

# 2019 HMST 8 & Under Quadrathon

## January 19, 2020

986 Forest Road, New Haven, CT 06515  
<https://goo.gl/maps/55cFBkkUWEybBuQP9>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-77. 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>	Chuck Elrick	<a href="mailto:celrick@hopkins.edu">celrick@hopkins.edu</a>	203-397-1001 ext 524
<b>Meet Referee:</b>	Bill Hawkins		
<b>Lead Admin Official:</b>	Lisa Earley	learley851@aol.com	
<b>Entry Chair:</b>	Lisa Earley	learley851@aol.com	
<b>Safety Chair:</b>	Bob Pimer	rmpimer@aol.com	

**MEET HOST:** HMST

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

**POOL EMERGENCY NUMBER:** 203-397-1001 ext 524

**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:** All scratch sheets are due to the pool office no later than 20 minutes after the start of warm-up. Failure to deliver a scratch sheet by the deadline will result in the entire team being scratched.

**FACILITY:** The Hopkins School Pool is a 6-lane, 25-yard pool. Water depth at start end is: 13 ft. Water depth at turn end is: 4 ft. The competition course has not been certified in accordance with 104.2.2C(4). The timing system is a Colorado fully automatic timing system with touchpads and a full display scoreboard. The spectator seating is located on the upper level of the Athletic Center and can accommodate approximately 300 people. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** If someone needs handicapped access to the building, please call Chuck Elrick at 203-494-5704. Swimmer access is on the lower level of the Athletic Center, and spectator access is on the upper level.

**COURSE:** SCY

**SESSION TIMES:** Subject to Change     **8:00 am warm up, 9:15 am start**

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect, using all 6 lanes.

**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](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:** Swimmers may enter and compete in 4 events not including relays

**ENTRY TIMES:** Submit entry times in: SCY

**DEADLINES:** deadline is January 10, 2020. Mail hardcopy and payment to the entry chairperson: Lisa Earley, 846 Beechwood Road, Orange, CT 06477. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be accepted in the order with which they were received by email.

**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 [learley851@aol.com](mailto:learley851@aol.com). Please check that your team name, address, and contact information are listed correctly in this file. Receipt of entry, including acceptance or decline status, will be acknowledged within 24 hours of receiving the entry via email. In the event you do not receive this email, please contact Lisa Earley immediately to confirm your entry has been received. Do not assume your entry has been processed if you do not receive confirmation of receipt of your 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.

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: \$10.00 for individual events, \$12.00 for relays. Manual entries: \$12.00 for individual events, \$14.00 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 HMST and mail to: Lisa Earley, 846 Beechwood Road, Orange, CT 06477. Payment must be received by 1/19/20.

### **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 genders will be separated with the Boys in the morning and the Girls in the afternoon
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; there are no relay limitations. 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:** Participating clubs will be notified of work assignments by the Wednesday before the meet. This meet will NOT be using touchpads. All timing will be manual. Participating teams will be notified of their assignment based on the size of their entry.

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 be scored for the Quadrathon awards. The swimmers’ times in each of the four strokes will be added together and then ranked fastest time to slowest time for purposes of award placing, relays will not score.

**AWARDS:** Ribbons will be awarded to the top 6 finishers in each individual event and top 3 finisher in each relay event. Trophies will be awarded to the top 6 finishers in each age and gender with respect to their final placing in the Quadrathon scoring. Trophies will be presented as soon as possible after the final event. A team representative should pick up the ribbons from the pool office at the conclusion of the meet.

**CONCESSIONS:** Yes.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes.

**PARKING:** Parking in the Forest Road lot. Cars must park in the designated parking spaces. Cars parked on the grass or in the “drop-off” area risk the possibility of being towed.

**DIRECTIONS:** The Hopkins School pool is located at 986 Forest Road, New Haven, CT. 06515 From Rte. 15 (Wilbur Cross Parkway, Exit 59, South from Hartford): At the end of the exit ramp, turn right. Rte. 63 (Amity Road) and Rte. 69 (Litchfield Turnpike) merge to form Whalley Ave. Approximately  $\frac{3}{4}$  of a mile from that intersection, turn right onto Rte. 122 (Dayton Street). After traveling one block, follow Rte. 122 through the traffic signal onto Forest Road. The Hopkins driveway is on the right immediately after the next traffic signal. From Rte. 34 or 15 (Wilbur Cross Parkway, Exit 57 North, from NYC): From Rte. 15, take Rte. 34 (Derby Turnpike) east for 2-1/2 miles; turn left onto Rte. 122 (Forest Road). Hopkins is on the left after approximately  $\frac{1}{2}$  mile. From Rte. 91 or Rte. 95 North (New London- Hartford): Exit at the Oak Street Connector Downtown Rte. 34 (which is Exit #1 on I-91 and Exit #47 on I-95). Proceed to the end of the connector and then exit straight ahead onto the parallel Frontage Road (Rte. 34). Continue on this road about two miles until you reach the Boulevard. Take a right and get into the far left lane. At the light take a left—all the while remaining on Rte. 34. Continue until you come to Rte. 122 (Forest Road). Take a right and Hopkins will be on the left after traveling about  $\frac{1}{2}$  mile. From Rte. 95 (North, from NYC): Use Exit #43 (Rte. 122, Campbell Ave. West Haven). Turn left at the end of the ramp. Follow Rte. 122 for 2 miles across both Rte 1 (Boston Post Road) and Rte 34 (Derby Turnpike), at which point it becomes Forest Road. Hopkins is on the left about  $\frac{1}{2}$  mile ahead.

**2020 HMST 8 & Under Quadrathon - 1/19/2020****Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 09:15 AM Heat Interval: 15 Seconds / Back +15 Seconds

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Finals	1	Girls 8 & Under 100 Medley Relay
Finals	2	Boys 8 & Under 100 Medley Relay
Finals	3	Girls 6 & Under 25 Backstroke
Finals	4	Boys 6 & Under 25 Backstroke
Finals	5	Girls 7 Year Olds 25 Backstroke
Finals	6	Boys 7 Year Olds 25 Backstroke
Finals	7	Girls 8 Year Olds 25 Backstroke
Finals	8	Boys 8 Year Olds 25 Backstroke
Finals	9	Girls 6 & Under 25 Breaststroke
Finals	10	Boys 6 & Under 25 Breaststroke
Finals	11	Girls 7 Year Olds 25 Breaststroke
Finals	12	Boys 7 Year Olds 25 Breaststroke
Finals	13	Girls 8 Year Olds 25 Breaststroke
Finals	14	Boys 8 Year Olds 25 Breaststroke
Finals	15	Girls 6 & Under 25 Butterfly
Finals	16	Boys 6 & Under 25 Butterfly
Finals	17	Girls 7 Year Olds 25 Butterfly
Finals	18	Boys 7 Year Olds 25 Butterfly
Finals	19	Girls 8 Year Olds 25 Butterfly
Finals	20	Boys 8 Year Olds 25 Butterfly
Finals	21	Girls 6 & Under 25 Freestyle
Finals	22	Boys 6 & Under 25 Freestyle
Finals	23	Girls 7 Year Olds 25 Freestyle
Finals	24	Boys 7 Year Olds 25 Freestyle
Finals	25	Girls 8 Year Olds 25 Freestyle
Finals	26	Boys 8 Year Olds 25 Freestyle
Finals	27	Girls 8 & Under 100 Freestyle Relay
Finals	28	Boys 8 & Under 100 Freestyle Relay