

**Hamden Hall Aquatic Club**  
**8/under Quadrathon**  
**November 16, 2019**

Beckerman Athletic Center – 225 Skiff Street, Hamden, CT. 06517

<https://goo.gl/maps/cxjj88uwSo4mxfw7>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-39. 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</b>
<b>Meet Director:</b>	Ken Pierson	kpierson@hamdenhll.org	203-464-0436
<b>Meet Referee:</b>	Dave Pite	pite@snet.net	203-499-9576
<b>Lead Admin Official:</b>	Amy Bugge'	swimhhac@gmail.com	203-415-9372
<b>Entry Chair:</b>	Amy Bugge'	swimhhac@gmail.com	203-415-9372
<b>Safety Chair:</b>	Martha Phelan	Phelan.martha@gmail.com	203-619-4289

**MEET HOST:** HHAC

**WEBSITE:** <http://www.swimhhac.com>

**POOL EMERGENCY NUMBER:** 203-752-2600

**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:** Coaches will receive a scratch sheet for the meet in their information packets listing all of their swimmers and events. Coaches must indicate all scratches on these sheets and turn them into the computer table within one half hour after the start of warm-up.

**FACILITY:** The Edwards Family Natatorium is a 6-lane, 25-yard pool. Water depth at start end is 13.6 feet. Water depth at turn end is 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). The pool has electronic timing with a full display board. We will be using stopwatches for a back-up system should the timing system fail. The spectator seating will accommodate approx. 200 people. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** Handicapped parking is available. The main entrance, locker rooms, spectator seating and pool entrances are handicapped accessible. Please contact the meet director if athletes, coaches or spectators require assistance.

**COURSE:** SCY

**SESSION TIMES: Subject to Change**      Warm-up: 8:00 am-8:55 am      Start: 9:00 am

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

Warm-up 1: 8:00-8:15 Lanes 1-6  
Warm-up 2: 8:15-8:30 Lanes 1-6  
Warm-up 3: 8:30-8:45 Lanes 1-6  
One-way sprints: 8:45-8:55 Lanes 1-6

**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. All swimmers must be 8 years of age or younger. 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)

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](#).

**EVENT INFORMATION:** No deck entries will be accepted

**ENTRY LIMITATIONS:** Swimmers must enter and swim legally in all 4 events to be considered for the Quadrathlon awards. Swimmers do not need to enter all 4 events to participate in the 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: November 1, 2019. Mail hardcopy to the entry chairperson: Amy Bugge', 565 Acorn Lane, Milford, CT. 06461. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries via e-mail are encouraged and will be used to determine the date an entry is received. Deck entries are not allowed.

**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 swimhhac@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment is due by November 2, 2019. Your team is not officially entered into the meet

until payment has been received. Please send payment (instructions below) immediately after sending electronic entry to ensure entry into 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.

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: \$9.00 for individual events and \$12.00 for relays. Manual entries: \$12.00 for individual events and \$16.00 for relays. 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 Hamden Hall Aquatic Club and mail to: Ken Pierson, 74 Wayland Street, North Haven, CT. 06473. Payment must be received by: 11/02/19.

**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. All relays will be eliminated;
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:** Yes. Relays will be limited to 3 relays per team per event. All relay swimmers must be officially entered in the 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.

**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:** All teams will be required to provide timers in proportion to the size of their team entry. It is the responsibility of each team representative or coach to make sure that their timers report for the timers' meeting and remain in place throughout the session. Participating clubs will be notified of work assignments by the Monday before the meet.

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

A full complement of officials is important to the success of any meet. Please email the Meet Referee, [pite@snet.net](mailto:pite@snet.net), with a list of officials from your team who would be available to work the session.

**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 be scored for the individual events/Quadrathon awards. The swimmers' times in each of the four strokes will be added together and then ranked fastest time to slowest time for purpose of award placing. If a swimmer is DQ, he/she is eliminated from awards.

**AWARDS:** Yes. Trophies will be awarded to the top 8 overall finishers based on their combined times from all 4 events. There will be heat winners. No relay awards. Awards will be presented at the conclusion of the meet.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Free parking is available in the Beckerman Athletic Center parking lot.

**DIRECTIONS:** The Beckerman Athletic Center is located at 225 Skiff Street, Hamden, CT. 06517

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

**FROM I-95 (N or S):**

I-95 into New Haven. North on I-91. To Exit 6 Willow St./Blatchley Ave. (left hand exit off I-91) Turn right off ramp onto Willow St. & follow to the end. Turn right onto Whitney Ave. Proceed approximately 5 miles. (Going past Hamden Hall at the 2-mile mark, then past the Reservoir on both sides, and finally past Walgreen's & through the Spring Glen neighborhood.) Turn left at major intersection onto Skiff St. (the 8th light after Hamden Hall, the next light after Spring Glen School.) The entrance to the complex is 1/4 mile up on left.

**FROM RT. 15 MERRITT/WILBUR CROSS PARKWAY (N or S):** Exit 60 Hamden. Turn left (north) onto Dixwell Ave. Proceed past strip malls on both sides. At major intersection, turn right onto Skiff St. (just past TGI Friday's & Super Stop & Shop plaza on right.) Entrance is approximately 1/2 mile down Skiff St. on the right.

**FROM I-91 GOING SOUTH: Exit 10 Hamden/Mt. Carmel:** The exit ramp turns into the Mt. Carmel Connector. Take Exit 1 off connector. At end of ramp turn left and proceed to end. Turn left at light onto Hartford Turnpike. At first light turn right onto Dixwell Ave. Proceed up hill and then downhill and into center of town. Turn left at major intersection onto Whitney Ave. (Rt. 10 South). Proceed to third light at major intersection and turn right onto Skiff St. Field entrance is 1/4 mile up on the left.

**HHAC 8/under Quadrathon - 11/16/2019****Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 09:00 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	1 Girls 8 & Under 100 Medley Relay	0	0	09:00 AM	_____
Finals	2 Boys 8 & Under 100 Medley Relay	0	0	09:00 AM	_____
Finals	3 Girls 8 & Under 25 Butterfly	0	0	09:00 AM	_____
Finals	4 Boys 8 & Under 25 Butterfly	0	0	09:00 AM	_____
Finals	5 Girls 8 & Under 25 Backstroke	0	0	09:00 AM	_____
Finals	6 Boys 8 & Under 25 Backstroke	0	0	09:00 AM	_____
Finals	7 Girls 8 & Under 25 Breaststroke	0	0	09:00 AM	_____
Finals	8 Boys 8 & Under 25 Breaststroke	0	0	09:00 AM	_____
Finals	9 Girls 8 & Under 25 Freestyle	0	0	09:00 AM	_____
Finals	10 Boys 8 & Under 25 Freestyle	0	0	09:00 AM	_____
Finals	11 Girls 8 & Under 100 Freestyle Relay	0	0	09:00 AM	_____
Finals	12 Boys 8 & Under 100 Freestyle Relay	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____