

**LEHY Autumn Aquafest**  
**Distance Meet**  
**October 25, 2019**

East Hartford High School, 869 Forbes Street, East Hartford, CT 06108  
<https://goo.gl/maps/NZR02>.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-22. 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.

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**EVENTS**

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Laura McLaughlin	Lehyswimreg@gmail.com	860-798-8946
<b>Meet Referee:</b>	Jim Boyce	jeboyce56@gmail.com	
<b>Lead Admin Official:</b>	Joann Bresnahan	Lehyswimreg@gmail.com	860-402-5797
<b>Entry Chair:</b>	Joann Bresnahan	Lehyswimreg@gmail.com	860-402-5797
<b>Safety Chair:</b>	Joe Guenther	jguentherjr@gmail.com	

**MEET HOST:** LEHY.

**WEBSITE:** <http://ghymca.org/leht.cfm>.

**POOL EMERGENCY NUMBER:** 860-282-3269

**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. The event for the evening will be limited to ten (10) heats. It will be swum fast-to-slow, seeded mixed women and men.

**SCRATCH PROCEDURES:** Positive check in will be required for the meet. Swimmers must check in by the beginning of the 5:15 warm ups. Any swimmer who does not positively check in by the 5:15 deadline will not be allowed to swim. Please check in at the computer table area located near the block end of the pool deck.

**FACILITY:** The East Hartford Pool is a 6 -lane, 25-yard pool. Water depth at start end is: 10 feet. Water depth at turn end is: 3.5 feet. The competition course has not been certified in accordance with 104.2.2C(4). Colorado electronic timing system and 6 lane score board will be used. There is ample spectator seating for 600 people. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited

**DISABLED ACCESS:** Ample handicapped parking is located on the south side of the building. Ramp accessibility and on deck seating is available, for information contact the meet director, Laura McLaughlin, 860-798-8946.

**COURSE:** SCY.

**SESSION TIMES:** Subject to Change      Warm-up 5:15; Meet Starts 5:45.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. General warm-up begins at 5:15PM and six (6) lanes will be used for the warm-ups.

**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 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:** None.

**ENTRY TIMES:** Submit entry times in: SCY, If there are no official times for and athlete, please submit estimated times. No times (NT) will not be expected.

**DEADLINES:** deadline is October 7, 2019. Mail hardcopy and payment to the entry chairperson: Joann Bresnahan, 11 Woodycrest Rd, Wethersfield, CT 06109. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries via email are encouraged however; final date of entry is not posted until payment is received. Deck entries will not be 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 [Lehyswimreg@gmail.com](mailto:Lehyswimreg@gmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Payment is due by October 7, 2019; your team is not officially entered in the meet until payment is received.

**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 distance events. Manual entries: \$11.00. 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 LEHY East Hartford YMCA and mail to: Joann Bresnahan, 11 Woodycrest Rd, Wethersfield, CT 08109. Payment must be received by 10/9/2019.

### **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 distance events (400 meters or yards or greater) may be heat limited to the first 10 heats of entries in the order they were received.
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.

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**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:** Participants in the 1650 shall provide their own timers and lap counter. Participating clubs must 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](#).

**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.

**CONCESSIONS:** Yes.

**HOSPITALITY FOR COACHES AND OFFICIALS: Yes**

**PARKING:** Park in designated areas only. No Street or grass parking is allowed. Please be mindful of fire lanes.

**DIRECTIONS:** The East Hartford High School Pool is located at 869 Forbes Street, East Hartford, CT 06108  
From South: Take I-91 North to exit 25, (Route 3). Keep to the left and take Route 2 to East Hartford, exit 5A to Main St. Turn right at the first light at Brewer Street. Turn left at 2nd light and the school will be approximately  $\frac{3}{4}$  mile on the left.

From North and West: Take I-84 East to Roberts St. Exit. At end of exit take a right and an immediate left onto Silver Lane. Turn right at Forbes St., school will be on the right approximately  $\frac{3}{4}$  mile.

From East: Take I-84 West to I384 East, exit Spencer St. /Silver Lane. Turn right onto Spencer St. (Spencer St. Turns into Silver Lane at East Hartford town line). Turn left onto Forbes St., school will be on the right approximately  $\frac{3}{4}$  miles.

**LODGING:** The following hotels and motels are in the area:

Courtyard by Marriott: 225 Slater Street, Manchester, CT 06040

Days Inn: 333 Roberts Street, East Hartford, CT 06108

Hilton Garden Inn: 85 Glastonbury Blvd., Glastonbury, CT 06033

Sheraton Hartford Hotel: 100 East River Drive, East Hartford, CT 06108

**2019 LEHY Autumn Aquafest Distance Meet - 10/25/2019**

**Session Report**

Session: 1 Friday PM

Day of Meet: 1 Starts at 06:30 PM 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 Mixed 1650 Freestyle	0	0	06:30 PM	_____
	Finish Time			06:30 PM	_____