

Glastonbury Swimming's 12th Annual Turkey Trot Distance Meet

November 23, 2019

Glastonbury High School, 330 Hubbard St., Glastonbury, CT 06033

<http://goo.gl/maps/pBzup>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-48. 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:	Andy Ahlberg	andy.ahlberg91@gmail.com	860-918-0619
Meet Referee:	Jim Boyce	jeboyce56@gmail.com	
Lead Admin Official:	Tak Takabayashi	takuto@gmail.com	
Entry Chair:	Suzie Hoyt	hoytsd@cox.net	860-338-0083
Safety Chair:	Lauren Eastman	Lauren.eastman2@gmail.com	860-716-6759
Officials Contact:	Steve Christensen	Steven_christensen@yahoo.com	

MEET HOST: GLAS

WEBSITE: <http://www.glastonburyswimteam.org>

POOL EMERGENCY NUMBER: 860-652-7240

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 format.

SCRATCH PROCEDURES: Coaches will receive Scratch Sheets. Scratches are due 45 minutes prior to the start of the meet.

FACILITY: The Glastonbury High School Competition Pool is a 6 -lane, 25-yard pool. Water depth at start end is 13 feet. Water depth at turn end is 3.5 feet. The competition course has not been certified in accordance with 104.2.2C(4). The meet will be run by a Daktronics Timing System. Deck Chairs will be allowed. Spectator seating is a large bleacher-type area overlooking the pool. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: There is ample handicap parking throughout the GHS campus as well as near the pool entrance. The pool is on the main floor, as is the Men's locker room. The Women's locker room is on the second floor with elevator access. Additionally, there is a single-use handicap bathroom on the main floor with a shower. If special assistance is needed to gain access to the spectator area, please contact the Meet Director. There are seven steps to the spectator area.

COURSE: SCY.

SESSION TIMES: Subject to Change Warm-ups begin at 3pm. Meet Starts at 4pm.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 6 lanes will be used for warm-ups, with session length and lane assignments based on number of teams and swimmers entered.

ELIGIBILITY: All USA Swimming clubs and individuals. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

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

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 **without the use of the backstroke ledge**. 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.

ADULT ATHLETES: All athletes who will be 18 years of age or older must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

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: Entries are limited to two events per swimmer.

ENTRY TIMES: Submit entry times in: SCY. If current times are not available, please estimate a time. No Time (NT) entries will not be accepted.

DEADLINES: deadline is November 12, 2019. Mail hardcopy and payment to the entry chairperson: Suzie Hoyt 3695 Hebron Ave, Glastonbury, CT, 06033. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Date of receipt of payment and electronic entry will determine date of receipt. Electronic entries should be emailed to entry chair (Suzie Hoyt at hoytsd@cox.net).

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 hoytsd@cox.net. Please check that your team name, address, and contact information are listed correctly in this file. Payment should be post marked by Nov. 12, 2018. Final acceptance to the meet is dependent on payment. Checks should be made payable to 'GSPO'.

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.

All athletes, and their parents, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

ENTRY FEES: Electronic entries: \$7.00 for distance event. Manual entries: \$8.00 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 GSPO and mail to: Suzie Hoyt 3695 Hebron Ave., Glastonbury, CT 06033. Payment must be received by 11/12/19.

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 maximum number of events allowed per day may be reduced by one (1).
2. 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.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

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: Swimmers will supply their own timers and counters for all events.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

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 ribbons or medals will be awarded. There will be heat winner awards.

CONCESSIONS: Yes. No Food or eating allowed on Deck.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: There is ample parking to the side and rear of the Pool/Gym Complex.

DIRECTIONS: The GHS Athletic Complex is located at 330 Hubbard Street, Glastonbury, CT 06033. Google Maps: <http://goo.gl/maps/pBzup>.

Glastonbury 12th Annual Turkey Trot - 11/23/2019

Session Report

Session: 1 1 Turkey Trot

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 400 IM	0	0	04:00 PM	_____
Finals	2 Boys 400 IM	0	0	04:00 PM	_____
Finals	3 Girls 12 & Under 200 Backstroke	0	0	04:00 PM	_____
Finals	4 Boys 12 & Under 200 Backstroke	0	0	04:00 PM	_____
Finals	5 Girls 12 & Under 200 Breaststroke	0	0	04:00 PM	_____
Finals	6 Boys 12 & Under 200 Breaststroke	0	0	04:00 PM	_____
Finals	7 Girls 12 & Under 200 Butterfly	0	0	04:00 PM	_____
Finals	8 Boys 12 & Under 200 Butterfly	0	0	04:00 PM	_____
Finals	9 Girls 1000 Freestyle	0	0	04:00 PM	_____
Finals	10 Boys 1000 Freestyle	0	0	04:00 PM	_____
	Finish Time			04:00 PM	_____