

**WHAT Swimming**  
**SNOWBALL CLASSIC Distance**  
**December 13, 2019**

Wesleyan University Freeman Athletic Building 161 Cross Street,  
Middletown, CT 06457  
<http://goo.gl/maps/KD21C>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-58. 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>	Rob Riccobon	whatcoaches@gmail.com	860-985-2818
<b>Meet Referee:</b>	Matt Brown	mattbrown15@gmail.com	
<b>Lead Admin Official:</b>	Keith Brown	whatcoaches@gmail.com	
<b>Entry Chair:</b>	JoAnn McCaffrey	<a href="mailto:keepintimeentries@gmail.com">keepintimeentries@gmail.com</a>	
<b>Safety Chair:</b>	Kristine Perrault	whatcoaches@gmail.com	
<b>Officials Contact:</b>	Matt Brown	mattbrown15@gmail.com	

**MEET HOST:** WHAT

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

**POOL EMERGENCY NUMBER:** 860-409-3650

**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 400 IM and the 500 freestyle will be mixed events.

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for the meet in their information packets listing all of their swimmers and the events for that session. Coaches must indicate all scratches on these sheets and turn them into the office within one half hour after the beginning of warm-up. If the scratch sheet is not received by that deadline all swimmers will be considered to be scratched.

**FACILITY:** Wesleyan University's Freeman Athletic Center Pool is 8-10 lanes, 25 yards. Additional lanes will be available for warm-up and warm-down. Water depth at start end and turn end is between 7.5 and 14 ft. Colorado electronic timing system will be utilized. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. No locks may be left on Wesleyan lockers. No shaving on premises is permitted. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Wesleyan has strict policies regarding the use of the Freeman Athletic Center including limits on both deck and spectator area occupancy as well as limitations on the use and placement of chairs in the lobby. It is imperative that all individuals attending the meet be aware of and adhere to the rules and procedures outlined below.

PLEASE READ THOROUGHLY AND CAREFULLY.

**Spectator Seating and Waiting areas** · Personal folding chairs are not allowed in the building. · No spectators or swimmers will be permitted to congregate in the center of the front lobby of the Athletic Center. · No folding chairs are

permitted in the pool area, hockey rink, or field house. Spectator area (stands) · Seating in the spectator seats will be limited to 340. · Only individuals with disabilities that cannot access to the stands will be permitted in the spectator viewing area (open space in front of the large window overlooking pool).

**Pool and Pool Deck** · Deck Occupancy is 350. · Only swimmers and meet workers with proper credentials (administrative, coaches, officials, timers, and marshals) will be allowed on the pool deck.

**DISABLED ACCESS:** Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby goes to locker rooms and pool deck. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director

**COURSE:** SCY

**SESSION TIMES: Subject to Change** 4:00pm Warm-up. 5:00pm start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. 4:00pm-4:40pm General Warm-up ( 8 lanes) ; 4:40 pm-4:50pm (specific Warm-up).

**ELIGIBILITY:** All USA Swimming clubs and individuals. Athletes with Flex memberships must have swum in more than one USA Swimming meet prior to this meet 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 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:** Heat winner and musical heat prizes will be awarded.

**ENTRY LIMITATIONS:** 2 individual events

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

**DEADLINES:** deadline is November 30th, 2019. Mail hardcopy and payment to the entry chairperson: WHAT Swimming, 113 Ballard Drive, West Hartford, CT 06119. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Receipt of an e-mailed entry will determine the date of entry. Invited teams will be given priority in acceptance of entries.

**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 [keepintimeentries@gmail.com](mailto:keepintimeentries@gmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Receipt of an e-mailed entry will determine the date of 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: \$12.00 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 WHAT Swimming and mail to: WHAT Swimming, 113 Ballard Drive, West Hartford, CT 06119. Payment must be received by 11/30/19.

**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. The distance events may be heat limited to the first 6 seeded heats by entry time.
2. The maximum number of events allowed per day may be reduced by one (1).
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 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:** Participating clubs will be allocated workers based on entry size, and will notified of work assignments by the Monday before the meet. Swimmers must supply their own counters for the 500 free. 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:** No

**AWARDS:** No

**CONCESSIONS:** No

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** A parking map will be sent to attending teams prior to the meet.

**DIRECTIONS:**

From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left. From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left

**WHAT Swimmng 2019 Snowball Distance - 12/13/2019****Session Report**

Session: 1 Friday

Day of Meet: 1 Starts at 05:00 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 13 & Over 500 Freestyle	0	0	05:00 PM	_____
Finals	2 Mixed 13 & Over 400 IM	0	0	05:00 PM	_____
Finals	3 Mixed 9-12 500 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____