

WWRX Freestyle Frenzy

October 19-20, 2018

Windsor High School Pool
50 Sage Park Road, Windsor, CT 06095
Mapping Software Link: <http://bit.ly/2MBRCII>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S18-15. 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:	Cathi Sasportas	wwrxuss@gmail.com	(860) 539-9147
Meet Referee:	Bill Repass		
Lead Admin Official:	Joann Bresnahan		
Entry Chair:	Cathi Sasportas	wwrxuss@gmail.com	
Safety Chair:	Krista Levesque	Krista_levesque@sbcglobal.net	
Officials Contact:	Kimani Conliffe		

MEET HOST: WWRX

WEBSITE: windsorwaterrats.org

POOL EMERGENCY NUMBER: (860) 687-2000 ext. 327

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-Final.

SCRATCH PROCEDURES: Coaches Packets will contain scratch sheets for each session and a timeline for when scratches are due. Failure to turn in scratch sheets will result in the team being scratched from the session.

FACILITY: The Windsor High School Pool is a 6-lane, 25-yard pool. Water depth at start end is: 13 feet. Water depth at turn end is: 3.5. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics Timing System will be used with full display board. Spectator seating is available. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: Handicap parking is available near the entrance to the pool. Locker rooms and pool deck are handicap accessible. An elevator is available in the lobby to enable spectators to reach the spectator seating area.

COURSE: SCY

SESSION TIMES: Subject to Change

Session I – Friday night: Warm-up - 5:15 p.m., Meet Start - 6:00 p.m.

Session II – Saturday Morning: 12 & Unders - Warm-up – 7:30 a.m., Meet Start 8:35 a.m.

Session III – Saturday Afternoon: 13 & Overs – Warm-up – 12:15 p.m., Meet Start 1:30 p.m.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All six lanes will be available for warm-ups. Warm-up assignments will be available a week before the meet and will be in the Coach's packet.

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 or CT 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: This is a freestyle only meet. Running of the 500 freestyle: We reserve the right to heat limit ALL swimmers in this event; see Cut Protocol. We also reserve the right to combine events in order to have full heats. The Referee may make changes as deemed necessary.

ENTRY LIMITATIONS: There are no entry limitations for this meet. Swimmers may enter all individual events offered for their age group in each session.

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: Deadline for entries is October 12, 2018. Mail hardcopy and payment to the entry chairperson: Cathi Sasportas, 123 Maple Ave., Windsor, CT 06095. All entries must be legible and must use full names and registration numbers from USA Swimming Registration. Accepted entries are on a first come, first serve basis via email. Payment must be received by Wednesday, October 17, 2018.

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 wwrxuss@gmail.com. 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: \$8.00 for individual events, \$10.00 for distance events (1000 free only), Manual entries: \$10.00 for individual events, \$12.00 for distance 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 WWRX and mail to: Cathi Sasportas, 123 Maple Ave., Windsor, CT 06095. Payment must be received by 10/17/18.

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. .
3. The distance events (400 meters or yards or greater) may be heat limited to the first three heats of entries 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: Relays will not be offered at this meet.

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 Time Trials will be offered.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Visiting clubs will be notified of their timing assignments the Monday before the meet. Swimmers in the 1000 free will need to provide their own counters and timers. Swimmers in the 500 free will need to provide their own 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 be scored.

AWARDS: Awards will be given based on a point system, based on placement in each of the events on Saturday, using this matrix:

Place	1	2	3	4	5	6	7	8	9	10	11	12
Individual	16	13	12	11	10	9	7	5	4	3	2	1

Friday’s distance event will not count towards awards. There will be a female and male 1st, 2nd, and 3rd place awards in each age group.

CONCESSIONS: Concessions will be available.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Parking is available on site. Parking will be available directly outside the pool entrance and at the main parking lot of the high school.

DIRECTIONS: The Windsor High School pool is located at 50 Sage Park Rd. From I-91, take exit 36. Link to Map: <http://bit.ly/2MBRCII>

Freestyle Frenzy 2018 - 10/19/2018 to 10/20/2018**Session Report**

Session: 1 Friday Night

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 1000 Freestyle	0	0	06:00 PM	_____
Finals	2 Boys 1000 Freestyle	0	0	06:00 PM	_____
	Finish Time			06:00 PM	_____

Freestyle Frenzy 2018 - 10/19/2018 to 10/20/2018**Session Report**

Session: 2 Saturday Morning

Day of Meet: 2 Starts at 08:35 AM Heat Interval: 1 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 10 & Under 200 Freestyle	0	0	08:35 AM	_____
Finals	4 Boys 10 & Under 200 Freestyle	0	0	08:35 AM	_____
Finals	5 Girls 11-12 200 Freestyle	0	0	08:35 AM	_____
Finals	6 Boys 11-12 200 Freestyle	0	0	08:35 AM	_____
Finals	7 Girls 10 & Under 50 Freestyle	0	0	08:35 AM	_____
Finals	8 Boys 10 & Under 50 Freestyle	0	0	08:35 AM	_____
Finals	9 Girls 11-12 50 Freestyle	0	0	08:35 AM	_____
Finals	10 Boys 11-12 50 Freestyle	0	0	08:35 AM	_____
Finals	11 Girls 10 & Under 100 Freestyle	0	0	08:35 AM	_____
Finals	12 Boys 10 & Under 100 Freestyle	0	0	08:35 AM	_____
Finals	13 Girls 11-12 100 Freestyle	0	0	08:35 AM	_____
Finals	14 Boys 11-12 100 Freestyle	0	0	08:35 AM	_____
Finals	15 Girls 10 & Under 500 Freestyle	0	0	08:35 AM	_____
Finals	16 Boys 10 & Under 500 Freestyle	0	0	08:35 AM	_____
Finals	17 Girls 11-12 500 Freestyle	0	0	08:35 AM	_____
Finals	18 Boys 11-12 500 Freestyle	0	0	08:35 AM	_____
	Finish Time			08:35 AM	_____

Freestyle Frenzy 2018 - 10/19/2018 to 10/20/2018**Session Report**

Session: 3 Saturday Afternoon

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 1 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 13-14 200 Freestyle	0	0	01:30 PM	_____
Finals	20 Boys 13-14 200 Freestyle	0	0	01:30 PM	_____
Finals	21 Girls 15-18 200 Freestyle	0	0	01:30 PM	_____
Finals	22 Boys 15-18 200 Freestyle	0	0	01:30 PM	_____
Finals	23 Girls 13-14 50 Freestyle	0	0	01:30 PM	_____
Finals	24 Boys 13-14 50 Freestyle	0	0	01:30 PM	_____
Finals	25 Girls 15-18 50 Freestyle	0	0	01:30 PM	_____
Finals	26 Boys 15-18 50 Freestyle	0	0	01:30 PM	_____
Finals	27 Girls 13-14 100 Freestyle	0	0	01:30 PM	_____
Finals	28 Boys 13-14 100 Freestyle	0	0	01:30 PM	_____
Finals	29 Girls 15-18 100 Freestyle	0	0	01:30 PM	_____
Finals	30 Boys 15-18 100 Freestyle	0	0	01:30 PM	_____
Finals	31 Girls 13-14 500 Freestyle	0	0	01:30 PM	_____
Finals	32 Boys 13-14 500 Freestyle	0	0	01:30 PM	_____
Finals	33 Girls 15-18 500 Freestyle	0	0	01:30 PM	_____
Finals	34 Boys 15-18 500 Freestyle	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____