

**12/Under Pentathlon**  
**June 13, 2020**  
Larry Hart Pool  
333 Christian Street, Wallingford, CT, 06492

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L20-32. 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>	Jen Lyman	<a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>	203-464-6903
<b>Meet Referee:</b>	Tak Takabayashi	<a href="mailto:Takutot@gmail.com">Takutot@gmail.com</a>	
<b>Lead Admin Official:</b>	Scott Butler	<a href="mailto:Redsoz98@sbcglobal.net">Redsoz98@sbcglobal.net</a>	
<b>Entry Chair:</b>	Jen Lyman	<a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>	203-464-6903
<b>Safety Chair:</b>	Keith Cargan	<a href="mailto:kcargan@gmail.com">kcargan@gmail.com</a>	
<b>Officials Contact:</b>	Jen Lyman	<a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>	

**MEET HOST:** SLAC & SWAT

**WEBSITE:** [https://www.teamunify.com/Home.jsp?\\_tabid\\_=0&team=ctsac](https://www.teamunify.com/Home.jsp?_tabid_=0&team=ctsac)

**POOL EMERGENCY NUMBER:** 203-464-6903

**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

**FACILITY:** The Larry Hart Pool is an 8 lane 25 meter facility. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is 12 feet. Water depth at turn end is 4 feet. Colorado electronic timing system will be used with results displayed on a state-of-the-art scoreboard. Personal chairs or like furniture are permitted on the pool deck. No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, locker rooms, or pool deck. Deck capacity is 240 people. Spectator viewing area capacity is 140 people. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** Handicapped Parking may be arranged through the meet director as needed. Locker room and pool deck are handicap accessible. If special assistance is required by athletes, coaches or spectators, please contact the meet director.

**COURSE:** SCM

**SESSION TIMES:** Subject to Change

9:00am Warm-Up

10:00am Start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Session 1 will use 8 lanes for warm up

**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 April 16, 2020

**ENTRY LIMITATIONS:** Timed Final maximum 5 individual events and 2 relays

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

**DEADLINES:** Deadline is May 11, 2020. Mail hardcopy and payment to the entry chairperson: Jen Lyman, 4B Hamre Lane, Branford, CT, 06405. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Email receipt of entry will determine the date an entry is received.

**CONNECTICUT-ONLY DEADLINE** CT deadline is April 20, 2020. Email receipt of entry will determine the date an entry is received. 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 Jen Lyman at [coachlyman@hotmail.com](mailto:coachlyman@hotmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Please make checks payable to MRSC and mail to: Jen Lyman, 4B Hamre Lane, CT, 06405. Payment must be received by 06/03/2020.

**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: \$8.00 for individual events, \$12.00 for relays. Manual entries: \$12.00 for individual events, \$16.00 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 MRSC and mail to: Jen Lyman, 4B Hamre Lane, CT, 06405. Payment must be received by 06/03/2020.

#### **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. All relays, if planned, will be eliminated.
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:** Yes. 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.

**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:** 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:** Swimmers participating in all five individual events will be scored by adding their five times to determine ranking for awards purposes.

**AWARDS:** Yes. Swimmers must legally compete in all five individual events to be eligible for an overall award to the top 8 finishers in the following age groups 8/U, 9-10, 11-12. This will be determined by adding all 5 times together.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**MISCELLANEOUS:** This is a RED/WHITE/BLUE Patriotic Themed meet. Please encourage your team to decorate your team area and come with some USA Pride. Awards will be giving to Top Team Area, and Top Male/Female.

**PARKING:**

There is parking near the Larry Hart pool entrance and at the Ice Arena. Please respect handicapped parking areas, and no parking areas. Please do not park on the street. Choate Rosemary Hall Security patrols the area and can offer alternative parking areas.

**DIRECTIONS:**

**From The North :** I-91 Take Exit 14 and turn right onto East Center Street. Go straight through four sets of lights. At the fifth light (Elm Street intersection), take a right. At the first stop sign (Christian Street), take a right for Johnson Athletic Center, and Larry Hart Pool. Turn right into the first parking lot. If additional events are going on, parking is also available at the Paul Mellon Arts Center.

**From the South :** I-91 Take Exit 14 and turn left onto Woodhouse Avenue (Rt. 150) At the second light, take a left onto Center St. At the third light (Elm Street intersection), take a right. The first stop sign is Christian Street, take a right for the Johnson Athletic Center, and the Paul Mellon Arts Center. Paul Mellon Arts Center and Johnson Athletic Center — first parking lot on the right.

**From the North and South:** Wilbur Cross Parkway (Rt. 15)

Take Exit 64 and turn right onto Quinnipiac St. Bear left at Wallace Park and cross over the R.R. tracks. Go straight through light (Quinnipiac becomes Center St. at this intersection). Turn left at second light (at top of hill) onto North Main St. Turn right at first stop sign onto Christian Street. Go straight through stop sign at bottom of hill (North Elm Street intersection). Look for Johnson Athletic Center; Larry Hart Pool.

**12/U Summer Pentathlon - 6/13/2020****Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-12 200 Medley Relay	0	0	10:00 AM	_____
Finals	2 Boys 11-12 200 Medley Relay	0	0	10:00 AM	_____
Finals	3 Girls 9-10 200 Medley Relay	0	0	10:00 AM	_____
Finals	4 Boys 9-10 200 Medley Relay	0	0	10:00 AM	_____
Finals	5 Girls 8 & Under 100 Medley Relay	0	0	10:00 AM	_____
Finals	6 Boys 8 & Under 100 Medley Relay	0	0	10:00 AM	_____
Finals	7 Girls 11-12 50 Freestyle	0	0	10:00 AM	_____
Finals	8 Boys 11-12 50 Freestyle	0	0	10:00 AM	_____
Finals	9 Girls 9-10 50 Freestyle	0	0	10:00 AM	_____
Finals	10 Boys 9-10 50 Freestyle	0	0	10:00 AM	_____
Finals	11 Girls 8 & Under 25 Freestyle	0	0	10:00 AM	_____
Finals	12 Boys 8 & Under 25 Freestyle	0	0	10:00 AM	_____
Finals	13 Girls 11-12 50 Backstroke	0	0	10:00 AM	_____
Finals	14 Boys 11-12 50 Backstroke	0	0	10:00 AM	_____
Finals	15 Girls 9-10 50 Backstroke	0	0	10:00 AM	_____
Finals	16 Boys 9-10 50 Backstroke	0	0	10:00 AM	_____
Finals	17 Girls 8 & Under 25 Backstroke	0	0	10:00 AM	_____
Finals	18 Boys 8 & Under 25 Backstroke	0	0	10:00 AM	_____
Finals	19 Girls 11-12 50 Breaststroke	0	0	10:00 AM	_____
Finals	20 Boys 11-12 50 Breaststroke	0	0	10:00 AM	_____
Finals	21 Girls 9-10 50 Breaststroke	0	0	10:00 AM	_____
Finals	22 Boys 9-10 50 Breaststroke	0	0	10:00 AM	_____
Finals	23 Girls 8 & Under 25 Breaststroke	0	0	10:00 AM	_____
Finals	24 Boys 8 & Under 25 Breaststroke	0	0	10:00 AM	_____
Finals	25 Girls 11-12 200 IM	0	0	10:00 AM	_____
Finals	26 Boys 11-12 200 IM	0	0	10:00 AM	_____
Finals	27 Girls 9-10 100 IM	0	0	10:00 AM	_____
Finals	28 Boys 9-10 100 IM	0	0	10:00 AM	_____
Finals	29 Girls 8 & Under 100 IM	0	0	10:00 AM	_____
Finals	30 Boys 8 & Under 100 IM	0	0	10:00 AM	_____
Finals	31 Girls 11-12 50 Butterfly	0	0	10:00 AM	_____
Finals	32 Boys 11-12 50 Butterfly	0	0	10:00 AM	_____
Finals	33 Girls 9-10 50 Butterfly	0	0	10:00 AM	_____
Finals	34 Boys 9-10 50 Butterfly	0	0	10:00 AM	_____
Finals	35 Girls 8 & Under 25 Butterfly	0	0	10:00 AM	_____
Finals	36 Boys 8 & Under 25 Butterfly	0	0	10:00 AM	_____
Finals	37 Girls 11-12 200 Freestyle Relay	0	0	10:00 AM	_____
Finals	38 Boys 11-12 200 Freestyle Relay	0	0	10:00 AM	_____
Finals	39 Girls 9-10 200 Freestyle Relay	0	0	10:00 AM	_____
Finals	40 Boys 9-10 200 Freestyle Relay	0	0	10:00 AM	_____
Finals	41 Girls 8 & Under 100 Freestyle Relay	0	0	10:00 AM	_____
Finals	42 Boys 8 & Under 100 Freestyle Relay	0	0	10:00 AM	_____
	Finish Time			10:00 AM	_____