# GRIT Aquatics Senior Invitational Prelims/Finals June 13-16, 2019

At Wesleyan University, Middletown, CT <a href="http://goo.gl/maps/KD21C">http://goo.gl/maps/KD21C</a>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L19-26. 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
<b>Meet Director:</b>	Bill Ball	gritaquaticsbb@gmail.com	860-305-4559
Meet Referee:	Mike Huffman	Mhuffman99@gmail.com	860-539-9895
Lead Admin Official:	Alex Albert	gritaquaticsaa@gmail.com	860-539-2002
Entry Chair:	Bill Ball	gritaquaticsbb@gmail.com	860-305-4559
Safety Chair:	Jaime Krajewski	gritaquaticsjk@gmail.com	860-305-7558
Officials Contact:	Mike Huffman	Mhuffman99@gmail.com	860-539-9895

**MEET HOST:** GRIT

**WEBSITE:** http://gritaquatics.teampages.com

POOL EMERGENCY NUMBER: 860-685-2000

**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 Prelim-Final format. All 400 Meter events will be swum fast-to-slow alternating Women and Men in prelims. The Women's 800 Free and Men's 1500 Free on Thursday Night will be swum Fast-to-Slow alternating Women and Men.

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for each day's events upon team check in. All scratch sheets are to be submitted to the Clerk of Course 30 minutes prior to the start of the session. Positive check in for the Women's 800 and Men's 1500 on Thursday is due by 4:30pm. The Clerk of Course and positive check in will be located at the timers table on deck.

This meet will follow the National Championship Scratch Rules as specified in rule 207.11.67. Scratches from Finals can only be done directly with the Administrative Referee.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. 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.

**FACILITY:** Wesleyan University's Freeman Athletic Center Pool • The Freeman Center Pool is a 50-meter by 25 yard venue with a Colorado Timing System. 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 electronic timing system. Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. Limited spectator seating; limited refreshments.

- No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.
- Changing into or out of swimsuits, whole or in part, other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Misbehavior, unsportsmanlike conduct, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.
- No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet. No Folding Chairs are allowed anywhere in the building
- Seating for swimmers on the pool deck will be limited. Additional seating is available in gym.
- Spectators will be allowed to SIT only in spectator viewing area.
- Any vehicle parked anywhere other than in a parking space will be subject to fines and being towed.
- Deck capacity is limited to 350, which includes all swimmers, coaches, and meet volunteers.

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

**DISABLED ACCESS:** Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby goes to locker rooms and pool deck. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

**COURSE:** LCM.

### **SESSION TIMES:**

### **Subject to Change**

	<u>Warm-up</u>	Start
Thursday Evening	3:45pm	5:00pm
Prelims: FriSatSun.	7:00am	8:15am
Finals: FriSatSun.	4:45pm	6:00pm

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

### **ELIGIBILITY:** All USA Swimming clubs and individuals

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 OPENING DATE**: Entries will be accepted no <u>earlier</u> than 8:00 pm on April 16, 2019.

**ENTRY LIMITATIONS:** Swimmers may enter any individual event for which they qualify, but may only compete in three (3) individual events per day and a maximum of ten (10) individual events for the meet.

**ENTRY TIMES:** Submit entry times in: LCM. Swimmers must have equaled or bettered the attached time standards since June 1, 2017 and before the entry deadline. For every event an athlete has obtained the time standard they can enter two additional events, but cannot excited the entry limits.

**DEADLINES:** deadline is 11:59pm on Tuesday June 4, 2019. Entries will be accepted on a first received, first in basis until the meet in full. Entry files need to be email to Bill Ball at <a href="mailto:gritaquaticsbb@gmail.com">gritaquaticsbb@gmail.com</a> no later than the deadline. Once the meet is full notice will be sent to all teams entered. Teams will then be given 24 hours to update that entry. Team will then be responsible for the fees for that entry. Additions and times updates will be accepted from that point until entry deadline.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is May 1, 2019 at 11:59pm. Date of entry will be determined by the date and time is received by the entry chair. CT clubs meeting this deadline will be entered before out of state clubs. As stated above: Once the meet is full notice will be sent to all teams entered. Teams will then be given 24 hours to update that entry. Team will then be responsible for the fees for that entry. Additions and times updates will be accepted from that point until entry deadline.

**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 <a href="mailto:gritaquaticsbb@gmail.com">gritaquaticsbb@gmail.com</a>. Please check that your team name, address, and contact information are listed correctly in this file.

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.

**ENTRY FEES:** Electronic entries: \$13.00 for individual events, \$13.00 for distance events, \$28.00 for relays. Manual entries: \$15.00 for individual events, \$15.00 for distance events, \$30.00 for relays. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**PAYMENT INSTRUCTIONS**: Please make checks payable to Bill Ball DBA GRIT Aquatics and mail to: GRIT Aquatics 102 Reservoir Road, Newington, CT 06111. Payment must be received by June 8, 2019.

### **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. The distance events (400 meters or greater) may be heat limited to the first 4 heats of entries per gender <u>in</u> the order they were received.
- 2. The maximum number of events allowed per day may be reduced by one (1).
- 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:** There are no relay limitations. 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.

### 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.

**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 Program & Events Committee Chair or designee.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** 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 10:00am for morning sessions and 7:00pm for the evening sessions. The fee for Time Trial entries are \$15.00 for individual events and \$30.00 for relays.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Timer assignments will be determined by the size of the team's pre-scratch entry and are for the entire session. Exceptions are as follows: Athletes will provide their own timers for prelims of the 400 Free and 400IM as well as the 800Free and 1500 Free. Participating clubs will be notified of work assignments by the Monday before the meet.

**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 be scored. Top eight in each event will be scored

**AWARDS:** Team awards will be provided for the top scoring Men's and Women's teams.

**CONCESSIONS:** Limited concessions will be provided on site.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Limited snacks and beverages will be provided for coaches and officials

**DIRECTIONS:** From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left. From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left.

### **LODGING:**

Crowne Plaza 100 Berlin Road, Cromwell 800-308-4589

Comfort Inn Route 372, Cromwell 860-635-4100

Super 8 Motel South 1 Industrial Dr, Cromwell 800-843-1991 Cromwell Marriott 4 Sebethe Dr, Cromwell 860-635-1001

Ramada Plaza Hotel 275 Research Pkwy, Meriden 203-238-2380

Hawthorne Inn 2387 Wilbur Cross Pkwy, Berlin 860-828-4181 Courtyard Inn at Middletown 70 Main Street Middletown 860-854-6300

Hampton Inn 20 Waterchase Dr, RockyHill 860-563-7877

Sheraton Hartford 100 Capital Blvd, Rocky Hill 860-257-6000

### **GRIT Invite Time Standards**

<u>NO.</u>	WOMEN LCM	Thursday, June 13 <sup>th</sup> 2019 EVENT	MEN LCM	NO.
1	NS	Girls 800 Freestyle		
		Boys 1500 Freestyle	NS	2
		Friday, June 14 <sup>th</sup> 2019		
3	4:58.99	400 Freestyle	4:45.99	4
5	2:48.99	200 IM	2:46.99	6
7	31.99	50 Freestyle	29.99	8
9	1:15.99	100 Butterfly	1:10.99	10
11	NS	800 Freestyle Relay	NS	12
		Saturday, June 15th 2019		
13	5:43.99	400 IM	5:26.99	14
15	2:18.99	200 Freestyle	2:12.99	16
17	1:29.99	100 Breaststroke	1:26.99	18
19	1:17.99	100 Backstroke	1:15.99	20
21	NS	400 Medley Relay	NS	
22				
		Sunday, June 16th 2019		
23	2:42.99	200 Backstroke	2:39.99	24
25	1:06.99	100 Freestyle	1:02.99	26
27	3:02.99	200 Breaststroke	2:56.99	28
29	2:49.99	200 Butterfly	2:39.99	30
31	NS	400 Freestyle Relay	NS	
32				

Session: 1 Thursday Distance Finals
Day of Meet: 1 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	1 Girls 800 Freestyle	0	0		05:00 PM	
Finals	2 Boys 1500 Freestyle	0	0		05:00 PM	
	Finish Time				05:00 PM	

Session: 2 Friday Prelims

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

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Prelims	5	Girls 200 IM	0	0	2:48.99	08:15 AM	
Prelims	6	Boys 200 IM	0	0	2:46.99	08:15 AM	
		Break: 5 Minutes:					
Prelims	7	Girls 50 Freestyle	0	0	31.99	08:20 AM	
Prelims	8	Boys 50 Freestyle	0	0	29.99	08:20 AM	
		Break: 5 Minutes:					
Prelims	9	Girls 100 Butterfly	0	0	1:15.99	08:25 AM	
Prelims	10	Boys 100 Butterfly	0	0	1:10.99	08:25 AM	
		Break: 15 Minutes:					
Prelims	3	Girls 400 Freestyle	0	0	4:58.99	08:40 AM	
Prelims	4	Boys 400 Freestyle	0	0	4:45.99	08:40 AM	
		Finish Time				08:40 AM	

Session: 3 Friday Finals
Day of Meet: 2 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	3	Girls 400 Freestyle	0	3u	4:58.99	06:00 PM	
Finals	4	Boys 400 Freestyle	0	3u	4:45.99	06:25 PM	
		Break: 5 Minutes:					
Finals	5	Girls 200 IM	0	3u	2:48.99	06:55 PM	
Finals	6	Boys 200 IM	0	3u	2:46.99	07:08 PM	
		Break: 5 Minutes:					
Finals	7	Girls 50 Freestyle	0	3u	31.99	07:27 PM	
Finals	8	Boys 50 Freestyle	0	3u	29.99	07:33 PM	
		Break: 5 Minutes:					
Finals	9	Girls 100 Butterfly	0	3u	1:15.99	07:44 PM	
Finals	10	Boys 100 Butterfly	0	3u	1:10.99	07:53 PM	
		Break: 10 Minutes:					
Finals	11	Girls 800 Freestyle Relay	0	0		08:11 PM	
Finals	12	Boys 800 Freestyle Relay	0	0		08:11 PM	
		Entry / Heat Totals:	0	24			
		Finish Time				08:11 PM	

Session: 4 Saturday Prelims

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

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Prelims	15	Girls 200 Freestyle	0	0	2:18.99	08:15 AM	
Prelims	16	Boys 200 Freestyle	0	0	2:12.99	08:15 AM	
		Break: 5 Minutes:					
Prelims	17	Girls 100 Breaststroke	0	0	1:29.99	08:20 AM	
Prelims	18	Boys 100 Breaststroke	0	0	1:26.99	08:20 AM	
		Break: 5 Minutes:					
Prelims	19	Girls 100 Backstroke	0	0	1:17.99	08:25 AM	
Prelims	20	Boys 100 Backstroke	0	0	1:15.99	08:25 AM	
		Break: 15 Minutes:					
Prelims	13	Girls 400 IM	0	0	5:43.99	08:40 AM	
Prelims	14	Boys 400 IM	0	0	5:26.99	08:40 AM	
		Finish Time				08:40 AM	

Session: 5 Saturday Finals
Day of Meet: 3 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	13	Girls 400 IM	0	3u	5:43.99	06:00 PM	
Finals	14	Boys 400 IM	0	3u	5:26.99	06:24 PM	
		Break: 5 Minutes:					
Finals	15	Girls 200 Freestyle	0	3u	2:18.99	06:53 PM	
Finals	16	Boys 200 Freestyle	0	3u	2:12.99	07:05 PM	
		Break: 5 Minutes:					
Finals	17	Girls 100 Breaststroke	0	3u	1:29.99	07:23 PM	
Finals	18	Boys 100 Breaststroke	0	3u	1:26.99	07:32 PM	
		Break: 5 Minutes:					
Finals	19	Girls 100 Backstroke	0	3u	1:17.99	07:45 PM	
Finals	20	Boys 100 Backstroke	0	3u	1:15.99	07:55 PM	
		Break: 10 Minutes:					
Finals	21	Girls 400 Medley Relay	0	0		08:14 PM	
Finals	22	Boys 400 Medley Relay	0	0		08:14 PM	
		Entry / Heat Totals:	0	24			
		Finish Time				08:14 PM	

Session: 6 Sunday Prelims

Day of Meet: 4 Starts at 08:15 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Prelims	23	Girls 200 Backstroke	0	0	2:42.99	08:15 AM	
Prelims	24	Boys 200 Backstroke	0	0	2:39.99	08:15 AM	
		Break: 5 Minutes:					
Prelims	25	Girls 100 Freestyle	0	0	1:06.99	08:20 AM	
Prelims	26	Boys 100 Freestyle	0	0	1:02.99	08:20 AM	
		Break: 5 Minutes:					
Prelims	27	Girls 200 Breaststroke	0	0	3:02.99	08:25 AM	
Prelims	28	Boys 200 Breaststroke	0	0	2:56.99	08:25 AM	
		Break: 5 Minutes:					
Prelims	29	Girls 200 Butterfly	0	0	2:49.99	08:30 AM	
Prelims	30	Boys 200 Butterfly	0	0	2:39.99	08:30 AM	
		Finish Time				08:30 AM	

Session: 7 Sunday Finals
Day of Meet: 4 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	23	Girls 200 Backstroke	0	3u	2:42.99	06:00 PM	
Finals	24	Boys 200 Backstroke	0	3u	2:39.99	06:15 PM	
		Break: 5 Minutes:					
Finals	25	Girls 100 Freestyle	0	3u	1:06.99	06:34 PM	
Finals	26	Boys 100 Freestyle	0	3u	1:02.99	06:43 PM	
		Break: 5 Minutes:					
Finals	27	Girls 200 Breaststroke	0	3u	3:02.99	06:56 PM	
Finals	28	Boys 200 Breaststroke	0	3u	2:56.99	07:11 PM	
		Break: 5 Minutes:					
Finals	29	Girls 200 Butterfly	0	3u	2:49.99	07:30 PM	
Finals	30	Boys 200 Butterfly	0	3u	2:39.99	07:44 PM	
		Break: 10 Minutes:					
Finals	31	Girls 400 Freestyle Relay	0	0		08:08 PM	
Finals	32	Boys 400 Freestyle Relay	0	0		08:08 PM	
		Entry / Heat Totals:	0	24			
		Finish Time				08:08 PM	