

**VSYM November Pentathlon**  
**November 10th, 2019**  
Valley Shore YMCA  
201 Spencer Plain Road, Westbrook, CT 06498  
Mapping software link: <https://goo.gl/maps/Azy9l>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-36. 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>	Teddy Weeks	vsymarlins@gmail.com	860-287-1694
<b>Meet Referee:</b>	Dylan Lee	dylantlee@gmail.com	860-235-3074
<b>Lead Admin Official:</b>	Stephen Vitola	svitola@snet.net	(203) 209-1115
<b>Entry Chair:</b>	Teddy Weeks	vsymarlins@gmail.com	860-287-1694
<b>Safety Chair:</b>	Jason Lowy	j_lo280@yahoo.com	(860) 778-3080
<b>Officials Contact:</b>	Dylan Lee	dylantlee@gmail.com	860-235-3074

**MEET HOST:** VSYM

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

**POOL EMERGENCY NUMBER:** 860-399-9622

**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:** Coaches will receive a scratch sheet in their information packet before the meet, listing all swimmers and events for that session. Coaches must indicate all scratches or state none on the sheet and return the sheets to the computer table 30 minutes after warm-ups have begun. USA Swimming Rulebook 102.3

**FACILITY:** The Valley Shore YMCA Competition Pool is a 6-lane, 25-yard pool. Water depth at start end is: 9ft. Water depth at turn end is: 3ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system will be used. There is limited spectator seating on the pool deck. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** Handicapped parking is directly in front of the building. Handicapped access to pool locker rooms and spectator area are available once inside. Anyone needing assistance should contact the Meet Director prior to the meet.

**COURSE:** SCY

**SESSION TIMES:** Subject to Change      Sunday 7:00am warm-up, 9:00am start

Warm-up and start times are subject to change based on entries. Teams will be notified of final session times no later than Monday before the meet.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. 6 Lanes will be used for warm ups with sufficient sessions to accommodate swimmers. There will be a specific session for sprints. The meet director has the right to expand or decrease warm up format dependent upon the number of swimmers.

**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 or CT 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:** All events will be swum as timed finals and will be deck seeded according to the swimmers' SCY times. Deck entries will not be allowed.

**ENTRY LIMITATIONS:** Swimmers are limited to entering and swimming in a maximum of 5 events.

**ENTRY TIMES:** Submit entry times in SCY. NT are discouraged, please estimate times if no official times are available.

**DEADLINES:** Deadline is October 28th, 2019. Mail hardcopy and payment to the entry chairperson: Teddy Weeks, 1 Evergreen Drive, Clinton, CT 06413. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Teams will receive confirmation of receipt of entry, via email, within 24 hours of receiving that entry. This confirmation will include notice of acceptance or rejection of the entry. Entries will be accepted in the order they are received. In the event you are not emailed confirmation of receiving the entry within 24 hours after sending it, please email the meet director immediately. If you have not received a confirmation, you need to assume the entry was not delivered. All entries must be legible and must use full names and registration numbers from USA Swimming registration.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is October 28th, 2019. Mail hardcopy and payment to the entry chairperson: Teddy Weeks, 1 Evergreen Drive, Clinton, CT 06413. All entries must be legible and must use full names and registration numbers from USA Swimming registration. CT clubs meeting this deadline will be entered before out of state clubs.

**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 vsymarlins@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Please check that your team name, address, and contact information are listed correctly in this file. Remember, payment is due 5 business days after confirmation of receipt of the 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: \$8.00 for individual events. Manual entries: \$10.00 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 Valley Shore YMCA Marlins and mail to: Teddy Weeks, 1 Evergreen Drive, Clinton, CT 06413. Payment must be received by 5 business days after receipt of entry has been confirmed by email, but no later than 10/28//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: 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.

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:** Work assignments will be based on team entries. Teams supplying names of volunteers willing to officiate will have their timing assignments adjusted. 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 not be scored.

**AWARDS:** Yes. Ribbons will be awarded to the top five finishers in each individual event.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** There is additional parking in the back field.

**DIRECTIONS:** Valley Shore YMCA, 201 Spencer Plain Rd, Westbrook, CT 06498  
Mapping software link: <https://goo.gl/maps/Azy9l>

**VSYM November Pentathlon, Sanction #: S19-36**  
**November 10th, 2019 Westbrook, CT**  
**Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 10 Seconds / Back +10 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	09:00 AM	_____
Finals	2 Boys 10 & Under 50 Butterfly	0	0	09:00 AM	_____
Finals	3 Girls 11-12 50 Butterfly	0	0	09:00 AM	_____
Finals	4 Boys 11-12 50 Butterfly	0	0	09:00 AM	_____
Finals	5 Girls 13-14 100 Butterfly	0	0	09:00 AM	_____
Finals	6 Boys 13-14 100 Butterfly	0	0	09:00 AM	_____
Finals	7 Girls 15 & Over 100 Butterfly	0	0	09:00 AM	_____
Finals	8 Boys 15 & Over 100 Butterfly	0	0	09:00 AM	_____
Finals	9 Girls 10 & Under 50 Backstroke	0	0	09:00 AM	_____
Finals	10 Boys 10 & Under 50 Backstroke	0	0	09:00 AM	_____
Finals	11 Girls 11-12 50 Backstroke	0	0	09:00 AM	_____
Finals	12 Boys 11-12 50 Backstroke	0	0	09:00 AM	_____
Finals	13 Girls 13-14 100 Backstroke	0	0	09:00 AM	_____
Finals	14 Boys 13-14 100 Backstroke	0	0	09:00 AM	_____
Finals	15 Girls 15 & Over 100 Backstroke	0	0	09:00 AM	_____
Finals	16 Boys 15 & Over 100 Backstroke	0	0	09:00 AM	_____
Finals	17 Girls 10 & Under 50 Breaststroke	0	0	09:00 AM	_____
Finals	18 Boys 10 & Under 50 Breaststroke	0	0	09:00 AM	_____
Finals	19 Girls 11-12 50 Breaststroke	0	0	09:00 AM	_____
Finals	20 Boys 11-12 50 Breaststroke	0	0	09:00 AM	_____
Finals	21 Girls 13-14 100 Breaststroke	0	0	09:00 AM	_____
Finals	22 Boys 13-14 100 Breaststroke	0	0	09:00 AM	_____
Finals	23 Girls 15 & Over 100 Breaststroke	0	0	09:00 AM	_____
Finals	24 Boys 15 & Over 100 Breaststroke	0	0	09:00 AM	_____
Finals	25 Girls 10 & Under 50 Freestyle	0	0	09:00 AM	_____
Finals	26 Boys 10 & Under 50 Freestyle	0	0	09:00 AM	_____
Finals	27 Girls 11-12 50 Freestyle	0	0	09:00 AM	_____
Finals	28 Boys 11-12 50 Freestyle	0	0	09:00 AM	_____
Finals	29 Girls 13-14 100 Freestyle	0	0	09:00 AM	_____
Finals	30 Boys 13-14 100 Freestyle	0	0	09:00 AM	_____
Finals	31 Girls 15 & Over 100 Freestyle	0	0	09:00 AM	_____
Finals	32 Boys 15 & Over 100 Freestyle	0	0	09:00 AM	_____
Finals	33 Girls 10 & Under 100 IM	0	0	09:00 AM	_____
Finals	34 Boys 10 & Under 100 IM	0	0	09:00 AM	_____
Finals	35 Girls 11-12 100 IM	0	0	09:00 AM	_____
Finals	36 Boys 11-12 100 IM	0	0	09:00 AM	_____
Finals	37 Girls 13-14 200 IM	0	0	09:00 AM	_____
Finals	38 Boys 13-14 200 IM	0	0	09:00 AM	_____
Finals	39 Girls 15 & Over 200 IM	0	0	09:00 AM	_____
Finals	40 Boys 15 & Over 200 IM	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____