

# 2019 New Canaan Tough Pentathlon

October 5, 2019

564 South Street, New Canaan, CT, 06840

[https://www.google.com/maps/d/u/0/edit?mid=1EaOLONSCQ70UJ1Y\\_n3aV-UfNRZg&ll=41.12863057069105%2C-73.48541964999998&z=18](https://www.google.com/maps/d/u/0/edit?mid=1EaOLONSCQ70UJ1Y_n3aV-UfNRZg&ll=41.12863057069105%2C-73.48541964999998&z=18)

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-3. 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>	Suzanne Lancey	<a href="mailto:slancey@newcanaanymca.org">slancey@newcanaanymca.org</a>	203-966-4528 x174
<b>Meet Referee:</b>	Christine Anbar	<a href="mailto:canbar@optonline.net">canbar@optonline.net</a>	203-246-9765
<b>Lead Admin Official:</b>	Patrick Colwell	<a href="mailto:Patrick.colwell@cbre.com">Patrick.colwell@cbre.com</a>	203-594-9110
<b>Entry Chair:</b>	Brian Fazzino	<a href="mailto:bfazzino@newcanaanymca.org">bfazzino@newcanaanymca.org</a>	203-966-4528 x137
<b>Safety Chair:</b>	Ashley Lancey	<a href="mailto:lanceypa@gmail.com">lanceypa@gmail.com</a>	203-966-4528 x137

**MEET HOST:** NCY

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

**POOL EMERGENCY NUMBER:** 203-966-4528

**MEET TYPE:** 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 each session of their meet in their information packets listing all of their events for the session. Coaches must indicate all scratches and turn them into the computer table half an hour before the meet start

**FACILITY:** The New Canaan YMCA has a 6 lane 25 yard pool. Water depth at start end is 13 feet. Water depth at turn end is 4.7 feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** Access to spectator seating is by stairs only. The pool deck is at ground level only. There is available handicap parking.

**COURSE:** SCY

**SESSION TIMES:** Subject to Change 7:00 AM warm up, 8:15 AM start

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

7:00-7:20 Warm up 1 (General warm up)

7:20-7:40 Warm up 2 (General warm up)

7:40-8:00 Warm up 3 (General warm up)

8:00-8:10 sprints

All six lanes will be available during the entire warm up

**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. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible. 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 are allowed 5 events per session

**ENTRY TIMES:** Submit entry times in SCY and please estimate if they have no times NT will not be accepted.

**DEADLINES:** deadline is September 22, 2019. Mail hardcopy and payment to the entry chairperson: Suzanne Lancey, 564 South Street, New Canaan, CT 06840. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entry into the meet will be determined by the email date of entry.

**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 [bfazzino@newcanaanyca.org](mailto:bfazzino@newcanaanyca.org). Please check that your team name, address, and contact information are listed correctly in this file. Formal entry date is the date the entries are received via email as long as the hard copy and the fee is postmarked no more than 3 days after the submission.

**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: \$8.00 for individual events, Manual entries: \$9.00 for individual 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 NCYAC and mail to: Suzanne Lancey, New Canaan YMCA 564 South Street, New Canaan, CT 06840. Payment must be received by 9/29/18.

### **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. (Should not be used for 8/U meets)
2. All relays, if planned, will be eliminated.
3. 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 changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

**RELAYS:** There will be no relays.

### **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.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** There will be no time trials.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** 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](#).

**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. USA swimming protocol will be used for a 6 lane pool. (16-13-12-11-10-9) for places 1-6 and (7-5-4-3-2-1) for places 7-12.

**AWARDS:** Top performers in each age group will receive a trophy. In the event of a tie places will be determined on the 50 fly time. Swimmers must swim all five events to be eligible. Awards will be available at the conclusion of the session. Teams will be responsible for shipping if they fail to pick up their awards after the conclusion of the meet.

**CONCESSIONS:** Yes.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** There will be **NO PARKING AT THE YMCA, South Ave, Putnam, or Surrey Roads**. Cars parked in these areas will be ticketed by the New Canaan Police Department. Parking will be either at the Saxe Middle School or New Canaan High School. The Meet Manager will notify the entered teams prior to the meet. (Parking tickets are not the responsibility of the New Canaan YMCA.)

**DIRECTIONS:** From North or South: Take Merritt Parkway to exit 37, make a left off the exit ramp and head north on South Ave (Rte 124). Follow this road for about  $\frac{3}{4}$  of a mile. The YMCA is on the right. Swimmers may be dropped off at the YMCA; however there is NO parking available. Upon making a right out of the YMCA parking lot the Saxe Middle School lot is the next drive on the right hand side. To get to the High School, after making a right out of the YMCA parking lot make a left at the first traffic light onto Farm Ave. The high school is on the left hand side.

**2019 Pentathlon - 10/5/2019**  
**Session Report**

Session: 1 12 and Under Tough Pentathlon

Day of Meet: 1 Starts at 08:15 AM Heat Interval: 10 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 10 & Under 50 Butterfly	0	0	08:15 AM	_____
Finals	2 Boys 10 & Under 50 Butterfly	0	0	08:15 AM	_____
Finals	3 Girls 11-12 50 Butterfly	0	0	08:15 AM	_____
Finals	4 Boys 11-12 50 Butterfly	0	0	08:15 AM	_____
Finals	5 Girls 10 & Under 50 Backstroke	0	0	08:15 AM	_____
Finals	6 Boys 10 & Under 50 Backstroke	0	0	08:15 AM	_____
Finals	7 Girls 11-12 50 Backstroke	0	0	08:15 AM	_____
Finals	8 Boys 11-12 50 Backstroke	0	0	08:15 AM	_____
Finals	9 Girls 10 & Under 50 Breaststroke	0	0	08:15 AM	_____
Finals	10 Boys 10 & Under 50 Breaststroke	0	0	08:15 AM	_____
Finals	11 Girls 11-12 50 Breaststroke	0	0	08:15 AM	_____
Finals	12 Boys 11-12 50 Breaststroke	0	0	08:15 AM	_____
Finals	13 Girls 10 & Under 50 Freestyle	0	0	08:15 AM	_____
Finals	14 Boys 10 & Under 50 Freestyle	0	0	08:15 AM	_____
Finals	15 Girls 11-12 50 Freestyle	0	0	08:15 AM	_____
Finals	16 Boys 11-12 50 Freestyle	0	0	08:15 AM	_____
Finals	17 Girls 10 & Under 100 IM	0	0	08:15 AM	_____
Finals	18 Boys 10 & Under 100 IM	0	0	08:15 AM	_____
Finals	19 Girls 11-12 100 IM	0	0	08:15 AM	_____
Finals	20 Boys 11-12 100 IM	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____