

CAC Fall Distance Invitational

Friday, October 12, 2018

UCONN Avery Point Pool, 1084 Shennecossett Rd, Groton, CT 06340

Google Link: <https://goo.gl/ttxlLd>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S18-7. 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.

EVENTS

	Name	Email	Phone
Meet Director:	Jon Caswell	joncacswim@gmail.com	401-256-7483
Meet Referee:	Ed Hinckley	Edwardhinckley@sbcglobal.net	
Lead Admin Official:	Lynne Benavides		
Entry Chair:	Jon Caswell	joncacswim@gmail.com	401-256-7483
Safety Chair:	Pam Dolan		
Officials Contact:	Ed Hinckley	Edwardhinckley@sbcglobal.net	

MEET HOST: Connecticut Aquatic Club

WEBSITE: www.cacswim.net

POOL EMERGENCY NUMBER: 860-908-9888

SANCTIONED OR APPROVED: Sanctioned

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

MEET FORMAT: The meet will be swum Timed-Finals. All events will be swum fastest to slowest alternating girls and boys. Timing assignments will be posted for the 400 IM. 1000 free swimmers must provide their own timers.

SCRATCH PROCEDURES: Scratch sheets are due to the computer desk no later than 15 minutes after the start of the session warm-up. If a scratch sheet is not turned in, it will be assumed that the team is not in attendance and the entire team will be scratched from that session.

FACILITY: The UCONN Avery Point Pool is six-lane, 25-yard pool. Water depth at start end is: 12 feet. Water depth at turn end is: 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). Colorado Electronic Timing system will be used. Spectator seating is up in the balcony on the west side of the pool away from the ocean. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: Handicap parking is allowed in the designated spaces posted. If special assistance is needed, please contact the meet director.

COURSE: SCY

SESSION TIMES: Warm-Up: 4:45pm, Start 5:30pm Subject to change.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. There will be one warm-up session and 6 lanes will be used. A controlled warm-up with pace, sprint, and circle swim lanes will be available at 5:15pm. Subject to change depending on entries received

ELIGIBILITY: All USA Swimming clubs and individuals

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

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: Swimmers may compete in 2 events.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: deadline is Friday, October 5, 2018. Mail hardcopy and payment to the entry chairperson: Jon Caswell, 5443 Post Rd, Charlestown, RI 02813. All entries must be legible and must use full names and registration numbers from USA Swimming registration. An entry will be officially received when the entry is received by email and an email receipt is sent to team.

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 joncacs@swim@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment is due prior to the start of 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: \$8.50 for individual events. Manual entries: \$15.00 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 Club and mail to: Jon Caswell, CAC, 5443 Post Rd, Charlestown, RI 02813. Payment must be received by start of the meet.

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. All relays, if planned, will be eliminated.
3. The distance events (400 meters or yards or greater) may be heat limited to the first 9 heats of the 400 IM and 4 heats of the 1000 free per gender in the order they were received.
4. The maximum number of events allowed per day may be reduced by one (1).
5. 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: None.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: 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: None

AWARDS: None.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes. Coaches will be given access to the concession stand.

PARKING: There is plenty of parking on the campus. If the lot next to the pool is full, there is plenty of parking by the sea wall by the entrance of the campus.

DIRECTIONS: : The UCONN Avery Point Pool is located on the campus of UCONN Avery Point. The address of the college is 1084 Shennecossett Rd, Groton, CT 06340. Once you enter the main entrance, take a left at the stop sign and the pool is on your left. Here is a link to google maps: <https://goo.gl/ttxlLd>

LODGING: Please visit www.cacswim.net for any lodging options.

2018 CAC Fall Distance Invite - 10/12/2018

Session Report

Session: 1 Friday Distance

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 400 IM	0	0	05:30 PM	_____
Finals	2 Boys 400 IM	0	0	05:30 PM	_____
	Break: 10 Minutes:				
Finals	3 Girls 1000 Freestyle	0	0	05:40 PM	_____
Finals	4 Boys 1000 Freestyle	0	0	05:40 PM	_____
	Finish Time			05:40 PM	_____