

SHELTON/MONROE RAPIDS

DISTANCE MEET

January 4th, 2019

Shelton Community Center, 41 Church Street, Shelton CT

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S18-65. 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:	Chuck Clark	Chuckclark32@hotmail.com	203-556-5580
Meet Referee:	Mike Suba	SMSTMike@gmail.com	
Lead Admin Official:	Kathleen Didio	kadidio@yahoo.com	
Entry Chair:	Chuck Clark	Chuckclark32@hotmail.com	
Safety Chair:	Allison Wells	Alwells88@yahoo.com	
Officials Contact:	Mike Suba	SMSTMike@gmail.com	

MEET HOST: Shelton/Monroe Rapids

WEBSITE: www.smstrapids.org

POOL EMERGENCY NUMBER: 203-452-5823

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.

SCRATCH PROCEDURES: All teams will be provided with a scratch sheet which must be turned in 15 minutes after the start of the 1st Warm-Up Session. After 15 minutes the Meet Director will make an announcement addressing which teams have not turned in their scratch sheets as a final warning. Any team who does not turn in their scratch sheet by the allotted time will be scratched from the meet

FACILITY: The Pool at the Shelton Community Center is an 8-lane by 25-yard facility with non-turbulent lane lines. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is 9 feet. Water depth at turn end is 4 feet. The timing system will be Colorado Timing with touch-pads. Adequate seating and parking is available. Spectator seating capacity is 210. Parking space is limited, please carpool if possible. Please do not park in the designated Fire Lanes. Note: No Street Shoes will be allowed on deck. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS The facility is accessible to the disabled. Please contact the Meet Director with questions.

COURSE: SCY

SESSION TIMES: Subject to change
5:00pm Warm Up

6:00pm Start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All 8 lanes will be used; assignments will be made by team and not gender. 12/U swimmers will have 20 minute warm up sessions and 13/over swimmers will have 30 minute warm up sessions.

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: 2 events per individual

ENTRY TIMES: Submit entry times in: SCY. No Times (NT) will not be accepted.

DEADLINES: Entry deadline is December 26th, 2018. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come-first served basis. Date of receipt is based on Electronic Copy of entry.

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 chuckclark32@hotmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received by Friday January 4th, 2016. Date of receipt is based on Electronic Copy of entry.

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. 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 SMST Rapids and mail to: Chuck Clark, 18 Ward Place, Trumbull CT 06611. Payment must be received by Friday January 4th, 2019.

CUT PROTOCOL: Entries will be accepted until the meet is full. Any teams that get cut from the meet will be notified by: Wednesday, December 26th, 2018. 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.

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: All teams will be required to supply timers based on their entry for the duration of the meet through Event 8. All 1000 Freestyle Swimmers must provide their own timers and counters.

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.

AWARDS: No.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

MISCELLANEOUS: The 1000's will be run fastest to slowest alternating girls and boys heats.

PARKING: Parking is in the rear of the facility.

DIRECTIONS:

Directions to the Shelton Community Center, 41 Church Street, Shelton CT 06484:

Merritt Parkway from New Haven: Take Exit 52. Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a left. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.

Merritt Park from New York: Take Exit 51 at the end of ramp turn left (Nichols Ave.-Rt. 108N). Go 4.3 miles to Huntington Center. Take right onto Church Street. Entrance to the Shelton Community Center is an immediate right. Parking for pool is in rear.

Route 8 (Northbound): Take Exit 11 (Huntington Road). At the end of the exit (stop light) take a left. Continue straight through the next light. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.

Route 8 (Southbound): Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a right. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.)

January Distance Meet - 1/4/2019
Session Report

Session: 1 Distance Session

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 400 IM	0	0	06:00 PM	_____
Finals	2 Men 400 IM	0	0	06:00 PM	_____
Finals	3 Girls 12 & Under 200 Backstroke	0	0	06:00 PM	_____
Finals	4 Boys 12 & Under 200 Backstroke	0	0	06:00 PM	_____
Finals	5 Girls 12 & Under 200 Butterfly	0	0	06:00 PM	_____
Finals	6 Boys 12 & Under 200 Butterfly	0	0	06:00 PM	_____
Finals	7 Girls 12 & Under 200 Breaststroke	0	0	06:00 PM	_____
Finals	8 Boys 12 & Under 200 Breaststroke	0	0	06:00 PM	_____
Finals	9 Women 1000 Freestyle	0	0	06:00 PM	_____
Finals	10 Men 1000 Freestyle	0	0	06:00 PM	_____
	Finish Time			06:00 PM	_____