

**MJCC Sharks Invitational**  
**January 25<sup>th</sup> – 27<sup>th</sup>**  
Cornerstone Aquatic Center  
55 Buena Vista Road, West Hartford, CT 06107  
<https://goo.gl/maps/qtN6AMmvFMN2>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. # S18-103. 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 (Optional)</b>
<b>Meet Director:</b>	David Laudati	<a href="mailto:dlaudati@mandelljcc.org">dlaudati@mandelljcc.org</a>	8602316320
<b>Meet Referee:</b>	Julie Kirk	<a href="mailto:jkirk10@comcast.net">jkirk10@comcast.net</a>	
<b>Administrative Official:</b>	Maryann Seguro	<a href="mailto:maryanne.seguro@gmail.com">maryanne.seguro@gmail.com</a>	
<b>Entry Chair:</b>	David Laudati	<a href="mailto:dlaudati@mandelljcc.org">dlaudati@mandelljcc.org</a>	8602316320
<b>Safety Chair:</b>	Juan Dominguez	<a href="mailto:juanitodom@hotmail.com">juanitodom@hotmail.com</a>	
<b>Officials Contact:</b>	Julie Kirk	<a href="mailto:jkirk10@comcast.net">jkirk10@comcast.net</a>	

**MEET HOST:** MJCC

**HOST WEBSITE:** [www.mandelljccsharks.org](http://www.mandelljccsharks.org)

**POOL EMERGENCY NUMBER:** 860-561-8270

**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-finals

**SCRATCH PROCEDURES:** Scratches are due 20 minutes after 1<sup>st</sup> warm-up.

**FACILITY:** Cornerstone Aquatic center pool is an 11 lane 25 yard pool. The starting and turn end depth ranges from 5 feet to 12 feet. The competition course has not been certified in accordance with 104.2.2C(4). We will be using Colorado Timing system with a 8 line scoreboard along with 2 back up timers. The locker rooms are very ample for all of the swimmers. There are bathrooms for adults are located in the locker rooms. Spectator seating is available in the stands on the turn end of the pool. The meet will run with a minimum of 2 lanes for cool down.

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

**DISABLED ACCESS:** Facility is handicapped accessible. Please contact the Meet Director if you need special arrangements.

**COURSE:** SCY

**SESSION TIMES: Subject to Change**

Friday: 6:00pm Warmup 6:50pm Start

Saturday & Sunday 7:25am Warmup 8:35am Start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect

Friday Session 1

General Warmup 6:00pm to 6:35pm 13/over Lanes 1 – 6, 12/under 7 -11

One Way Sprint /Pace/Circle 6:35pm to 6:45pm

Saturday Session 2 & Sunday Session 3

13/over 7:25am to 7:55am

12/under 7:55am – 8:20am

One Way Sprint /Pace/Circle 8:20am – 8:30am

**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](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 [Connecticut Swimming office](#).

**EVENT INFORMATION:** Events 400 and longer will be swum Fastest to slowest, alternating Girls/Boys

**ENTRY LIMITATIONS:** Swimmers may enter a maximum 2 events on Friday, 4 events per day on Saturday and Sunday. A total of 8 Events for meet.

**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 January 18<sup>th</sup> 2019. Please follow instructions for electronic entry submission below. Hard copy should only be sent if electronic entry is not available. Mail hardcopy and payment to the entry chairperson: David Laudati at 335 Bloomfield Ave, West Hartford, Ct. 06117. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries are accepted on a first come, first served basis. Formal team entry date is determined by the date the electronic entry is received via email and entry fee received by the host 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 [dlaudati@mandelljcc.org](mailto:dlaudati@mandelljcc.org) . 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: \$8 for 200 yard events or lower and \$10.00 for 400's and 500 yard events. Manual entries: \$15.00 for all 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 Mandell JCC and mail to: David Laudati at 335 Bloomfield Ave, West Hartford, Ct. 06117. Payment must be received by 1/25/19.

#### **CUT PROTOCOL:**

If a 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. 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 changes will be made to Program Operations and the attending teams as soon as possible and 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 changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

**RELAYS:** No relays

**SAFETY:** 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. 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.

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 will be required to supply timers in proportion to the size of their entry. Swimmers must provide their own timer and counter for the 500 Freestyle. Qualified officials interested in working at the meet are to contact Julie Kirk at [jkirk10@comcast.net](mailto:jkirk10@comcast.net) 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:** None

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** All Swimmers, coaches and officials should park in the Cornerstone parking lot directly at the in front of the pool

**DIRECTIONS:** Cornerstone Aquatic Center  
55 Buena Vista Road, West Hartford, CT 06107  
<https://goo.gl/maps/qtN6AMmvFMN2>

**Sharks Invitational - 1/25/2019 to 1/27/2019****Session Report**

Session: 1 Friday Distance

Day of Meet: 1 Starts at 06:50 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	1 Girls 400 IM	0	0	06:50 PM	_____
Finals	2 Boys 400 IM	0	0	06:50 PM	_____
Finals	3 Girls 12 & Under 200 Backstroke	0	0	06:50 PM	_____
Finals	4 Boys 12 & Under 200 Backstroke	0	0	06:50 PM	_____
Finals	5 Girls 12 & Under 200 Breaststroke	0	0	06:50 PM	_____
Finals	6 Boys 12 & Under 200 Breaststroke	0	0	06:50 PM	_____
Finals	7 Girls 12 & Under 200 Butterfly	0	0	06:50 PM	_____
Finals	8 Boys 12 & Under 200 Butterfly	0	0	06:50 PM	_____
Finals	9 Girls 500 Freestyle	0	0	06:50 PM	_____
Finals	10 Boys 500 Freestyle	0	0	06:50 PM	_____
	Finish Time			06:50 PM	_____

**Sharks Invitational - 1/25/2019 to 1/27/2019****Session Report**

Session: 2 Saturday Morning

Day of Meet: 2 Starts at 08:35 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	11 Girls 12 & Under 50 Freestyle	0	0	08:35 AM	_____
Finals	12 Boys 12 & Under 50 Freestyle	0	0	08:35 AM	_____
Finals	13 Girls 13 & Over 100 Freestyle	0	0	08:35 AM	_____
Finals	14 Boys 13 & Over 100 Freestyle	0	0	08:35 AM	_____
Finals	15 Girls 12 & Under 100 Backstroke	0	0	08:35 AM	_____
Finals	16 Boys 12 & Under 100 Backstroke	0	0	08:35 AM	_____
Finals	17 Girls 13 & Over 100 Backstroke	0	0	08:35 AM	_____
Finals	18 Boys 13 & Over 100 Backstroke	0	0	08:35 AM	_____
Finals	19 Girls 12 & Under 50 Breaststroke	0	0	08:35 AM	_____
Finals	20 Boys 12 & Under 50 Breaststroke	0	0	08:35 AM	_____
Finals	21 Girls 13 & Over 200 Breaststroke	0	0	08:35 AM	_____
Finals	22 Boys 13 & Over 200 Breaststroke	0	0	08:35 AM	_____
Finals	23 Girls 12 & Under 100 Butterfly	0	0	08:35 AM	_____
Finals	24 Boys 12 & Under 100 Butterfly	0	0	08:35 AM	_____
Finals	25 Girls 13 & Over 100 Butterfly	0	0	08:35 AM	_____
Finals	26 Boys 13 & Over 100 Butterfly	0	0	08:35 AM	_____
Finals	27 Girls 12 & Under 200 IM	0	0	08:35 AM	_____
Finals	28 Boys 12 & Under 200 IM	0	0	08:35 AM	_____
Finals	29 Girls 13 & Over 200 IM	0	0	08:35 AM	_____
Finals	30 Boys 13 & Over 200 IM	0	0	08:35 AM	_____
	Finish Time			08:35 AM	_____

**Sharks Invitational - 1/25/2019 to 1/27/2019****Session Report**

Session: 3 Sunday Morning

Day of Meet: 3 Starts at 08:35 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	31 Girls 12 & Under 100 Freestyle	0	0	08:35 AM	_____
Finals	32 Boys 12 & Under 100 Freestyle	0	0	08:35 AM	_____
Finals	33 Girls 13 & Over 50 Freestyle	0	0	08:35 AM	_____
Finals	34 Boys 13 & Over 50 Freestyle	0	0	08:35 AM	_____
Finals	35 Girls 12 & Under 50 Backstroke	0	0	08:35 AM	_____
Finals	36 Boys 12 & Under 50 Backstroke	0	0	08:35 AM	_____
Finals	37 Girls 13 & Over 200 Backstroke	0	0	08:35 AM	_____
Finals	38 Boys 13 & Over 200 Backstroke	0	0	08:35 AM	_____
Finals	39 Girls 12 & Under 100 Breaststroke	0	0	08:35 AM	_____
Finals	40 Boys 12 & Under 100 Breaststroke	0	0	08:35 AM	_____
Finals	41 Girls 13 & Over 100 Breaststroke	0	0	08:35 AM	_____
Finals	42 Boys 13 & Over 100 Breaststroke	0	0	08:35 AM	_____
Finals	43 Girls 12 & Under 50 Butterfly	0	0	08:35 AM	_____
Finals	44 Boys 12 & Under 50 Butterfly	0	0	08:35 AM	_____
Finals	45 Girls 13 & Over 200 Butterfly	0	0	08:35 AM	_____
Finals	46 Boys 13 & Over 200 Butterfly	0	0	08:35 AM	_____
Finals	47 Girls 12 & Under 100 IM	0	0	08:35 AM	_____
Finals	48 Boys 12 & Under 100 IM	0	0	08:35 AM	_____
Finals	49 Girls 13 & Over 200 Freestyle	0	0	08:35 AM	_____
Finals	50 Boys 13 & Over 200 Freestyle	0	0	08:35 AM	_____
Finals	51 Girls 12 & Under 200 Freestyle	0	0	08:35 AM	_____
Finals	52 Boys 12 & Under 200 Freestyle	0	0	08:35 AM	_____
	Finish Time			08:35 AM	_____