



## Pat Spinola Distance meet January 12, 2018

Norwalk High School 23 Calvin Murphy Drive Norwalk, CT 06851

[https://mapsengine.google.com/map/edit?hl=en&mid=z0KF\\_xYR86OU.k5pyH0yWqEw8](https://mapsengine.google.com/map/edit?hl=en&mid=z0KF_xYR86OU.k5pyH0yWqEw8)

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S17-63. 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>	Dennis Flores	<a href="mailto:Dennis.flores@zeusswimteam.org">Dennis.flores@zeusswimteam.org</a>	203-838-5836
<b>Meet Referee:</b>	Michael Mendribil	<a href="mailto:michael@mendribil.com">michael@mendribil.com</a>	203-838-5836
<b>Lead Admin Official:</b>	Nancy Wargo	<a href="mailto:nwargo10@gmail.com">nwargo10@gmail.com</a>	203-838-5836
<b>Entry Chair:</b>	Eric Baritz	<a href="mailto:byte1inc@comcast.net">byte1inc@comcast.net</a>	203-838-5836
<b>Safety Chair:</b>	Dennis Flores	<a href="mailto:Dennis.flores@zeusswimteam.org">Dennis.flores@zeusswimteam.org</a>	203-838-5836

**WEBSITE:** [zeusswimteam.org](http://zeusswimteam.org)

**POOL EMERGENCY NUMBER:** 203-838-5836

**MEET TYPE:** Sanctioned

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

**SCRATCH PROCEDURES:** Scratches are due 30 minutes before the start of the session

**FACILITY:** The Norwalk High School Pool is a 6 -lane, 25-yard pool. Colorado Timing System computer, touch pads and six-lane score board assure a quality timing system display of events. 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: 4.5 feet. There are spectator bleachers available as well as a balcony that can be used for overflow.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** Handicap accessibility throughout the facility.

**COURSE:** SCY

**SESSION TIMES: Subject to Change** Warm-up 4:00 p.m. Start 5:00p.m.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. All 6 lanes will be used for warm-up. Starts will be done within assigned warm-ups.

Session 1: Tier 1 4:00p.m.-4:25p.m. General Warm-up 13 and over  
Tier 2 4:25p.m.-4:45p.m. General Warm-up for 12 and under  
Tier 3 4:45p.m.-4:55p.m. Specific Warm-up

**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-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:** Deck Entries will not be accepted. NT's (No Time's) will not be accepted. Session planned for 3 hours or less excluding warm-ups.

- Swimmers must provide their own counter and timers for the 500 free
- 400 IM and 500 free will be swum fastest to slowest

**ENTRY LIMITATIONS:** Maximum of 3 events

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

**DEADLINES:** Entry deadline is Friday December 29, 2017. Mail hardcopy and payment to the entry chairperson by the above date: ZEUS Swimming 75 Main Avenue, # 272, 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.

**CONNECTICUT-ONLY DEADLINE (Optional for Short Course):** December 29, 2017. Entries will be considered received when the entry file is received (email or mail). CT 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 the entry chair at [byte1inc@optonline.net](mailto:byte1inc@optonline.net). Please check that your team name, address, and contact information are listed correctly in this file. When payment is received the entry is considered officially in the meet.

**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: \$9.00 for individual events, \$12.00 400 IM and 500 Free. 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: NAC Mail to: ZEUS Swimming c/o Dennis Flores 75 Main Avenue, # 272, Norwalk, CT 06851 Payment must be received by 12/29/2017

### **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 distance events (400 yards or greater) may be heat limited per gender based on seed time.
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. 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:** Volunteers will be based on the number of swimmers in the meet. Participating clubs will be notified of work assignments by the Monday before the meet.

**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:** Ample parking

**DIRECTIONS:** The Norwalk High School pool is on County Street in Norwalk, CT. Take I – 95 to Exit 16, East Avenue. Go West on East Avenue for 2 lights. Make a right on Sunset Hill Avenue. Go all the way to end (Sunset Hill becomes Tierney Street). At stop sign (Strawberry Hill Avenue) make a left. Take Strawberry to County Street. Make right on County Street. Driveway to High School is on your right. Go all the way to top of driveway and look for a spot. Entrance to pool is first door on the right, PAT SPINOLA

**15th Annual Pat Spinola Distance Session - 1/12/2018**  
**Session Report**

Session: 1 Friday Night Distance Session

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 10 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 400 IM	0	0	05:00 PM	_____
Finals	2 Boys 400 IM	0	0	05:00 PM	_____
Finals	3 Girls 12 & Under 200 Backstroke	0	0	05:00 PM	_____
Finals	4 Boys 12 & Under 200 Backstroke	0	0	05:00 PM	_____
Finals	5 Girls 12 & Under 200 Breaststroke	0	0	05:00 PM	_____
Finals	6 Boys 12 & Under 200 Breaststroke	0	0	05:00 PM	_____
Finals	7 Girls 12 & Under 200 Butterfly	0	0	05:00 PM	_____
Finals	8 Boys 12 & Under 200 Butterfly	0	0	05:00 PM	_____
Finals	9 Girls 500 Freestyle	0	0	05:00 PM	_____
Finals	10 Boys 500 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____