

**SMST RAPIDS**  
**9-12 Pentathlon and 8/U Quadrathon**  
**May 11, 2019**  
**Masuk High School, 1014 Monroe Turnpike, Monroe, CT 06468**

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L19-9. 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**

|                             | <b>Name</b>     | <b>Email</b>   | <b>Phone</b> |
|-----------------------------|-----------------|--|--------------|
| <b>Meet Director:</b>       | Chuck Clark     | <a href="mailto:Chuckclark32@hotmail.com">Chuckclark32@hotmail.com</a> | 203-556-5580 |
| <b>Meet Referee:</b>        | Rob Cristiano   |  |              |
| <b>Lead Admin Official:</b> | Emily DeMace    |  |              |
| <b>Entry Chair:</b>         | Chuck Clark     | <a href="mailto:Chuckclark32@hotmail.com">Chuckclark32@hotmail.com</a> |              |
| <b>Safety Chair:</b>        | Etnike Davolani |  |              |
| <b>Officials Contact:</b>   | Mike Suba       | <a href="mailto:smstmike@gmail.com">smstmike@gmail.com</a>             |              |

**MEET HOST:** SMST Rapids

**WEBSITE:** [www.smstrapids.org](http://www.smstrapids.org)

**POOL EMERGENCY NUMBER:** 203-452-5823

**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

**SCRATCH PROCEDURES:** All teams will be provided with a scratch sheet which must be turned in 15 minutes after the start of the 1st Warm-Up Session. After 15 minutes the Meet Director will make an announcement addressing which teams have not turned in their scratch sheets as a final warning. Any team who does not turn in their scratch sheet by the allotted time will be scratched from the meet

**FACILITY:** The Pool at Masuk High School is a 6-lane by 25-yard facility with non-turbulent lane lines. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is 9 feet. Water depth at turn end is 4 feet. The timing system will be Colorado Timing with touch-pads. Adequate seating and parking is available. Spectator seating capacity is 210. Please do not park in the designated Fire Lanes. Note: No Street Shoes will be allowed on deck. Changing in and out of swimsuits other than in locker rooms or other designated areas is prohibited. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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

**DISABLED ACCESS:** The facility is accessible to the disabled. Please contact the Meet Director with questions.

**COURSE:** SCY

## **SESSION TIMES: Subject to Change**

Warm Up: 7:10

Meet Start: 8:30

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. All 6 lanes will be used; assignments will be made by team and not gender

**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:

<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](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](#).

**EVENT INFORMATION:** Deck entries will not be accepted.

**ENTRY OPENING DATE:** Entries will be accepted no earlier than 8:00 pm on April 2, 2019

**ENTRY LIMITATIONS:** Swimmers 9-12 years old may swim a maximum of 5 events per session. Swimmers 8 years old and younger may swim a maximum of 4 events per session.

**ENTRY TIMES:** Submit entry times in: SCY. No Times (NT) will not be accepted

**DEADLINES:** Entry deadline is Wednesday May 1st, 2018. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come-first served basis. Date of receipt is based on Electronic Copy of entry.

**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 Chuck Clark at [chuckclark32@hotmail.com](mailto:chuckclark32@hotmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received by Friday May 11th, 2018. Date of receipt is based on Electronic Copy 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.

**ENTRY FEES:** Electronic entries: \$7.00 for individual events. Manual entries: \$10.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. 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 SMST Rapids and mail to: Chuck Clark 18 Ward Place, Trumbull CT 06611. Payment must be received by 5/10/2019.

**CUT PROTOCOL:**

Entries will be accepted until the meet is full. Any teams that get cut from the meet will be notified by: Monday May 6, 2019. 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.

**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.

**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:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** All teams will be required to supply timers based on their entry for the duration of the meet. Assignments will be e-mailed out no later than the Wednesday 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 using cumulative pentathlon time scoring.

**AWARDS:** Awards will be given for top 6 overall in the following ages groups: 9/10, 11/12 and 8/U as well as heat winner awards.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Ample parking is available in the lots surrounding Masuk High School.

**DIRECTIONS:** Directions to Masuk High School, 1014 Monroe Turnpike, Monroe, CT 06468

From Merritt Parkway: Take the Merritt toward Trumbull to Exit 49 North. Follow Route 25 north to stoplight at Route 111 (Monroe Turnpike). Turn right and follow Route 111 North for approximately 5 miles. Masuk High School will be on your right.

From I-95: Take I-95 towards Bridgeport to Exit 27A. Follow Route 25 and 8 North. When highway splits follow Route 25 North to stoplight at Route 111 (Monroe Turnpike). Then go right and follow Route 111 North for approximately 5 miles. Masuk High School will be on your right.

**9-12 Pentathlon 8/U Quadrathlon - 5/11/2019****Session Report**

Session: 1 Quad/Pent

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 10 Seconds / Back +15 Seconds

| <b>Round</b> | <b>Event</b>                       | <b>Entries</b> | <b>Heats</b> | <b>Starts at</b> |
|--------------|------------------------------------|----------------|--------------|------------------|
| Finals       | 1 Girls 11-12 50 Butterfly         | 0              | 0            | 08:30 AM _____   |
| Finals       | 2 Boys 11-12 50 Butterfly          | 0              | 0            | 08:30 AM _____   |
| Finals       | 3 Girls 9-10 50 Butterfly          | 0              | 0            | 08:30 AM _____   |
| Finals       | 4 Boys 9-10 50 Butterfly           | 0              | 0            | 08:30 AM _____   |
| Finals       | 5 Girls 8 & Under 25 Butterfly     | 0              | 0            | 08:30 AM _____   |
| Finals       | 6 Boys 8 & Under 25 Butterfly      | 0              | 0            | 08:30 AM _____   |
| Finals       | 7 Girls 11-12 50 Backstroke        | 0              | 0            | 08:30 AM _____   |
| Finals       | 8 Boys 11-12 50 Backstroke         | 0              | 0            | 08:30 AM _____   |
| Finals       | 9 Girls 9-10 50 Backstroke         | 0              | 0            | 08:30 AM _____   |
| Finals       | 10 Boys 9-10 50 Backstroke         | 0              | 0            | 08:30 AM _____   |
| Finals       | 11 Girls 8 & Under 25 Backstroke   | 0              | 0            | 08:30 AM _____   |
| Finals       | 12 Boys 8 & Under 25 Backstroke    | 0              | 0            | 08:30 AM _____   |
| Finals       | 13 Girls 11-12 50 Breaststroke     | 0              | 0            | 08:30 AM _____   |
| Finals       | 14 Boys 11-12 50 Breaststroke      | 0              | 0            | 08:30 AM _____   |
| Finals       | 15 Girls 9-10 50 Breaststroke      | 0              | 0            | 08:30 AM _____   |
| Finals       | 16 Boys 9-10 50 Breaststroke       | 0              | 0            | 08:30 AM _____   |
| Finals       | 17 Girls 8 & Under 25 Breaststroke | 0              | 0            | 08:30 AM _____   |
| Finals       | 18 Boys 8 & Under 25 Breaststroke  | 0              | 0            | 08:30 AM _____   |
| Finals       | 19 Girls 11-12 50 Freestyle        | 0              | 0            | 08:30 AM _____   |
| Finals       | 20 Boys 11-12 50 Freestyle         | 0              | 0            | 08:30 AM _____   |
| Finals       | 21 Girls 9-10 50 Freestyle         | 0              | 0            | 08:30 AM _____   |
| Finals       | 22 Boys 9-10 50 Freestyle          | 0              | 0            | 08:30 AM _____   |
| Finals       | 23 Girls 8 & Under 25 Freestyle    | 0              | 0            | 08:30 AM _____   |
| Finals       | 24 Boys 8 & Under 25 Freestyle     | 0              | 0            | 08:30 AM _____   |
| Finals       | 25 Girls 11-12 100 IM              | 0              | 0            | 08:30 AM _____   |
| Finals       | 26 Boys 11-12 100 IM               | 0              | 0            | 08:30 AM _____   |
| Finals       | 27 Girls 9-10 100 IM               | 0              | 0            | 08:30 AM _____   |
| Finals       | 28 Boys 9-10 100 IM                | 0              | 0            | 08:30 AM _____   |
|              | Finish Time                        |                |              | 08:30 AM _____   |