

**Mandell JCC**  
**Mini Summer Splash**  
**June 14<sup>th</sup> 2020**

[Cornerstone Aquatics Center](#)  
[55 Buena Vista Rd, West Hartford, Ct 06107, West Hartford, CT 06107](#)  
[\(860\) 561-8270](#)

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L20-33. 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>	Karim Mabrouk	<a href="mailto:kmabrouk@mandelljcc.org">kmabrouk@mandelljcc.org</a>	914-433-1473
<b>Meet Referee:</b>	David Heller	<a href="mailto:hellerd@nationwide.com">hellerd@nationwide.com</a>	203-509-7320
<b>Lead Admin Official:</b>	Maryanne Seguro	<a href="mailto:maryanne.seguro@gmail.com">maryanne.seguro@gmail.com</a>	860-593-1886
<b>Entry Chair:</b>	Karim Mabrouk	<a href="mailto:kmabrouk@mandelljcc.org">kmabrouk@mandelljcc.org</a>	914-433-1473
<b>Safety Chair:</b>	Juan Dominguez	<a href="mailto:juanitodom@hotmail.com">juanitodom@hotmail.com</a>	860-916-8780
<b>Officials Contact:</b>	Karim Mabrouk	<a href="mailto:kmabrouk@mandelljcc.org">kmabrouk@mandelljcc.org</a>	914-433-1473

**MEET HOST:** MJCC

**WEBSITE:** [Mandell JCC Sharks](#)

**POOL EMERGENCY NUMBER:** 860-561-8270

**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

**SCRATCH PROCEDURES:** Scratch sheets are due to the computer desk no later than 20 minutes after the start of the warm-up session. 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:** Cornerstone Aquatic center has a 10 lane competition pool and a 6 lane warmup/cool down pool; both pools are 25-yards. Water depth at start end is 8ft. Water depth at turn end is 6ft. 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 will be used. There is ample spectator seating (approx. capacity 350) There are two large locker rooms for men and women. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** The Cornerstone 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:** SCY

**SESSION TIMES:** Subject to Change

Sunday warm-up -- 7:30AM; Start -- 8:30AM

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Based on the number of teams in attendance, there will either be two separate 25mins warmup sessions, or one 50mins warmup session. All assigned warm-ups will be followed by 10 minutes of controlled warmup with sprint and pace lanes. Warm-up assignments will be emailed to all teams by no later than June 10<sup>th</sup>, 2020.

**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:** Not applicable to this 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](#).

**EVENT INFORMATION:** Please note this is a SHORT COURSE YARDS meet.

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

**ENTRY LIMITATIONS:** Each swimmer can enter up to but no more than 5 events.

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

**DEADLINES:** Deadline is May 31<sup>st</sup>, 2020. Mail hardcopy and payment to the entry chairperson: [Karim Mabrouk, 51 Rosemont Ave, Bristol CT 06010](#). 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 May 31<sup>st</sup>, 2020. CT clubs meeting this deadline will be entered before out of state clubs. Priority up to May 31<sup>st</sup>, 2020 will be given to CT teams. After May 31<sup>st</sup>, teams outside of CT will have equal chance of entering the meet as CT teams. Mail hardcopy and payment to the entry chairperson: [Karim Mabrouk, 51 Rosemont Ave, Bristol CT 06010](#). 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.

**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 [kmabrouk@mandelljcc.org](mailto:kmabrouk@mandelljcc.org) Please check that your team name, address, and contact information are listed correctly in this file. Payment for entries is expected to be received no later than June 14<sup>th</sup>, 2020.

**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](#).

**ENTRY FEES:** Electronic entries: \$10 for individual events. Manual entries: \$15 for individual events. After May 31<sup>st</sup>, 2020, 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 Mandell JCC - Sharks and mail to: Karim Mabrouk, 51 Rosemont Ave, Bristol CT 06010. Payment must be received by June 14<sup>th</sup>, 2020.

#### **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 maximum number of events allowed per day may be reduced by one (1).
2. The 200IM will be limited to the 9-10 year old swimmers
3. The number of heats for the 200 IM will be limited to 2 heats ( top 16 entry times)
4. The number of heats for the 200 Free will be limited to 2 heats (top 16 entries)
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 it is deemed required to institute the published cut protocol above, all accepted entries at the time that the cut protocol is instituted WILL be considered final 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: 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.

**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:** NO

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS** Thought MJCC will attempt to cover all/the majority of timing assignments, work and timing assignments may be assigned to visiting teams based on teams' pre-scratch entry. 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:** Yes. Special awards will be awarded to the top 3 finishers in the overall 9-10 Freestyle events. Additionally, ribbons will also be awarded for the top 6 swimmers for each 8 & under event.

**CONCESSIONS:** YES!

**HOSPITALITY FOR COACHES AND OFFICIALS:** YES!

**MISCELLANEOUS:** Facility will not open more than 20 Minutes prior to the start of warm-up. Please make sure parents and athlete are aware of this and at no point should they attempt to enter the building prior.

**PARKING:** Parking is available outside the facility throughout the park, as well as some limited parking along the road adjacent to the facility.

**DIRECTIONS:** Click on the following address for GPS directions:

[Cornerstone Aquatics Center](#)  
[55 Buena Vista Rd, West Hartford, Ct 06107, West Hartford, CT 06107](#)  
[\(860\) 561-8270](#)

**MJCC Mini Summer Splash - 6/14/2020**  
**Session Report**

Session: 1 Sunday Mini

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 9-10 100 Freestyle	0	0	08:30 AM	_____
Finals	2 Boys 9-10 100 Freestyle	0	0	08:30 AM	_____
Finals	3 Girls 8 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	4 Boys 8 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	5 Girls 9-10 50 Breaststroke	0	0	08:30 AM	_____
Finals	6 Boys 9-10 50 Breaststroke	0	0	08:30 AM	_____
Finals	7 Girls 8 & Under 50 Breaststroke	0	0	08:30 AM	_____
Finals	8 Boys 8 & Under 50 Breaststroke	0	0	08:30 AM	_____
Finals	9 Girls 10 & Under 200 IM	0	0	08:30 AM	_____
Finals	10 Boys 10 & Under 200 IM	0	0	08:30 AM	_____
Finals	11 Girls 9-10 50 Freestyle	0	0	08:30 AM	_____
Finals	12 Boys 9-10 50 Freestyle	0	0	08:30 AM	_____
Finals	13 Girls 8 & Under 50 Butterfly	0	0	08:30 AM	_____
Finals	14 Boys 8 & Under 50 Butterfly	0	0	08:30 AM	_____
Finals	15 Girls 9-10 50 Butterfly	0	0	08:30 AM	_____
Finals	16 Boys 9-10 50 Butterfly	0	0	08:30 AM	_____
Finals	17 Girls 8 & Under 50 Backstroke	0	0	08:30 AM	_____
Finals	18 Boys 8 & Under 50 Backstroke	0	0	08:30 AM	_____
Finals	19 Girls 9-10 50 Backstroke	0	0	08:30 AM	_____
Finals	20 Boys 9-10 50 Backstroke	0	0	08:30 AM	_____
Finals	21 Girls 8 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	22 Boys 8 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	23 Girls 9-10 200 Freestyle	0	0	08:30 AM	_____
Finals	24 Boys 9-10 200 Freestyle	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____