

# CAC Cardinal Spring Invite

## Sat-Sun, June 20-21, 2020

Wesleyan University  
161 Cross Street, Middletown, CT

Mapping Software: <http://goo.gl/maps/7hoX>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L20-37. 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>	Jon Caswell	<a href="mailto:joncacsxim@gmail.com">joncacsxim@gmail.com</a>	401-256-7483
<b>Meet Referee:</b>	Bill Hawkins	<a href="mailto:willishawkins@comcast.net">willishawkins@comcast.net</a>	
<b>Lead Admin Official:</b>	Lynne Benavides	<a href="mailto:jackboss2000@gmail.com">jackboss2000@gmail.com</a>	
<b>Entry Chair:</b>	Jon Caswell		
<b>Safety Chair:</b>	Logan Hellwig		
<b>Officials Contact:</b>	Bill Hawkins		

**MEET HOST:** Connecticut Aquatic Club.

**WEBSITE:** [www.cacswim.net](http://www.cacswim.net)

**POOL EMERGENCY NUMBER:** 860-685-2915

**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-Final. The 1500 free on Saturday PM will be mixed swum fastest to slowest. Maximum of 3 heats only for the 1500.

**SCRATCH PROCEDURES:** Scratch sheets are due to the computer desk no later than 15 minutes after the start of the session warm-up. If a scratch sheet is not turned in, it will be assumed that the team is not in attendance and the entire team will be scratched from that session.

**FACILITY:** Wesleyan University's Freeman Athletic Center Pool is a 8 lane, 50 meter pool. Water depth at start end and turn end is between 7.5 and 14 ft. Colorado electronic timing system will be utilized. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. No locks may be left on Wesleyan lockers. No shaving on premises is permitted.

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

Wesleyan has strict policies regarding the use of the Freeman Athletic Center including limits on both deck and spectator area occupancy as well as limitations on the use and placement of chairs in the lobby. It is imperative that all individuals attending the meet be aware of and adhere to the rules and procedures outlined below.

**PLEASE READ THOROUGHLY AND CAREFULLY.**

**Spectator Seating and Waiting areas** · Personal folding chairs are not allowed in the building. · No spectators or swimmers will be permitted to congregate in the center of the front lobby of the Athletic Center. · No folding

chairs are permitted in the pool area, hockey rink, or field house. Spectator area (stands) · Seating in the spectator seats will be limited to 340. · Only individuals with disabilities that cannot access to the stands will be permitted in the spectator viewing area (open space in front of the large window overlooking pool).

**Pool and Pool Deck** · Deck Occupancy is 350. · Only swimmers and meet workers with proper credentials (administrative, coaches, officials, timers, and marshals) will be allowed on the pool deck.

**DISABLED ACCESS:** The Aquatic Center is handicapped accessible, with handicapped viewing area available. Contact the meet director for additional information and/or if special arrangements are required.

**COURSE:** LCM.

**SESSION TIMES: Subject to Change**

Sat/Sun AM – (11-12)

Warm-Up – 7:00am, Meet 7:55am

Sat/Sun Mid – (10 & U)

Warm-Up 10:30am, Meet 11:05

Sat/Sun PM – (13 & O)

Warm-Up 1:00pm, Meet 2:05

Sat Distance – (Open)

Warm-Up No earlier than 6:05, starts 10 min after PM session. 10 minute warmup.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. All sessions will have 2 separate warm-up assignments. All assigned warm-ups will be followed by 10 minutes of controlled warmup with sprint and pace lanes. Warm-up assignments will be posted on CAC website and emailed to all teams by Wednesday prior to the meet.

**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](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.

**ADULT ATHLETES:** All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

**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 OPENING DATE:** Entries will be accepted no earlier than 8:00 pm on Thursday, April 16, 2020.

**ENTRY LIMITATIONS:** Swimmers may enter and compete in no more than 5 events each day. Depending on the number of entries and/or the timeline, teams will be notified if they need to resubmit entry with a 4 event maximum.

**ENTRY TIMES:** Submit entry times in: LCM.

**DEADLINES:** deadline is Wednesday, April 22, 2020. Mail hardcopy and payment to the entry chairperson: Jon Caswell, 5443 Post Rd, Charlestown, RI 02813. All entries must be legible and must use full names and registration numbers from USA Swimming registration. An entry will be officially considered in the meet when the entry has been received by email or mail. Entry chairs will be notified of entry acceptance within 24 hours of receiving the entry.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is Friday, April 17<sup>th</sup> at 7:59pm. Entries will be accepted from out of state teams at 8:00pm on April 17. CT clubs meeting this deadline will be entered before out of state clubs.

**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 [joncacswwim@gmail.com](mailto:joncacswwim@gmail.com). 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.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the

**ENTRY FEES:** Electronic entries: \$10.00. 1500 free entries \$15.00. Manual entries: \$15.00 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 Connecticut Aquatic Club and mail to: Jon Caswell, 5443 Post Rd, Charlestown, RI 02813. Payment must be received by 05/1/20

**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 maximum number of events allowed per day may be reduced by one (1).
4. 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:** 12 & under only.

**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.

**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 1 hour after each session begins. The fee for Time Trial entries are \$15.00 for individual events.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Sat PM Distance swimmers need to provide their own timers and counters. Timing assignments will be emailed to visiting teams by Tuesday, June 16. If any officials are interested in volunteering, please contact Bill Hawkins. 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 not be scored.

**AWARDS:** 12 & under only.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Spectators should park in the parking lot (R) on the hill across from the athletic center, parking lot (Q) immediately after the fire station, or in the Vine Street lot (Lot V) by the tennis courts. There will be strict enforcement of the no parking zones and parking officials will be present along the circle in front of the athletic center.

**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.

**2020 CAC Summer Invitational - 6/20/2020 to 6/21/2020****Session Report**

Session: 1 Sat AM 12 &amp; Under

Day of Meet: 1 Starts at 07:55 AM Heat Interval: 20 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	07:55 AM	_____
Finals	2 Boys 11-12 50 Butterfly	0	0	07:55 AM	_____
Finals	3 Girls 11-12 50 Backstroke	0	0	07:55 AM	_____
Finals	4 Boys 11-12 50 Backstroke	0	0	07:55 AM	_____
Finals	5 Girls 11-12 100 Breaststroke	0	0	07:55 AM	_____
Finals	6 Boys 11-12 100 Breaststroke	0	0	07:55 AM	_____
Finals	7 Girls 11-12 100 Freestyle	0	0	07:55 AM	_____
Finals	8 Boys 11-12 100 Freestyle	0	0	07:55 AM	_____
Finals	9 Girls 11-12 200 IM	0	0	07:55 AM	_____
Finals	10 Boys 11-12 200 IM	0	0	07:55 AM	_____
Finals	62 Girls 11-12 200 Medley Relay	0	0	07:55 AM	_____
Finals	63 Boys 11-12 200 Medley Relay	0	0	07:55 AM	_____
	Finish Time			07:55 AM	_____

**2020 CAC Summer Invitational - 6/20/2020 to 6/21/2020****Session Report**

Session: 2 Sat Mid 10 &amp; under

Day of Meet: 1 Starts at 11:05 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	11 Girls 10 & Under 50 Butterfly	0	0	11:05 AM	_____
Finals	12 Boys 10 & Under 50 Butterfly	0	0	11:05 AM	_____
Finals	13 Girls 10 & Under 50 Backstroke	0	0	11:05 AM	_____
Finals	14 Boys 10 & Under 50 Backstroke	0	0	11:05 AM	_____
Finals	15 Girls 10 & Under 100 Breaststroke	0	0	11:05 AM	_____
Finals	16 Boys 10 & Under 100 Breaststroke	0	0	11:05 AM	_____
Finals	17 Girls 10 & Under 100 Freestyle	0	0	11:05 AM	_____
Finals	18 Boys 10 & Under 100 Freestyle	0	0	11:05 AM	_____
Finals	19 Girls 10 & Under 200 IM	0	0	11:05 AM	_____
Finals	20 Boys 10 & Under 200 IM	0	0	11:05 AM	_____
Finals	64 Girls 10 & Under 200 Medley Relay	0	0	11:05 AM	_____
Finals	65 Boys 10 & Under 200 Medley Relay	0	0	11:05 AM	_____
	Finish Time			11:05 AM	_____

**2020 CAC Summer Invitational - 6/20/2020 to 6/21/2020****Session Report**

Session: 3 Sat PM 13 and 0

Day of Meet: 1 Starts at 02:05 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	21 Girls 13 & Over 200 IM	0	0	02:05 PM	_____
Finals	22 Boys 13 & Over 200 IM	0	0	02:05 PM	_____
Finals	23 Girls 13 & Over 100 Freestyle	0	0	02:05 PM	_____
Finals	24 Boys 13 & Over 100 Freestyle	0	0	02:05 PM	_____
Finals	25 Girls 13 & Over 200 Butterfly	0	0	02:05 PM	_____
Finals	26 Boys 13 & Over 200 Butterfly	0	0	02:05 PM	_____
Finals	27 Girls 13 & Over 100 Breaststroke	0	0	02:05 PM	_____
Finals	28 Boys 13 & Over 100 Breaststroke	0	0	02:05 PM	_____
Finals	29 Girls 13 & Over 200 Backstroke	0	0	02:05 PM	_____
Finals	30 Boys 13 & Over 200 Backstroke	0	0	02:05 PM	_____
	Finish Time			02:05 PM	_____

**2020 CAC Summer Invitational - 6/20/2020 to 6/21/2020****Session Report**

Session: 4 Sat PM 13 &amp; over

Day of Meet: 1 Starts at 06:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	61 Mixed 1500 Freestyle	0	0	06:30 PM	_____
	Finish Time			06:30 PM	_____

**2020 CAC Summer Invitational - 6/20/2020 to 6/21/2020****Session Report**

Session: 5 Sun AM 11-12

Day of Meet: 2 Starts at 07:55 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	31 Girls 11-12 50 Freestyle	0	0	07:55 AM	_____
Finals	32 Boys 11-12 50 Freestyle	0	0	07:55 AM	_____
Finals	33 Girls 11-12 50 Breaststroke	0	0	07:55 AM	_____
Finals	34 Boys 11-12 50 Breaststroke	0	0	07:55 AM	_____
Finals	35 Girls 11-12 100 Butterfly	0	0	07:55 AM	_____
Finals	36 Boys 11-12 100 Butterfly	0	0	07:55 AM	_____
Finals	37 Girls 11-12 200 Freestyle	0	0	07:55 AM	_____
Finals	38 Boys 11-12 200 Freestyle	0	0	07:55 AM	_____
Finals	39 Girls 11-12 100 Backstroke	0	0	07:55 AM	_____
Finals	40 Boys 11-12 100 Backstroke	0	0	07:55 AM	_____
Finals	66 Girls 11-12 200 Freestyle Relay	0	0	07:55 AM	_____
Finals	67 Boys 11-12 200 Freestyle Relay	0	0	07:55 AM	_____
	Finish Time			07:55 AM	_____

**2020 CAC Summer Invitational - 6/20/2020 to 6/21/2020****Session Report**

Session: 6 Sun Mid 10 &amp; under

Day of Meet: 2 Starts at 11:05 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	41 Girls 10 & Under 50 Freestyle	0	0	11:05 AM	_____
Finals	42 Boys 10 & Under 50 Freestyle	0	0	11:05 AM	_____
Finals	43 Girls 10 & Under 50 Breaststroke	0	0	11:05 AM	_____
Finals	44 Boys 10 & Under 50 Breaststroke	0	0	11:05 AM	_____
Finals	45 Girls 10 & Under 100 Butterfly	0	0	11:05 AM	_____
Finals	46 Boys 10 & Under 100 Butterfly	0	0	11:05 AM	_____
Finals	47 Girls 10 & Under 200 Freestyle	0	0	11:05 AM	_____
Finals	48 Boys 10 & Under 200 Freestyle	0	0	11:05 AM	_____
Finals	49 Girls 10 & Under 100 Backstroke	0	0	11:05 AM	_____
Finals	50 Boys 10 & Under 100 Backstroke	0	0	11:05 AM	_____
Finals	68 Girls 10 & Under 200 Freestyle Relay	0	0	11:05 AM	_____
Finals	69 Boys 10 & Under 200 Freestyle Relay	0	0	11:05 AM	_____
	Finish Time			11:05 AM	_____

**2020 CAC Summer Invitational - 6/20/2020 to 6/21/2020****Session Report**

Session: 7 Sun PM 13 &amp; over

Day of Meet: 2 Starts at 02:05 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	51 Girls 13 & Over 50 Freestyle	0	0	02:05 PM	_____
Finals	52 Boys 13 & Over 50 Freestyle	0	0	02:05 PM	_____
Finals	53 Girls 13 & Over 100 Backstroke	0	0	02:05 PM	_____
Finals	54 Boys 13 & Over 100 Backstroke	0	0	02:05 PM	_____
Finals	55 Girls 13 & Over 200 Breaststroke	0	0	02:05 PM	_____
Finals	56 Boys 13 & Over 200 Breaststroke	0	0	02:05 PM	_____
Finals	57 Girls 13 & Over 100 Butterfly	0	0	02:05 PM	_____
Finals	58 Boys 13 & Over 100 Butterfly	0	0	02:05 PM	_____
Finals	59 Girls 13 & Over 200 Freestyle	0	0	02:05 PM	_____
Finals	60 Boys 13 & Over 200 Freestyle	0	0	02:05 PM	_____
	Finish Time			02:05 PM	_____