

# CCAT/WHAT SWIM FOR OUR TROOPS INVITATIONAL

**December 16-17, 2017**

Wesleyan University  
Freeman Athletic Center  
161 Cross Street  
Middletown, CT 06459

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S17-93. 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>	Keith Cargan	kcargan@gmail.com	203-671-4795
<b>Meet Referee:</b>	Matt Brown	Mattbrown15@gmail.com	860-633-0308
<b>Lead Admin Official:</b>	Stephanie Jordan	sjordan@peco1938.com	203-494-7673
<b>Entry Chair:</b>	Stephanie Jordan	sjordan@peco1938.com	203-494-7673
<b>Safety Chair:</b>	Sara Massa	shmassa@comcast.net	860-227-2030

**WEBSITE:** [WWW.SWIMCCAT.COM](http://WWW.SWIMCCAT.COM)    [WWW.WHATSWIM.ORG](http://WWW.WHATSWIM.ORG)

**POOL EMERGENCY NUMBER:** 860-685-2915 (Pool Deck)

**MEET TYPE:** Sanctioned

**MEET FORMAT:** The meet will be swum as Timed-Final

**SCRATCH PROCEDURES:** Coaches will receive a list of their swimmers and the events in which they are entered at each session. All scratches for that session will be due at the main desk one half hour after the beginning of the warmups even if there are no scratches.

**FACILITY:** We will be running 8-10 lanes in a 25 yards pool configuration. Additional lanes will be available for warm-up and cool down. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Water depth at start and turn ends is between 7.5 and 14 feet. Colorado electronic timing system will be used. Personal chairs or like furniture are prohibited inside the facility. 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 350 people.

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 the stands will be permitted in the spectator viewing area (open space in front of the large window overlooking pool). With the

exception of handicapped seating, this area is standing room only.

**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.

- Changing in or out of swimsuits other than in the locker rooms or other designated areas is prohibited.
- Teams with 35 or more swimmers may be assigned seating in the spectator area. This number may be adjusted once all entries are received by the entry deadline or when we reach max capacity – whichever comes first. Notification will be sent to all teams in an informational email as soon as determined.
- Teams with swimmers totaling 12 swimmers may have one (1) coach on deck. Teams with 13 – 30 swimmers may have two (2) coaches on deck and teams with 31 or more swimmers may have up to but no more than four (4) coaches on deck. Please note the number of coaches does impact our total number allowed on deck.
- **NO** personal chairs are permitted on the pool deck, front lobby or hallway between the front and back lobbies.

**DISABLED ACCESS:** Handicapped Parking is available behind the athletic center. An elevator, located to the right as you enter the Freeman Athletic Center main lobby. The elevator will provide access to the swim deck. If special assistance is required by athletes, coaches or spectators, please contact the meet director.

**COURSE:** SCY

**SESSION TIMES: Subject to Change**

Saturday

Session 1: 12 & Unders 7:30am Warmup, 8:15am Meet Start

Session 2: 13 & Overs 11:15am Warmup, 12:00pm Meet Start

Sunday

Session 3: 12 & Unders 7:30am Warmup, 8:15am Meet Start

Session 4: 13 & Overs 11:15am Warmup, 12:00pm Meet Start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. There will be one warm up period per session utilizing 12-14 lanes, followed by ten minutes of controlled one-way sprints and pace lanes.

**ELIGIBILITY:** 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-](https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf)

[Content/www/CMS/files/policies\\_admin/RegistrationPolicyforMeetHosts.pdf](https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf)

**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:** The primary goal of the Swim for our Troops Meet is to involve U.S.A. swimmers/teams in the collection of gift cards to be distributed to local and national wounded veteran organizations. These gift cards will be distributed to wounded veterans and their families who need assistance

through the Holiday Season. These donations will be directly collected at the meet and donated to the families by a variety of charitable organizations.

We encourage all swimmers and teams to participate in this collection of gifts to thank both our CT veterans and their families. This will allow these families to be better able to enjoy their holiday season and winter months. Please join us to swim, share, have fun, and show how U.S.A. swimmers care for our troops!

Gift Cards accepted: Supermarkets, Clothing Stores, Gas Stations, AMEX cards, or big box retailers such as Walmart, Target, etc. Please keep the gift card amount to a maximum of \$50

**ENTRY LIMITATIONS:** Individuals may swim five events per day.

**ENTRY TIMES:** Submit entry times in: SCY. If there are no official times for an athlete, please submit estimated times. No Times (NT) will not be accepted.

**DEADLINES:** Entry deadline is November 19th, 2017. Entries will be accepted on a first come – first served basis. The date the entry is received shall be the email date and time.

Mail hardcopy and payment to the entry chairperson:

Stephanie Jordan  
187 Williams Street  
Meriden CT 06450.

**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 [sjordan@peco1938.com](mailto:sjordan@peco1938.com). Please check that your team name, address, and contact information are listed correctly in this file. The date the entry is received shall be determined by the email date and time. Payment is expected no later than one week from the start of the meet. Each team will be notified of receipt of electronic entry via an email response.

**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: \$8.00 for individual events, manual entries: \$10.00 for individual events. There is a swimmer participation fee of \$10.00 per swimmer. 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 CCAT LLC and mail to:

Stephanie Jordan  
187 Williams Street  
Meriden CT 06450

Payment must be received by December 8th, 2017

**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. 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.

**PHOTOGRAPHY AND VIDEO RECORDING:**

Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. 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.

Additionally, the following "Non-Camera Zones" shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

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 the USA Swimming Vice President of Program Operations.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** NO

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Teams may be required to provide timers for this meet. Work Assignments will be sent no later than the Monday before the meet. We would greatly appreciate any team with officials that could help throughout the course of the meet. Please contact the Head Referee: Matt Brown (contact information listed above).

**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:** Directly across and adjacent to the Middletown firehouse. Please do not park on the street, especially if snow removal parking is in effect for Middletown, CT.

**DIRECTIONS:** Wesleyan University Freeman Athletic Center is located at 161 Cross Street, Middletown, CT 06459. This address may be used for GPS locating.

**CCAT/WHAT Swim for our Troops Invitational - 12/16/2017 to 12/17/2017****Session Report**

Session: 1 Saturday AM 12 &amp; Under

Day of Meet: 1 Starts at 08:15 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 9-12 50 Butterfly	0	0	08:15 AM	_____
Finals	2 Boys 9-12 50 Butterfly	0	0	08:15 AM	_____
Finals	3 Girls 9-12 50 Backstroke	0	0	08:15 AM	_____
Finals	4 Boys 9-12 50 Backstroke	0	0	08:15 AM	_____
Finals	5 Girls 9-12 100 Breaststroke	0	0	08:15 AM	_____
Finals	6 Boys 9-12 100 Breaststroke	0	0	08:15 AM	_____
Finals	7 Girls 9-12 100 Freestyle	0	0	08:15 AM	_____
Finals	8 Boys 9-12 100 Freestyle	0	0	08:15 AM	_____
Finals	9 Girls 9-12 200 IM	0	0	08:15 AM	_____
Finals	10 Boys 9-12 200 IM	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

**CCAT/WHAT Swim for our Troops Invitational - 12/16/2017 to 12/17/2017**  
**Session Report**

Session: 2 Saturday PM 13 & Over

Day of Meet: 1 Starts at 12:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	11 Girls 13-99 200 IM	0	0	12:00 PM	_____
Finals	12 Boys 13-99 200 IM	0	0	12:00 PM	_____
Finals	13 Girls 13-99 100 Freestyle	0	0	12:00 PM	_____
Finals	14 Boys 13-99 100 Freestyle	0	0	12:00 PM	_____
Finals	15 Girls 13-99 200 Butterfly	0	0	12:00 PM	_____
Finals	16 Boys 13-99 200 Butterfly	0	0	12:00 PM	_____
Finals	17 Girls 13-99 100 Breaststroke	0	0	12:00 PM	_____
Finals	18 Boys 13-99 100 Breaststroke	0	0	12:00 PM	_____
Finals	19 Girls 13-99 200 Backstroke	0	0	12:00 PM	_____
Finals	20 Boys 13-99 200 Backstroke	0	0	12:00 PM	_____
Finals	21 Girls 13-99 500 Freestyle	0	0	12:00 PM	_____
Finals	22 Boys 13-99 500 Freestyle	0	0	12:00 PM	_____
	Finish Time			12:00 PM	_____

**CCAT/WHAT Swim for our Troops Invitational - 12/16/2017 to 12/17/2017**  
**Session Report**

Session: 3 Sunday AM 12 & Under

Day of Meet: 2 Starts at 08:15 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	23 Girls 9-12 50 Breaststroke	0	0	08:15 AM	_____
Finals	24 Boys 9-12 50 Breaststroke	0	0	08:15 AM	_____
Finals	25 Girls 9-12 50 Freestyle	0	0	08:15 AM	_____
Finals	26 Boys 9-12 50 Freestyle	0	0	08:15 AM	_____
Finals	27 Girls 9-12 100 Backstroke	0	0	08:15 AM	_____
Finals	28 Boys 9-12 100 Backstroke	0	0	08:15 AM	_____
Finals	29 Girls 9-12 200 Freestyle	0	0	08:15 AM	_____
Finals	30 Boys 9-12 200 Freestyle	0	0	08:15 AM	_____
Finals	31 Girls 9-12 100 Butterfly	0	0	08:15 AM	_____
Finals	32 Boys 9-12 100 Butterfly	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

**CCAT/WHAT Swim for our Troops Invitational - 12/16/2017 to 12/17/2017**  
**Session Report**

Session: 4 Sunday PM 13 & Over

Day of Meet: 2 Starts at 12:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	33 Girls 13-99 100 Backstroke	0	0	12:00 PM	_____
Finals	34 Boys 13-99 100 Backstroke	0	0	12:00 PM	_____
Finals	35 Girls 13-99 200 Freestyle	0	0	12:00 PM	_____
Finals	36 Boys 13-99 200 Freestyle	0	0	12:00 PM	_____
Finals	37 Girls 13-99 100 Butterfly	0	0	12:00 PM	_____
Finals	38 Boys 13-99 100 Butterfly	0	0	12:00 PM	_____
Finals	39 Girls 13-99 200 Breaststroke	0	0	12:00 PM	_____
Finals	40 Boys 13-99 200 Breaststroke	0	0	12:00 PM	_____
Finals	41 Girls 13-99 50 Freestyle	0	0	12:00 PM	_____
Finals	42 Boys 13-99 50 Freestyle	0	0	12:00 PM	_____
Finals	43 Girls 13-99 400 IM	0	0	12:00 PM	_____
Finals	44 Boys 13-99 400 IM	0	0	12:00 PM	_____
	Finish Time			12:00 PM	_____