terramuggus, 32 Park Road, Marlborough CT 06447</p> <p>Water Quality Information: https://portal.ct.gov/CAES/OAIS/T/Terramuggus-Lake/Lake-Terramuggus-2004</p> <p>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p> <p>Meet Management may restrict access to specific competition areas, including the start, competition course, and finish areas. Only athletes, coaches, officials, and official meet staff actively participating in the meet shall be permitted in these areas. 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 to enter restricted areas of the race venue.</p>
<p>MEET DIRECTOR</p>	<p>Bill Ball (GRIT Aquatic Club) gritaquaticsbb@gmail.com (860) 305-4559</p>
<p>ELIGIBILITY</p>	<p>Open to all FULL USA Swimming member athletes registered prior to first day of the meet.</p> <ul style="list-style-type: none"> • Must be a registered Full USA Swimming athlete to enter. • Age on September 22, 2024 will determine age for the meet.

	<p>Entry Qualifying standards:</p> <ul style="list-style-type: none"> For The 1.25K Event: Male/Female 7:30.00 in the 500 Yard Free or successfully completed a minimum of a 500M open water swim in a bay, river, lake or at a beach. For The 2.5 K: Female: 6:45.00 500 Yd Free/ 12:00.00 1000 yd Free/ 20:00.00 1650 Free Male: 6:30.00 500yd Free/ 11:45.00 1000 yd Free/ 19:30.00 1650 Free Female/Male: or successfully completed a minimum of a 1K open water in a bay, river, lake or at a beach.
DISABILITY SWIMMERS	Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the Meet Referee of any disability prior to the competition
TEAM ENTRIES	<p>USA Swimming clubs group by emailing electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format emailed as an attachment to the entry chair Bill Ball at gritaquaticsbb@gmail.com</p> <p>Please check that your team's name, address, and contact information are listed correctly in this file. Meet files are posted on ctswim.org.</p> <p>Mail the printout and club check to (checks payable to GRIT Aquatics): Bill Ball 83 Muddy Brook Road Ellington, CT 06029</p> <p>Entries must be received via email or TM file (teams) by 11:59 PM on 09/17/24.</p>
INDIVIDUAL ENTRIES	<ul style="list-style-type: none"> 1 event per person NO ON-SITE OR SAME DAY MEMBERSHIP REGISTRATION WILL NOT BE PERMITTED!
REGISTRATION FEES	<p>USA Swimming Members: \$40.00 for for the 2.5K and \$35 for the 1.25K</p> <p>No refunds will be given. All payments must be received prior to the start of the event on 09/24/23.</p>

FORMAT (See
Race Schedule
For Wave
Information)

WETSUITS WILL NOT BE PERMITTED

2.5K:

The 2.5K race will be a 2-1.25k loops (see 1.25k map below). Athletes will start at the edge of the water on the Blish Park recreational beach. The swim is planned for a clockwise swim on the outside of the turn buoys (buoys to the swimmer's right). The finish will be a beach finish at the same location the race began. Athletes not completing the 2.5K course within 1 hour may be removed from the course at the discretion of Meet Management.

1.25K:

The 1.25K race will be a single 1.25k loops (see 1.25k map below). Athletes will start at the edge of the water on the Blish Park recreational beach. The swim is planned for a clockwise swim on the outside of the turn buoys (buoys to the swimmer's right). The finish will be a beach finish at the same location the race began. Athletes not completing the 1.25K course within 45 minutes may be removed from the course at the discretion of Meet Management.

**WARM-UPS
&
WARMDOWN
WNS**

Warm-up will be available on the portion of the racecourse closest to the beach area.
6:30am-7:45am for all participants.
No Warm-downs will be offered

OFFICIALS

Meet Referee: Mike Huffman, mhuffman99@gmail.com

Volunteer Open Water Officials are welcome and encouraged to officiate. To sign-up, please email Mike Huffman at: mhuffman99@gmail.com

RULES

Current USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the USA Swimming Rules & Regulations for complete list of Open Water Rules

- Any swimmer not turning properly at the buoys will be asked to return to the buoy to take the turn properly. Failure to do so will result in the swimmer being disqualified.
- No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy.
- A maximum of two (2) caps may be used.
- FINA rules for swimwear will be used for all events **NO WETSUITS**

LIABILITY	USA Swimming, the LSC, the venue, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in these events. Damage to the venue, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to all rules and coaches must supervise their swimmers at all times. Children must be supervised at all times.
AWARDS	2.5K and 1.25K: Medals will be award for the top three finishers 12 year of age and younger and 13 years of age and olde, male and female in each race distance
SAFETY RACE DAY EMERGENC Y Number 860-305- 4559	<ol style="list-style-type: none"> 1. Finger and Toenails should be neatly trimmed and not extend past the finger/toe, to prevent injury to others. Race Officials may require nail trimming to compete. 2. No shaving is permitted at the competition site. 3. No glass containers are permitted within the facility. 4. Swimmers (Under 18) 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. 06. All participants will be recorded by meet management on the entry to the racecourse and exit of the racecourse.
VOLUNTEER S	<p>Open Water Officials with certification card are welcomed and encouraged to assist (See OFFICIALS)</p> <p>Each CSI team entering athletes is required to provide one adult volunteer to help with the event. Participating clubs will be notified of work assignments by the Monday before the meet. Additional volunteers are welcome and encouraged. Please contact the Meet Director</p>
PARKING	There is ample parking at the park. Please follow all parking instructions and signs when arriving.
	<p style="text-align: center;"><u>RACE Day Check In/Schedule</u></p> <p><i>Schedules and wave assignments are subject to change depending on number of entries and local conditions.</i></p> <p><u>1.25K Event:</u></p> <ul style="list-style-type: none"> • RACES REQUIRE Check-In between 6:30am-7:45am. (participation will be revoked without refund if late to registration). • Pre-Race Briefing Mandatory will be held at 7:45am held at the start of the racecourse. • Heat 1: All Male Swimmers 8:00am Start • Heat 2: All Female Swimmers 8:10am Start <p><u>2.5K Event:</u></p> <ul style="list-style-type: none"> • RACE REQUIRE Check-In between 6:30am-8:45a.m. (participation will be revoked without refund if late to registration). • Pre-Race Briefing Mandatory will be held at 8:45am held at the start of the racecourse. • Heat 1: All Male swimmers 8:55am Start. • Heat 2: All Female Swimmers 9:05am Start



Blish
Memorial
Park

Lake
Terramuggus

Lake
Terramuggus

Terramuggus

Dickinson
Creek