



ZEUS Spring Invitational May 16-17, 2020

Velo-CT Sports Complex, 8 Willard Rd, Norwalk, CT, 06851

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L20-18. 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

	Name	Email	Phone
Meet Director:	Dennis Flores	dennis.flores@zeusswimteam.org	203-505-4512
Meet Referee:	Nancy Wargo	nwargo10@gmail.com	203-858-7285
Lead Admin Official:	Lisa Earley		
Entry Chair:	Bob Vializ	patriotswimclub@aol.com	914-497-4716
Safety Chair:	Kaitlynn LaPolt	kaitlapolt@gmail.com	203-505-4512
Officials Contact:	Nancy Wargo	nwargo10@gmail.com	203-858-7285

MEET HOST: ZEUS

WEBSITE: www.zeusswimteam.org

POOL EMERGENCY NUMBER: **(203) 202-8081**

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: Scratches are due 30 minutes before the start of the session.

FACILITY: The Velo-CT pool is a 6-lane 50 meter pool with a Colorado timing and SST system with display. The competition course has not been certified in accordance with 104.2.2C (4). Water depth at start end is: 7 feet. Water depth at turn end is: 4.5 feet.

- Limited bleacher seating for spectators will be available in designated areas on the pool deck. **NO FOOD IS ALLOWED ON THE POOL DECK.** Spectator viewing will also be available on the mezzanine above the shallow end of the pool.
- Team seating will be in the courtyard area behind the starting end (deep end) of the pool. Team tents and folding chairs are permitted in this area only. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- **FOLDING DECK CHAIRS WILL NOT BE PERMITTED ON THE POOL DECK.**

DISABLED ACCESS: Handicap accessibility throughout the facility.

COURSE: LCM.

SESSION TIMES: Subject to Change

Saturday and Sunday Morning 7:00 a.m. warm-up 8:00 am Start (13-14 and 15 and over)

Saturday and Sunday Afternoon 12:00 p.m. warm-up 1:00 pm Start (11-12 and 10 and under)

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All 6 lanes will be used for warm-up. Warm up sessions will be split into tiered 25 minute sessions for 13-overs and tiered 15 minutes sessions for 12-unders. There will be a 10 minute pace and sprint session will be utilized prior to the start of each session.

During competition, continuous warm-up/warm-down lanes may also be available in the 20 yard lesson pool, at the discretion of the Referee. No Diving will be allowed in these lanes. Swimmers must enter these lanes feet first. Other restrictions may be applied at the discretion of the Referee.

ELIGIBILITY: USA Swimming clubs by invitation: Weston, RAC, Bull, Darien Piranhas, HHAC, Middies, BGNW. 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

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 LIMITATIONS: Max 4 entries per session.

ENTRY TIMES: Submit entry times in: LCM. No Times are discouraged

DEADLINES: Entry deadline is Saturday April 25, 2020. Mail hardcopy and payment to the entry chairperson by the above date: Connecticut Aquatics c/o Dennis Flores 8 Willard Rd, Norwalk, CT 06851 All entries must be typed or printed legibly and must use full names and registration numbers from USA Swimming registration. Entries are official upon receipt of the check.

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 dennis@velo-ct.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.

ENTRY FEES: Electronic 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.

PAYMENT INSTRUCTIONS: Please make checks payable to: Connecticut Aquatics Mail to: Velo-CT c/o Dennis Flores 8 Willard Rd, Norwalk, CT 06851 Payment must be received by 5/16/2020

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. Athletes aged 7 and Under will be cut from the meet.
2. The maximum number of events allowed per day may be reduced by one (1).
3. Events 200 meters and longer may be heat limited to the first 5 heats of entries per gender in the order they were received.
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: 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: The host team will require timers from teams in proportion to the size of their entries. Team assignments will be posted on the team website 4 days prior to 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: No.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Parking for all event attendees is in the parking lot across the street from the entrance to the facility. No Parking, standing or drop-off will be allowed directly in front of the facility. Security will be on site to instruct and assist with parking.

DIRECTIONS: Velo-CT Sports complex is located on 8 Willard Street, Norwalk, CT 06851. We suggest inserting an online map link with the option to get directions. Please make sure the address you select is the actual location of the pool. Many times pool addresses are not the physical location of the pool.

2020 Spring Invitational - 5/16/2020 to 5/17/2020**Session Report**

Session: 1 Saturday Morning

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 13-14 50 Freestyle	0	0	08:00 AM
Finals	2 Boys 13-14 50 Freestyle	0	0	08:00 AM
Finals	3 Girls 15 & Over 50 Freestyle	0	0	08:00 AM
Finals	4 Boys 15 & Over 50 Freestyle	0	0	08:00 AM
Finals	5 Girls 13-14 200 IM	0	0	08:00 AM
Finals	6 Boys 13-14 200 IM	0	0	08:00 AM
Finals	7 Girls 15 & Over 200 IM	0	0	08:00 AM
Finals	8 Boys 15 & Over 200 IM	0	0	08:00 AM
Finals	9 Girls 13-14 100 Backstroke	0	0	08:00 AM
Finals	10 Boys 13-14 100 Backstroke	0	0	08:00 AM
Finals	11 Girls 15 & Over 100 Backstroke	0	0	08:00 AM
Finals	12 Boys 15 & Over 100 Backstroke	0	0	08:00 AM
Finals	13 Girls 13-14 200 Breaststroke	0	0	08:00 AM
Finals	14 Boys 13-14 200 Breaststroke	0	0	08:00 AM
Finals	15 Girls 15 & Over 200 Breaststroke	0	0	08:00 AM
Finals	16 Boys 15 & Over 200 Breaststroke	0	0	08:00 AM
Finals	17 Girls 13-14 100 Butterfly	0	0	08:00 AM
Finals	18 Boys 13-14 100 Butterfly	0	0	08:00 AM
Finals	19 Girls 15 & Over 100 Butterfly	0	0	08:00 AM
Finals	20 Boys 15 & Over 100 Butterfly	0	0	08:00 AM
	Finish Time			08:00 AM

2020 Spring Invitational - 5/16/2020 to 5/17/2020**Session Report**

Session: 2 Saturday Afternoon

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	21 Girls 11-12 100 Freestyle	0	0	01:00 PM
Finals	22 Boys 11-12 100 Freestyle	0	0	01:00 PM
Finals	23 Girls 10 & Under 100 Freestyle	0	0	01:00 PM
Finals	24 Boys 10 & Under 100 Freestyle	0	0	01:00 PM
Finals	25 Girls 11-12 50 Butterfly	0	0	01:00 PM
Finals	26 Boys 11-12 50 Butterfly	0	0	01:00 PM
Finals	27 Girls 10 & Under 50 Butterfly	0	0	01:00 PM
Finals	28 Boys 10 & Under 50 Butterfly	0	0	01:00 PM
Finals	29 Girls 11-12 50 Breaststroke	0	0	01:00 PM
Finals	30 Boys 11-12 50 Breaststroke	0	0	01:00 PM
Finals	31 Girls 10 & Under 50 Breaststroke	0	0	01:00 PM
Finals	32 Boys 10 & Under 50 Breaststroke	0	0	01:00 PM
Finals	33 Girls 11-12 100 Backstroke	0	0	01:00 PM
Finals	34 Boys 11-12 100 Backstroke	0	0	01:00 PM
Finals	35 Girls 10 & Under 100 Backstroke	0	0	01:00 PM
Finals	36 Boys 10 & Under 100 Backstroke	0	0	01:00 PM
Finals	37 Girls 11-12 200 IM	0	0	01:00 PM
Finals	38 Boys 11-12 200 IM	0	0	01:00 PM
Finals	39 Girls 10 & Under 200 IM	0	0	01:00 PM
Finals	40 Boys 10 & Under 200 IM	0	0	01:00 PM
	Finish Time			01:00 PM

2020 Spring Invitational - 5/16/2020 to 5/17/2020**Session Report**

Session: 3 Sunday Morning

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	41 Girls 13-14 100 Freestyle	0	0	08:00 AM
Finals	42 Boys 13-14 100 Freestyle	0	0	08:00 AM
Finals	43 Girls 15 & Over 100 Freestyle	0	0	08:00 AM
Finals	44 Boys 15 & Over 100 Freestyle	0	0	08:00 AM
Finals	45 Girls 13-14 200 Backstroke	0	0	08:00 AM
Finals	46 Boys 13-14 200 Backstroke	0	0	08:00 AM
Finals	47 Girls 15 & Over 200 Backstroke	0	0	08:00 AM
Finals	48 Boys 15 & Over 200 Backstroke	0	0	08:00 AM
Finals	49 Girls 13-14 100 Breaststroke	0	0	08:00 AM
Finals	50 Boys 13-14 100 Breaststroke	0	0	08:00 AM
Finals	51 Girls 15 & Over 100 Breaststroke	0	0	08:00 AM
Finals	52 Boys 15 & Over 100 Breaststroke	0	0	08:00 AM
Finals	53 Girls 13-14 200 Butterfly	0	0	08:00 AM
Finals	54 Boys 13-14 200 Butterfly	0	0	08:00 AM
Finals	55 Girls 15 & Over 200 Butterfly	0	0	08:00 AM
Finals	56 Boys 15 & Over 200 Butterfly	0	0	08:00 AM
Finals	57 Girls 13-14 200 Freestyle	0	0	08:00 AM
Finals	58 Boys 13-14 200 Freestyle	0	0	08:00 AM
Finals	59 Girls 15 & Over 200 Freestyle	0	0	08:00 AM
Finals	60 Boys 15 & Over 200 Freestyle	0	0	08:00 AM
	Finish Time			08:00 AM

Session: 4 Sunday Afternoon

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	61 Girls 11-12 200 Freestyle	0	0	01:00 PM
Finals	62 Boys 11-12 200 Freestyle	0	0	01:00 PM
Finals	63 Girls 10 & Under 200 Freestyle	0	0	01:00 PM
Finals	64 Boys 10 & Under 200 Freestyle	0	0	01:00 PM
Finals	65 Girls 11-12 100 Butterfly	0	0	01:00 PM
Finals	66 Boys 11-12 100 Butterfly	0	0	01:00 PM
Finals	67 Girls 10 & Under 100 Butterfly	0	0	01:00 PM
Finals	68 Boys 10 & Under 100 Butterfly	0	0	01:00 PM
Finals	69 Girls 11-12 50 Backstroke	0	0	01:00 PM
Finals	70 Boys 11-12 50 Backstroke	0	0	01:00 PM
Finals	71 Girls 10 & Under 50 Breaststroke	0	0	01:00 PM
Finals	72 Boys 10 & Under 50 Breaststroke	0	0	01:00 PM
Finals	73 Girls 11-12 50 Freestyle	0	0	01:00 PM
Finals	74 Boys 11-12 50 Freestyle	0	0	01:00 PM
Finals	75 Girls 10 & Under 50 Freestyle	0	0	01:00 PM
Finals	76 Boys 10 & Under 50 Freestyle	0	0	01:00 PM
	Finish Time			01:00 PM