

Woodbridge Aquatic Club

“Everyone is Invited”

Invitational

Friday, Saturday and Sunday, February 7-9, 2020

Albertus Magnus College

Marcus Messer Athletic Center

305 Huntington Street, New Haven CT

Do Use The Above Address for GPS. See Next Line, See Directions at the End of This Document.

Parking: Corner of Westchester Ave. and Huntington Street, New Haven, CT

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-92. 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

	Name	Email	Phone
Meet Director:	Dave Reilly	dmr123@sbcglobal.net	203-848-0307
Meet Referee:	Julia Shi	julia.shi@yale.edu	203-387-6552
Administrative Official	Vern Long	vernette.long@gmail.com	
Entry Chair:	Dave Reilly	dmr123@sbcglobal.net	203-848-0307
Safety Chair:	Ken Yanagisawa	dockeny@yahoo.com	203-387-6552
Official's Contact	Julia Shi	julia.shi@yale.edu	203-387-6552

MEET HOST: Woodbridge Aquatic Club (WAC)

WEBSITE: woodbridgeaquaticclub.org

POOL EMERGENCY NUMBER: 203-848-0307

SANCTIONED OR APPROVED: Sanctioned

MEET CLASSIFICATION: This meet is open to all USA Swimming athletes and clubs.

MEET FORMAT: The meet will be swum as timed-finals. Please be advised, Friday's 500 Freestyles will each be run fastest to slowest, alternating girls and boys, and are "provide your own timer" events. All Saturday and Sunday events will be swum slowest to fastest. No Saturday events and no Sunday events run alternating girls and boys. All Saturday and Sunday events will have team timing assignments, with the exception of Saturday's Senior 25-yard Freestyle and Sunday's Senior 1000-yard Freestyle. Those events will be "provide your own timer". Also note Sunday's 1000 Freestyles will be limited to the 3 fastest heats of girls and the 3 fastest heats of boys. If either 1000 Free does not fill, empty lanes will be filled by the opposite gender.

SCRATCH PROCEDURES: Scratch sheets are due to the computer table no later than 30 minutes before the start of the meet.

FACILITY: The Albertus Magnus Pool is a six lane, 25 yard pool. The competition course has not been certified in accordance with 104.2.2C (4). Water depth at start end is 12 ft. Water depth at turn end is: 3.5 ft. Colorado Timing System and touch pads will be used. Spectator seating for 200. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: Handicapped parking and ramped access to the pool are located at the main lobby entrance of the facility. An area has been set aside on the pool deck for limited handicapped seating. Handicapped restrooms are available in both the men and women locker rooms. In order that we may better prepare to assist individuals with special needs, please contact the meet director.

COURSE: SCY.

SESSION TIMES (Subject to Change):

Friday, February 8, Session 1: 5:00 Warm-up, 5:40 Start.

Friday, February 8, Session 2: 6:40 Warm-up, 7:10 Start.

Saturday, February 9, Session 3, 11/12: 7:15 Warm-up, 8:10 Start.

Saturday, February 9, Session 4: 10/U: 10:45 Warm-up, 11:30 Start.

Saturday, February 9, Session 5: Senior: 1:15 Warm-up, 2:45 Start.

Sunday, February 10, Session 6, 11/12: 7:15 Warm-up, 8:10 Start.

Sunday, February 10, Session 7: 10/U: 10:45 Warm-up, 11:30 Start.

Sunday, February 10, Session 8: Senior: 1:15 Warm-up, 2:45 Start.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Friday sessions are open warm-up, no assigned lanes. All other sessions will use 1 to 3 tiers of warm-ups, using 6 lanes, with teams being assigned warm-up lanes, dependent upon size of their meet entry. At the conclusion of team warm-ups there will be an additional warm-up period, all teams, lanes 1 and 6 being pace/circle lanes, and lanes 2-5 designated as one-way sprints with dives. The meet director reserves the right to condense or expand this warm-up format dependent upon meet subscription.

ELIGIBILITY: All USA Swimming clubs and individuals (Everyone is Invited). 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 Policies:

<https://www.ctswim.org/Customer-Content/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>

and

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: Friday's 500 Freestyles will be swum fastest to slowest, alternating girls and boys per session. Swimmers must provide their own timer and lap counter for these events. Please be advised, Sunday afternoon's 1000 Freestyles will be swum slowest to fastest and will not be alternating girls and boys. Sunday's 1000 Freestyle will be a "provide your own timer" event as will be Saturday's Senior 25-yard Freestyle. Enter accordingly. There will be no break before the 1000 Freestyles.

ENTRY LIMITATIONS: 4 individual events per session per swimmer. Time trials count as one of the 4 maximum individual events per session.

ENTRY TIMES: Submit entry times in SCY. If there are no official times for an athlete, please submit estimated times. With the goal being all heats comprised of swimmers of like performance ability, No Times (NT) will not be accepted. Again, please use estimates.

DEADLINES: Entry deadline is Wednesday, January 29, 2020. Entries submitted after this date will be considered, dependent upon meet subscription. Email is the preferred method of submitting entries. Please mail payment to Dave Reilly, 8 River Colony, Guilford, CT 064373, no later than Monday, February 3, 2020. Entries will be accepted in the order with which they are received. Mailed entries will be time stamped with 5:00 PM on the day they are received. Entry chairs will be notified of entry acceptance within 24 hours of receiving the entry. In the event you do not hear back from the meet host within that 24 hour period, please contact Dave Reilly to verify that your entry has been received. *If receipt of your entry has not been acknowledged, do not assume the entry has been 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 dmr123@sbcglobal.net. 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 Dave Reilly 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 adult athletes, or parents of minor athletes, 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 Woodbridge Aquatic Club and mail to Dave Reilly, 8 River Colony, Guilford, CT 06443. Payment must be mailed no later than Monday, February 4.

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 of participation number:

1. Athletes aged 7 and Under will be cut from the meet.
2. The distance events (400 yards or greater) may be heat limited to the first 4 heats of entries per gender, in the order they were received.
3. The maximum number of events allowed per day may be reduced by 1.
4. 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 changes will be made to Program Operations and the attending teams as soon as possible and not 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 purpose 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 cuts 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.

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 “No-Camera Zones” shall be enforced:

1. 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.

2. 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.
3. Additional “No-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: Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete’s event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is 5 minutes after the last heat of each and every session. The fee for Time Trial entries are \$8.00 for individual events. Relays are not eligible for time trials in this meet.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet. Friday night events are provide your own timer and counter events, as is Saturday’s Senior 25 yard Freestyle and Sunday afternoon’s Senior 500 Freestyle.

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: Ample parking is available at the facility, intersection of Huntington Street and Winchester Avenue.

DIRECTIONS: From east or west of New Haven: I-95 to I-91 North. Take exit 3, Trumbull Street. Go straight on Trumbull to Whitney Ave. Turn right on Whitney. Turn left on Huntington Street. Go up and then down the hill on Huntington, crossing Prospect Street at the top of the hill. The parking lot to the pool is on the right at the bottom of the hill. From north of New Haven, I-91 Southbound: Take exit 6, Willow Street. Turn right onto Willow Street. Turn right onto Whitney Ave. Turn left onto Huntington Street. Go up and then down the hill on Huntington, crossing Prospect Street at the top of the hill. The parking lot is on the right at the bottom of the hill. From north of New Haven, Wilbur Cross Parkway Southbound: Exit 61 Whitney Ave. Go south towards New Haven, about 4 miles to Huntington Street. Turn right onto Huntington. Go up and then down the hill on

Huntington, crossing Prospect Street at the top of the hill. The parking lot is on the right at the bottom of the hill.

WAC "Everyone is Invited" Invitational - 2/7/2020 to 2/9/2020**Session Report**

Session: 1 12/Under 500s

Day of Meet: 1 Starts at 05:40 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 500 Freestyle	0	0	05:40 PM	_____
Finals	2 Boys 12 & Under 500 Freestyle	0	0	05:40 PM	_____
	Finish Time			05:40 PM	_____

Session: 2 13/Over 500s

Day of Meet: 1 Starts at 07:10 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 13 & Over 500 Freestyle	0	0	07:10 PM	_____
Finals	4 Boys 13 & Over 500 Freestyle	0	0	07:10 PM	_____
	Finish Time			07:10 PM	_____

Session: 3 Saturday 11/12

Day of Meet: 2 Starts at 08:10 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Girls 11-12 50 Butterfly	0	0	08:10 AM	_____
Finals	6 Boys 11-12 50 Butterfly	0	0	08:10 AM	_____
Finals	7 Girls 11-12 200 Backstroke	0	0	08:10 AM	_____
Finals	8 Boys 11-12 200 Backstroke	0	0	08:10 AM	_____
Finals	9 Girls 11-12 100 Breaststroke	0	0	08:10 AM	_____
Finals	10 Boys 11-12 100 Breaststroke	0	0	08:10 AM	_____
Finals	11 Girls 11-12 200 Butterfly	0	0	08:10 AM	_____
Finals	12 Boys 11-12 200 Butterfly	0	0	08:10 AM	_____
Finals	13 Girls 11-12 50 Backstroke	0	0	08:10 AM	_____
Finals	14 Boys 11-12 50 Backstroke	0	0	08:10 AM	_____
Finals	15 Girls 11-12 200 IM	0	0	08:10 AM	_____
Finals	16 Boys 11-12 200 IM	0	0	08:10 AM	_____
Finals	17 Girls 11-12 100 Freestyle	0	0	08:10 AM	_____
Finals	18 Boys 11-12 100 Freestyle	0	0	08:10 AM	_____
	Finish Time			08:10 AM	_____

WAC "Everyone is Invited" Invitational - 2/7/2020 to 2/9/2020
Session Report

Session: 4 Saturday 10/Under

Day of Meet: 2 Starts at 11:30 AM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 10 & Under 50 Butterfly	0	0	11:30 AM	_____
Finals	20 Boys 10 & Under 50 Butterfly	0	0	11:30 AM	_____
Finals	21 Girls 10 & Under 100 Backstroke	0	0	11:30 AM	_____
Finals	22 Boys 10 & Under 100 Backstroke	0	0	11:30 AM	_____
Finals	23 Girls 10 & Under 50 Breaststroke	0	0	11:30 AM	_____
Finals	24 Boys 10 & Under 50 Breaststroke	0	0	11:30 AM	_____
Finals	25 Girls 10 & Under 200 IM	0	0	11:30 AM	_____
Finals	26 Boys 10 & Under 200 IM	0	0	11:30 AM	_____
Finals	27 Girls 10 & Under 100 Freestyle	0	0	11:30 AM	_____
Finals	28 Boys 10 & Under 100 Freestyle	0	0	11:30 AM	_____
	Finish Time			11:30 AM	_____

Session: 5 Saturday Senior

Day of Meet: 2 Starts at 02:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 200 Freestyle	0	0	02:45 PM	_____
Finals	30 Boys 200 Freestyle	0	0	02:45 PM	_____
Finals	31 Girls 100 Backstroke	0	0	02:45 PM	_____
Finals	32 Boys 100 Backstroke	0	0	02:45 PM	_____
Finals	33 Girls 100 Breaststroke	0	0	02:45 PM	_____
Finals	34 Boys 100 Breaststroke	0	0	02:45 PM	_____
Finals	35 Girls 200 Butterfly	0	0	02:45 PM	_____
Finals	36 Boys 200 Butterfly	0	0	02:45 PM	_____
Finals	37 Girls 50 Freestyle	0	0	02:45 PM	_____
Finals	38 Boys 50 Freestyle	0	0	02:45 PM	_____
Finals	39 Girls 400 IM	0	0	02:45 PM	_____
Finals	40 Boys 400 IM	0	0	02:45 PM	_____
Finals	41 Girls 25 Freestyle	0	0	02:45 PM	_____
Finals	42 Boys 25 Freestyle	0	0	02:45 PM	_____
	Finish Time			02:45 PM	_____

WAC "Everyone is Invited" Invitational - 2/7/2020 to 2/9/2020
Session Report

Session: 6 Sunday 11/12

Day of Meet: 3 Starts at 08:10 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	43 Girls 11-12 50 Freestyle	0	0	08:10 AM	_____
Finals	44 Boys 11-12 50 Freestyle	0	0	08:10 AM	_____
Finals	45 Girls 11-12 100 Butterfly	0	0	08:10 AM	_____
Finals	46 Boys 11-12 100 Butterfly	0	0	08:10 AM	_____
Finals	47 Girls 11-12 200 Breaststroke	0	0	08:10 AM	_____
Finals	48 Boys 11-12 200 Breaststroke	0	0	08:10 AM	_____
Finals	49 Girls 11-12 100 Backstroke	0	0	08:10 AM	_____
Finals	50 Boys 11-12 100 Backstroke	0	0	08:10 AM	_____
Finals	51 Girls 11-12 50 Breaststroke	0	0	08:10 AM	_____
Finals	52 Boys 11-12 50 Breaststroke	0	0	08:10 AM	_____
Finals	53 Girls 11-12 100 IM	0	0	08:10 AM	_____
Finals	54 Boys 11-12 100 IM	0	0	08:10 AM	_____
Finals	55 Girls 11-12 200 Freestyle	0	0	08:10 AM	_____
Finals	56 Boys 11-12 200 Freestyle	0	0	08:10 AM	_____
	Finish Time			08:10 AM	_____

Session: 7 Sunday 10/Under

Day of Meet: 3 Starts at 11:30 AM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	57 Girls 10 & Under 50 Freestyle	0	0	11:30 AM	_____
Finals	58 Boys 10 & Under 50 Freestyle	0	0	11:30 AM	_____
Finals	59 Girls 10 & Under 100 Butterfly	0	0	11:30 AM	_____
Finals	60 Boys 10 & Under 100 Butterfly	0	0	11:30 AM	_____
Finals	61 Girls 10 & Under 100 Breaststroke	0	0	11:30 AM	_____
Finals	62 Boys 10 & Under 100 Breaststroke	0	0	11:30 AM	_____
Finals	63 Girls 10 & Under 50 Backstroke	0	0	11:30 AM	_____
Finals	64 Boys 10 & Under 50 Backstroke	0	0	11:30 AM	_____
Finals	65 Girls 10 & Under 100 IM	0	0	11:30 AM	_____
Finals	66 Boys 10 & Under 100 IM	0	0	11:30 AM	_____
Finals	67 Girls 10 & Under 200 Freestyle	0	0	11:30 AM	_____
Finals	68 Boys 10 & Under 200 Freestyle	0	0	11:30 AM	_____
	Finish Time			11:30 AM	_____

WAC "Everyone is Invited" Invitational - 2/7/2020 to 2/9/2020
Session Report

Session: 8 Sunday Senior

Day of Meet: 3 Starts at 02:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	69 Girls 100 Freestyle	0	0	02:45 PM	_____
Finals	70 Boys 100 Freestyle	0	0	02:45 PM	_____
Finals	71 Girls 200 IM	0	0	02:45 PM	_____
Finals	72 Boys 200 IM	0	0	02:45 PM	_____
Finals	73 Girls 200 Backstroke	0	0	02:45 PM	_____
Finals	74 Boys 200 Backstroke	0	0	02:45 PM	_____
Finals	75 Girls 100 Butterfly	0	0	02:45 PM	_____
Finals	76 Boys 100 Butterfly	0	0	02:45 PM	_____
Finals	77 Girls 200 Breaststroke	0	0	02:45 PM	_____
Finals	78 Boys 200 Breaststroke	0	0	02:45 PM	_____
Finals	79 Girls 1000 Freestyle	0	0	02:45 PM	_____
Finals	80 Boys 1000 Freestyle	0	0	02:45 PM	_____
	Finish Time			02:45 PM	_____