

2020 SENIOR SPRING LONG COURSE INVITATIONAL

May 8 – 10, 2020

161 Cross Street

Freeman Athletic Center, Wesleyan University, Middletown, CT

<http://goo.gl/maps/Hm4BO>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L20-7. 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

	Name	Email	Phone
Meet Director:	Ellen Johnston	ejohnston@westporty.org	(203) 209-0198
Meet Referee:	David Guzik	dcguzik@gmail.com	
Entry Chair:	Ellen Johnston	ejohnston@westporty.org	(203) 209-0198
Safety Chair:	Kristen Finnegan	kfinnegan@westporty.org	
Officials Contact:	Lorraine Kennedy	dcguzik@gmail.com	

WEBSITE: www.wrat.org

POOL EMERGENCY NUMBER: (860) 685-2915

Facility Monitor: (860) 685-2690

MEET TYPE: Sanctioned

MEET CLASSIFICATION: This meet is open to all USA Swimming athletes and clubs.

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming

MEET FORMAT: The meet will be swum as timed-finals. The 1500M freestyle will be swum fast-to-slow, alternating heats of women and men. The 1500 will also be heat limited which will be determined based on entries received to offer as many swimmers the opportunity to swim an event not readily available to swimmers.

SCRATCH PROCEDURES: Coaches packets will contain scratch sheets for each session and a time line for when scratches are due. *Failure to turn in the scratch upon final request will result in the swimmers being scratched.* Please refer to USA Swimming Rulebook 102.3 for general meet guidelines.

FACILITY: The 27TH Annual Long Course Invitational will once again be held at the Freeman Athletic Center on the Wesleyan University campus. The pool is 50 meters by 25yards – providing eight 9' wide lanes. The starting end of the pool is 14.5' and gradually slopes to a depth of 8' over most of the racing course. Colorado Timing System computer, touch pads and eight-lane score board assures a quality timing system display of events. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Spectator seating is available for approximately 340.

Please make note of the following as Wesleyan's policy for hosting meets has been updated:

- Changing in or out of swimsuits other than in the locker rooms or other designated area is prohibited.
- **NO** personal chairs are permitted on the pool deck, front lobby or hallway between the front and back lobbies.
- **SPECTATOR SEATING:** Sitting or blocking the aisles is prohibited. Chairs, or like furniture, are prohibited. No chairs are allowed in front of the lobby's glass viewing area. With the exception of handicapped seating, this area is standing room only.

DISABLED ACCESS: Limited handicap parking is available. Disabled access is through the front entrance only. An elevator is available in the front lobby for access to the locker rooms and pool deck. Spectator seating is to the left of the lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: LCM.

SESSION TIMES: Subject to Change.

<u>SESSION 1</u>	<u>FRIDAY, MAY 8, 2020</u> 4:00 PM Warm-up 5:00 PM Start
<u>SESSION 2</u>	<u>SATURDAY, MAY 9, 2020</u> 7:30 AM Warm-up 8:45 AM Start
<u>SESSION 3</u>	<u>SATURDAY, MAY 9, 2020</u> 4:00 PM Warm-up 5:15 PM Start
<u>SESSION 4</u>	<u>SUNDAY, MAY 10, 2020</u> 7:30 AM Warm-up 8:45 AM Start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Friday afternoon will have an open general warm-up session. At least one, one-way dive lane will be made available and pace lanes as needed. For Sessions II, III and IV: once total swimmer count is finalized, will dictate how the warm-up sessions will be structured. Should we need to assign specific warm-up times per team, they will be approximately 30 minutes in length per warm-up session.

ELIGIBILITY: All athletes must be current athlete members of USA Swimming. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

Age on the first day of the meet shall determine the swimmer's age and age group for the meet. List any restrictions, such as age, etc. 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

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. Questions regarding adapted athletes may be directed to Connecticut Swimming Office – office@ctswim.org

ENTRY LIMITATIONS: Swimmers may swim (6) events on Saturday. There is no event limit for Friday and Sunday. Individuals qualifying in only three (3) events may swim an additional three (3) over the course of the meet – with the exception of the 400 & 1500 meter freestyles and 400 individual medley. Entries in those events must be at or under the qualifying time and **MUST** be pre-proven on the team’s entry. The 1500 may be heat limited.

ENTRY TIMES: Submit entry times in LCM.

QUALIFYING TIMES:

The following time standards are in short course yards. **Please submit your entry in long course meters using either actual times or converted from yards to long course meters.**

<u>Event #</u>	<u>Women</u>	<u>Event</u>	<u>Men</u>	<u>Event #</u>
1	1908.99	1500m Freestyle	1800.99	2
3	206.99	200m Freestyle	206.99	4
5	104.49	100m Butterfly	58.29	6
7	238.39	200m Breaststroke	223.89	8
9	222.39	200m Ind. Medley	209.99	10
11	27.19	50m Freestyle	24.49	12
13	220.49	200m Backstroke	207.09	14
15	113.59	100m Breaststroke	106.29	16
17	535.39	400m Freestyle	511.69	18
19	58.89	100m Freestyle	53.09	20
21	221.19	200m Butterfly	208.99	22
23	105.29	100m Backstroke	59.19	24
25	500.99	400m Ind. Medley	437.09	26

*****REMINDER:** *Qualifying times are in short course yards. Entries must be submitted in long course meters.*

The host team reserves the right to enter its swimmers regardless of qualifying times in order to insure workers for a well-run meet.

No Times (NT) are not allowed.

ENTRY OPENING DATE: Entries will be accepted no earlier than 8:00 pm on Thursday, April 2, 2020

DEADLINES: Entry deadline is April 28, 2020. Mail hardcopy and payment to the entry chairperson:

Please mail to: Ellen Johnston
Water Rat Swim Team
Westport Weston Family Y
14 Allen Raymond Lane
Westport, CT 06880

All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be handled on a first come first served basis. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but not later than May 4, 2017. If cuts or changes are made, the contact person listed on the entry will be notified.

CONNECTICUT-ONLY DEADLINE: NA

ELECTRONIC ENTRIES: Electronic entries – such as from Hy-Tek Team Manager or other team management software – that are inCL2 or SD3/SDIF format may be emailed as an attachment to the entry chair – Ellen Johnston – at ejohnston@westporty.org Your entry will be noted when received and accepted. Electronic entries are due by 9pm Tuesday, April 28. Please check that your team name, address and contact information are listed correctly in this file. Payment is due by Monday, May 4. Checks are payable to: WRAT Parents Club.

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: 12.00 per event 1500m Freestyle - \$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 Water Rat Parent Club and mail to:

Please mail to: Water Rat Swim Team
Westport Weston Family Y
14 Allen Raymond Lane
Westport, CT 06880

Payment must be received by Monday, May 4 2020

CUT PROTOCOL:

Entries will be handled on a first come first served basis. Teams whose entries cannot be accepted will be notified as soon as the meet is full. If cuts or changes are made, the contact person listed on the entry will be notified. The distance events (400 meters or yards or greater) may be heat limited.

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.

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.

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: None

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: We will need help officiating and timing. We would greatly appreciate any teams with officials to please help whenever possible throughout the course of the meet. Please contact our Meet Referee, David Guzik dcguzik@gmail.com if you are able to help officiate. Teams will be required to supply timers and will be notified the week of the meet. *Swimmers in the 1500M freestyle must supply their own timers and lap counters. Swimmers may also need to supply their own timer for the 400m freestyle and individual medley and will be determined once all entries are submitted.*

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: No awards will be given at this meet.

CONCESSIONS: There will be no concessions at this meet. The Neon Deli is located directly across the street from the pool.

HOSPITALITY FOR COACHES AND OFFICIALS: Hospitality will be available for coaches and officials.

MISCELLANEOUS: The playing of music boxes on deck during the running of the meet is prohibited.

PARKING: Please park in one of the designated Wesleyan parking lots near the pool.

DIRECTIONS: From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take a right onto Rt. 66W. 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: The following hotels and motels are in the area:

The Red Lion
100 Berlin Road
Cromwell, CT
(860) 635-2000

Courtyard by Marriott
4 Sebeth Drive
Cromwell, CT
(860) 635-1001

Comfort Inn
Route 372
Cromwell, CT
(860) 635-4100

Super 8 Motel
1 Industrial Drive
Cromwell, CT
(860) 843-1991

Sheraton Hartford South
I-91 – Exit 23
100 Capitol Blvd.
Rocky Hill, CT
(860) 257-6000

Inn at Middletown
70 Main Street
Middletown, CT 06457
(860) 854-6300

2020 Water Rat Senior Spring Invitational - 5/8/2020 to 5/10/2020**Freeman Athletic Center, Wesleyan University****Session Report**

Session: 1 Session I

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 1500 Freestyle	0	0	05:00 PM	_____
Finals	2 Men 1500 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____

2020 Water Rat Senior Spring Invitational - 5/8/2020 to 5/10/2020**Freeman Athletic Center, Wesleyan University****Session Report**

Session: 2 Session II

Day of Meet: 2 Starts at 08:45 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 200 Freestyle	0	0	08:45 AM	_____
Finals	4 Boys 200 Freestyle	0	0	08:45 AM	_____
Finals	5 Girls 100 Butterfly	0	0	08:45 AM	_____
Finals	6 Boys 100 Butterfly	0	0	08:45 AM	_____
Finals	7 Girls 200 Breaststroke	0	0	08:45 AM	_____
Finals	8 Boys 200 Breaststroke	0	0	08:45 AM	_____
Finals	9 Girls 200 IM	0	0	08:45 AM	_____
Finals	10 Boys 200 IM	0	0	08:45 AM	_____
	Finish Time			08:45 AM	_____

2020 Water Rat Senior Spring Invitational - 5/8/2020 to 5/10/2020**Freeman Athletic Center, Wesleyan University****Session Report**

Session: 3 Session III

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

Round	Event	Entries	Heats	Starts at	
Finals	11 Girls 50 Freestyle	0	0	05:15 PM	_____
Finals	12 Boys 50 Freestyle	0	0	05:15 PM	_____
	Break: 10 Minutes:				
Finals	13 Girls 200 Backstroke	0	0	05:25 PM	_____
Finals	14 Boys 200 Backstroke	0	0	05:25 PM	_____
Finals	15 Girls 100 Breaststroke	0	0	05:25 PM	_____
Finals	16 Boys 100 Breaststroke	0	0	05:25 PM	_____
Finals	17 Girls 400 Freestyle	0	0	05:25 PM	_____
Finals	18 Boys 400 Freestyle	0	0	05:25 PM	_____
	Finish Time			05:25 PM	_____

2020 Water Rat Senior Spring Invitational - 5/8/2020 to 5/10/2020**Freeman Athletic Center, Wesleyan University****Session Report**

Session: 4 Session IV

Day of Meet: 3 Starts at 08:45 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 100 Freestyle	0	0	08:45 AM	_____
Finals	20 Boys 100 Freestyle	0	0	08:45 AM	_____
Finals	21 Girls 200 Butterfly	0	0	08:45 AM	_____
Finals	22 Boys 200 Butterfly	0	0	08:45 AM	_____
Finals	23 Girls 100 Backstroke	0	0	08:45 AM	_____
Finals	24 Boys 100 Backstroke	0	0	08:45 AM	_____
Finals	25 Girls 400 IM	0	0	08:45 AM	_____
Finals	26 Boys 400 IM	0	0	08:45 AM	_____
	Finish Time			08:45 AM	_____