

# SHARKS Distance Meet

November 23, 2019

Westhill HS  
125 Roxbury Rd  
Stamford, CT 06902

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-49. 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>	Kurt Bittel	<a href="mailto:bittelshark@gmail.com">bittelshark@gmail.com</a>	
<b>Meet Referee:</b>	Rick Lewis	<a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	203-912-9385
<b>Lead Admin Official:</b>	Kurt Bittel	<a href="mailto:bittelshark@gmail.com">bittelshark@gmail.com</a>	
<b>Entry Chair:</b>	Rick Lewis	<a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	203-912-9385
<b>Safety Chair:</b>	Rick Lewis	<a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	203-912-9385
<b>Officials Contact:</b>	Rick Lewis	<a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	203-912-9385

**MEET HOST:** SHKS

**WEBSITE:** [www.sharksswimming.com](http://www.sharksswimming.com)

**POOL EMERGENCY NUMBER:** 203-912-9385

**SANCTIONED OR APPROVED:** Sanctioned

**MEET DURATION:** Mini meet with all sessions timed to three hours or less before scratches.

**MEET FORMAT:** The meet will be swum as Timed-Final. The 400 IM, 500 Free, and 1000 Free will be swum fast-to-slow, alternating heats of women and men. Heats may be combined.

**SCRATCH PROCEDURES:** Scratch sheets will be distributed; please turn in all scratches by 7:40 am

**FACILITY:** The Westhill HS pool is a 6 -lane, 25-yard pool. Water depth at start end is: 3 1/2 feet. Water depth at turn end is: 3 1/2 feet. Swimmers will start races in the water. The competition course has not been certified in accordance with 104.2.2C(4). Colorado electronic timing system will be used. There is ample spectator seating. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** The pool is fully assessable

**COURSE:** SCY

**SESSION TIMES: Subject to Change:**

Session 1 Warmup is 7:30 am to 8:00 am. The meet will begin at 8:05 am  
Session 2 (1000 Free): 20 min warmup. Will not begin prior to 9:30 am

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Warmup is 7:30 am to 8:00 am in all 6 lanes. The meet will begin at 8:05 am

**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. List any restrictions, such as age, etc. 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:** Athletes need to provide their own lap counter and timer

**ENTRY LIMITATIONS:** Athletes can enter a maximum of 3 events.

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

**DEADLINES:** deadline is November 9, 2019. Mail hardcopy and payment to the entry chairperson: Rick Lewis; 212 Palmer Hill Rd.; Old Greenwich, CT 06870. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Date that the entry is received will determine when it was received.

**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 lewisshark@aol.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment should be received by October 15, 2019.

**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. Manual entries: \$15.00 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 Sharks and mail to: Rick Lewis; 212 Palmer Hill Rd; Old Greenwich, CT 06870. Payment must be received by 11/20/19.

### **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. Athletes aged 7 and Under will be cut from the meet.
2. The 500 free and 400 IM may be heat limited to the first 5 heats of entries per gender in the order they were received.
3. The 1000 may be heat limited to the first 3 heats of entries per gender in the order they were received.
4. The maximum number of events allowed per day may be reduced by one (1).
5. 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 need to supply their own timer and counter. 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:** No.

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

**PARKING:** You must park in a legal parking space.

**DIRECTIONS:** Westhill HS is located at 125 Roxbury Rd.; Stamford, CT 06902

**Sharks November Distance Meet - 11/23/2019****Session Report**

Session: 1 Distance Meet

Day of Meet: 1 Starts at 08:05 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 200 Backstroke	0	0	08:05 AM	_____
Finals	2 Boys 12 & Under 200 Backstroke	0	0	08:05 AM	_____
Finals	3 Girls 500 Freestyle	0	0	08:05 AM	_____
Finals	4 Boys 500 Freestyle	0	0	08:05 AM	_____
Finals	5 Girls 12 & Under 200 Breaststroke	0	0	08:05 AM	_____
Finals	6 Boys 12 & Under 200 Breaststroke	0	0	08:05 AM	_____
Finals	7 Girls 400 IM	0	0	08:05 AM	_____
Finals	8 Boys 400 IM	0	0	08:05 AM	_____
Finals	9 Girls 12 & Under 200 Butterfly	0	0	08:05 AM	_____
Finals	10 Boys 12 & Under 200 Butterfly	0	0	08:05 AM	_____
	Finish Time			08:05 AM	_____

Session: 2 1000

Day of Meet: 1 Starts at 09:30 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Girls 1000 Freestyle	0	0	09:30 AM	_____
Finals	12 Boys 1000 Freestyle	0	0	09:30 AM	_____
	Finish Time			09:30 AM	_____