

CT 2021 CPAC January LCM AGQ

January 14-17, 2022

Chelsea Piers, CT
1 Blachley Road, Stamford, CT 06902
<https://g.page/?share>

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit ctswim.org or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S21-58. 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.

COVID-19 Statement

In applying for this sanction, the Host, Chelsea Piers Aquatic Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, the Department of Health of the City of Stamford.

<https://www.stamfordct.gov/government/public-safety-health-welfare/departments-of-health/covid-19-info>.

COVID-19 Assumption of Risk Disclaimer

We, Chelsea Piers Aquatic Club, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at the CPAC January LCM Invitational or on site at Chelsea Piers CT. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at the CPAC January LCM Invitational and being on site at Chelsea Piers CT, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY

LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

WAIVER: Waivers with signatures are required. All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Coaches should collect from participating athletes and submit all waivers to the meet director before the start of the meet.

EVENTS

	Name	Email	Phone
Meet Director:	Doug Lennox	<u>dlennox@chelseapiers.com</u>	
Meet Referee:	Annette Mackrel		
Lead Admin Official:	Timothy Goertel		
Entry Chair:	Aaron Montgomery	<u>cpacentries@gmail.com</u>	
Safety Chair:	James Goodwin		

MEET HOST: CPAC

WEBSITE: <http://www.teamunify.com/Home.jsp?team=ctcp>

POOL EMERGENCY NUMBER: 203-989-1300 (James Goodwin, CPCT Aquatics Director)

SANCTIONED OR APPROVED: Sanctioned

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming

MEET FORMAT: The morning sessions of the meet will be swum as Prelim-Final format; Afternoon sessions will be timed final. All events will run slowest to fastest with the exception of the 800 and 1500. Morning sessions will be held for those swimmers who meet the time standards shown on the session report; afternoon sessions will be held for those whose times do not meet those standards.

SCRATCH PROCEDURES: All scratches for events will be due at 5:00 pm on the day preceding the competition. (Scratches for Friday events due at 5:00 pm Thursday. Scratches for Saturday events due at 5:00 pm Friday etc). Penalties will be enforced for violation of those procedures. USA Swimming Rulebook 102.3

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. **Exceptions for Failure to Compete in Finals:** No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

BEFORE ENTERING FACILITY or WHAT TO BRING: Showers and locker rooms are limited to the use of restrooms only.

FACILITY RULES:

No spectators are permitted on-site. Spectators on deck or in the Mezzanine area will be viewed as a code on conduct violation. Parents may be ejected from the facility. Teams in violation of this policy may not be welcome to further sessions should they not strictly enforce this policy.

Timers, Coaches, Officials and swimmers not in the water or behind the block must wear masks at all times and observe social distancing. Occupancy approximately-250 swimmers, 10 Coaches and 10 Officials for preliminary sessions. It is possible that the meet will be flighted, if entries exceed capacity. Flighting might be determined by any method deemed appropriate by the Meet Host.

FACILITY:

Chelsea Piers CT is a 8 Lane, 50 meter pool. Water depth at the start end in 8'. Water depth at the turn end in 4'. The competition course has not been certified in accordance with 104.2.2C(4)

The host club has the right to increase or decrease the number of competition lanes at the Referee's discretion based on the estimated timelines and the need for warm-up/cool down lanes.

Teams will be instructed with regard to the use of deck chairs. Coaches will be assigned seating areas.

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

SAFE SPORT POLICIES: The meet will be live-streamed for free on the Internet. THERE WILL BE NO SPECTATORS PERMITTED ON-SITE. Coaches are asked to give strict instructions to parents of this policy.

DISABLED ACCESS: Chelsea Piers Connecticut is fully accessible to all, able-bodied and challenged. The spectator area is easily accessible via elevator, and all bathrooms have reserved stalls in them. Reserved parking is directly in front of the facility. Please contact the Operational Risk Coordinator for more information and special arrangements.

COURSE: LCM

Session 1 Friday	Timed Finals	4:30pm Start
Session 2 Friday	Morning Senior with Standard	7:30am Start
Session 3 Friday	Morning Senior without Standard	12:00pm Start
Session 4 Friday	Evening Finals	5:00pm Start
Session 5 Saturday	Morning Senior with Standard	7:30am Start
Session 6 Saturday	Morning Senior without Standard	12:00pm Start
Session 7 Saturday	Evening Finals	5:00pm Start
Session 8 Sunday	Morning Senior with Standard	7:30am Start
Session 9 Sunday	Morning Senior without Standard	12:00pm Start
Session 10 Sunday	Evening Finals	5:00pm Start
Session 11 Monday	Morning Senior with Standard	7:30pm Start
Session 12 Monday	Morning Senior without Standard	12:00pm Start
Session 13 Monday	Evening Finals	5:00pm Start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. If needed, each preliminary session will be divided into 2 specific warm-up sessions 6:30-7:00am and 7:00-7:30. Warm ups are time and sessions are subject to change.

FINALS: Will be conducted in LCM for qualifiers from the morning sessions. Two heats (TOP 16) will return for the evening session. Races will be conducted in the following order: Consolation Final – Championship Final.

DISTANCE EVENTS: The 800 and 1500 will be conducted as timed finals. The top 8 swimmers in the 1500 will swim with finals as the first event on Sunday. Distance events of 800 meters and greater will be limited to the top 24 swimmers (2 heats in prelims, 1 heat in finals).

ELIGIBILITY: All USA Swimming clubs. 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

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 limited to 3 events per day and 9 events for the meet.

ENTRY TIMES: Submit entry times in: LCM

DEADLINES: Deadline is December 16, 2021. Mail hardcopy and payment to:

Chelsea Piers CT

Doug Lennox

1 Blachley Road

Stamford, CT, 06902.

All entries must be legible and must use full names and registration numbers from USA Swimming registration. A financial obligation from the visiting team will be demonstrated with the verbal/written acceptance of the meet entry file.

CONNECTICUT-ONLY DEADLINE: November 15, 2021. Entries should be emailed to cpacentries@gmail.com. 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 cpacentries@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received before the first day of the meet.

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: \$15 for individual events, \$20 for distance event, \$30 for relays. Manual entries: \$15 for individual events, \$20 for distance events, \$30 for relays.

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

PAYMENT INSTRUCTIONS: Please make checks payable to Chelsea Piers CT and mail to:

Doug Lennox
1 Blachley Road
Stamford, CT, 06902.

Payment must be received by 12/30/21.

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. All relays, if planned, will be eliminated.
3. The distance events (400IM and 500FR) may be heat limited to the first 3 heats of entries per gender in the order they were received. The 1650 may be limited to the first 2 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: Yes. There are no relay limitations. All relay swimmers must be officially entered in the meet.

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.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

Professional photographers with current, official media credentials that are promoting the sport of swimming

Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training

A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

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 this meet.

TIME TRIALS: Yes

TIMERS, OFFICIALS OR WORK ASSIGNMENTS:

Volunteer Timers will be Required from all Teams for All Sessions (including: 400 IM & 400 Free)

Each Swimmer must provide their own Timers & Counter for the 800 & 1500 Free events.

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 not be scored.

AWARDS: No.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: : There is parking located on site at Chelsea Piers Connecticut. Any further instructions for parking will be emailed to the teams by the Monday before the meet.

DIRECTIONS: Northbound 95: Take exit 9. Make a left at the end of the ramp. Make a left on to Rt.1. Make a left onto Blachley Road. The facility is at the end of the street. Southbound 95: Take exit 9. Make a right at the end of the ramp. Make a left onto Blachley Road. The facility is at the end of the street.

LODGING: The Sheraton Stamford Hotel is 1 mile from Chelsea Piers CT, take exit 8 from I-95. Address: 700 East Main St, Stamford, CT 06901 Phone: (203) 358-8400 • Fax: (203) 358-8872 Please mention Chelsea Piers if making a reservation

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at Chelsea Piers CT or any CPAC related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) CPAC and / or Chelsea Piers CT] and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this ____ day of January, 2022.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

NAMES OF MINOR CHILD(REN), IF ANY: _____

CT 2022 CPAC January LCM Invitational - 1/14/2022 to 1/17/2022**Session Report**

Session: 1D Thursday Distance

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	1 Girls 800 Freestyle	0	0	9:29.99	04:30 PM	_____
Finals	2 Boys 800 Freestyle	0	0	8:58.39	04:30 PM	_____
	Finish Time				04:30 PM	_____

Session: 2A Saturday A Flight

Day of Meet: 2 Starts at 07:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Prelims	3 Girls 100 Breaststroke	0	0	1:17.89	07:30 AM	_____
Prelims	4 Boys 100 Breaststroke	0	0	1:09.69	07:30 AM	_____
Prelims	5 Girls 200 Freestyle	0	0	2:10.89	07:30 AM	_____
Prelims	6 Boys 200 Freestyle	0	0	2:01.29	07:30 AM	_____
Prelims	7 Girls 100 Butterfly	0	0	1:06.29	07:30 AM	_____
Prelims	8 Boys 100 Butterfly	0	0	1:00.19	07:30 AM	_____
Prelims	9 Girls 200 IM	0	0	2:28.39	07:30 AM	_____
Prelims	10 Boys 200 IM	0	0	2:16.19	07:30 AM	_____
Finals	11 Girls 800 Freestyle Relay	0	0	9:06.30	07:30 AM	_____
Finals	12 Boys 800 Freestyle Relay	0	0	8:14.80	07:30 AM	_____
	Finish Time				07:30 AM	_____

Session: 2B Saturday B Flight

Day of Meet: 2 Starts at 12:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	201 Girls 800 Freestyle	0	0	9:30.00	12:00 PM	_____
Finals	202 Boys 800 Freestyle	0	0	8:58.40	12:00 PM	_____
Finals	203 Girls 100 Breaststroke	0	0	1:17.90	12:00 PM	_____
Finals	204 Boys 100 Breaststroke	0	0	1:09.70	12:00 PM	_____
Finals	205 Girls 200 Freestyle	0	0	2:10.90	12:00 PM	_____
Finals	206 Boys 200 Freestyle	0	0	2:01.30	12:00 PM	_____
Finals	207 Girls 100 Butterfly	0	0	1:06.30	12:00 PM	_____
Finals	208 Boys 100 Butterfly	0	0	1:00.20	12:00 PM	_____
Finals	209 Girls 200 IM	0	0	2:28.40	12:00 PM	_____
Finals	210 Boys 200 IM	0	0	2:16.20	12:00 PM	_____
Finals	211 Girls 800 Freestyle Relay	0	0	9:06.30	12:00 PM	_____
Finals	212 Boys 800 Freestyle Relay	0	0	8:14.80	12:00 PM	_____
	Finish Time				12:00 PM	_____

CT 2022 CPAC January LCM Invitational - 1/14/2022 to 1/17/2022**Session Report**

Session: 2F Saturday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	3 Girls 100 Breaststroke	0	2u	1:17.89	05:00 PM	_____
Finals	4 Boys 100 Breaststroke	0	2u	1:09.69	05:05 PM	_____
Finals	5 Girls 200 Freestyle	0	2u	2:10.89	05:09 PM	_____
Finals	6 Boys 200 Freestyle	0	2u	2:01.29	05:16 PM	_____
Finals	7 Girls 100 Butterfly	0	2u	1:06.29	05:23 PM	_____
Finals	8 Boys 100 Butterfly	0	2u	1:00.19	05:27 PM	_____
Finals	9 Girls 200 IM	0	2u	2:28.39	05:31 PM	_____
Finals	10 Boys 200 IM	0	2u	2:16.19	05:39 PM	_____
	Entry / Heat Totals:	0	16			
	Finish Time				05:47 PM	_____

Session: 3A Sunday A Flight

Day of Meet: 3 Starts at 07:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Prelims	13 Girls 400 IM	0	0	5:20.49	07:30 AM	_____
Prelims	14 Boys 400 IM	0	0	4:49.89	07:30 AM	_____
Prelims	15 Girls 50 Freestyle	0	0	28.29	07:30 AM	_____
Prelims	16 Boys 50 Freestyle	0	0	25.49	07:30 AM	_____
Prelims	17 Girls 100 Backstroke	0	0	1:07.89	07:30 AM	_____
Prelims	18 Boys 100 Backstroke	0	0	1:01.99	07:30 AM	_____
Prelims	19 Girls 400 Freestyle	0	0	4:37.69	07:30 AM	_____
Prelims	20 Boys 400 Freestyle	0	0	4:17.59	07:30 AM	_____
Finals	21 Girls 400 Medley Relay	0	0	4:42.10	07:30 AM	_____
Finals	22 Boys 400 Medley Relay	0	0	4:18.70	07:30 AM	_____
	Finish Time				07:30 AM	_____

Session: 3B Sunday B Flight

Day of Meet: 3 Starts at 12:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	213 Girls 400 IM	0	0	5:20.50	12:00 PM	_____
Finals	214 Boys 400 IM	0	0	4:49.90	12:00 PM	_____
Finals	215 Girls 50 Freestyle	0	0	28.30	12:00 PM	_____
Finals	216 Boys 50 Freestyle	0	0	25.50	12:00 PM	_____
Finals	217 Girls 100 Backstroke	0	0	1:07.90	12:00 PM	_____
Finals	218 Boys 100 Backstroke	0	0	1:02.00	12:00 PM	_____
Finals	219 Girls 400 Freestyle	0	0	4:37.70	12:00 PM	_____
Finals	220 Boys 400 Freestyle	0	0	4:17.60	12:00 PM	_____
Finals	221 Girls 400 Medley Relay	0	0	4:42.10	12:00 PM	_____
Finals	222 Boys 400 Medley Relay	0	0	4:18.70	12:00 PM	_____
	Finish Time				12:00 PM	_____

CT 2022 CPAC January LCM Invitational - 1/14/2022 to 1/17/2022**Session Report**

Session: 3F Sunday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	13 Girls 400 IM	0	1u	5:20.49	05:00 PM	_____
Finals	14 Boys 400 IM	0	2u	4:49.89	05:08 PM	_____
Finals	15 Girls 50 Freestyle	0	2u	28.29	05:22 PM	_____
Finals	16 Boys 50 Freestyle	0	2u	25.49	05:24 PM	_____
Finals	17 Girls 100 Backstroke	0	2u	1:07.89	05:27 PM	_____
Finals	18 Boys 100 Backstroke	0	2u	1:01.99	05:31 PM	_____
Finals	19 Girls 400 Freestyle	0	2u	4:37.69	05:36 PM	_____
Finals	20 Boys 400 Freestyle	0	2u	4:17.59	05:51 PM	_____
	Entry / Heat Totals:	0	15			
	Finish Time				06:06 PM	_____

Session: 4A Monday A Flight

Day of Meet: 4 Starts at 07:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	23 Girls 1500 Freestyle	0	0		07:30 AM	_____
Finals	24 Boys 1500 Freestyle	0	0		07:30 AM	_____
Prelims	25 Girls 200 Breaststroke	0	0		07:30 AM	_____
Prelims	26 Boys 200 Breaststroke	0	0		07:30 AM	_____
Prelims	27 Girls 200 Backstroke	0	0		07:30 AM	_____
Prelims	28 Boys 200 Backstroke	0	0		07:30 AM	_____
Prelims	29 Girls 100 Freestyle	0	0	1:00.89	07:30 AM	_____
Prelims	30 Boys 100 Freestyle	0	0	55.49	07:30 AM	_____
Prelims	31 Girls 200 Butterfly	0	0		07:30 AM	_____
Prelims	32 Boys 200 Butterfly	0	0		07:30 AM	_____
Finals	33 Girls 400 Freestyle Relay	0	0	4:15.00	07:30 AM	_____
Finals	34 Boys 400 Freestyle Relay	0	0	3:48.70	07:30 AM	_____
	Finish Time				07:30 AM	_____

CT 2022 CPAC January LCM Invitational - 1/14/2022 to 1/17/2022

Session Report

Session: 4B Monday B Flight

Day of Meet: 4 Starts at 12:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	223 Girls 1500 Freestyle	0	0		12:00 PM	_____
Finals	224 Boys 1500 Freestyle	0	0		12:00 PM	_____
Finals	225 Girls 200 Breaststroke	0	0		12:00 PM	_____
Finals	226 Boys 200 Breaststroke	0	0		12:00 PM	_____
Finals	227 Girls 200 Backstroke	0	0		12:00 PM	_____
Finals	228 Boys 200 Backstroke	0	0		12:00 PM	_____
Finals	229 Girls 100 Freestyle	0	0	1:00.90	12:00 PM	_____
Finals	230 Boys 100 Freestyle	0	0	55.50	12:00 PM	_____
Finals	231 Girls 200 Butterfly	0	0		12:00 PM	_____
Finals	232 Boys 200 Butterfly	0	0		12:00 PM	_____
Finals	233 Girls 400 Freestyle Relay	0	0	4:15.00	12:00 PM	_____
Finals	234 Boys 400 Freestyle Relay	0	0	3:48.70	12:00 PM	_____
	Finish Time				12:00 PM	_____

Session: 4F Monday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	25 Girls 200 Breaststroke	0	2u		05:00 PM	_____
Finals	26 Boys 200 Breaststroke	0	2u		05:09 PM	_____
Finals	27 Girls 200 Backstroke	0	2u		05:17 PM	_____
Finals	28 Boys 200 Backstroke	0	2u		05:25 PM	_____
Finals	29 Girls 100 Freestyle	0	2u	1:00.89	05:33 PM	_____
Finals	30 Boys 100 Freestyle	0	2u	55.49	05:37 PM	_____
Finals	31 Girls 200 Butterfly	0	2u		05:41 PM	_____
Finals	32 Boys 200 Butterfly	0	2u		05:49 PM	_____
	Entry / Heat Totals:	0	16			
	Finish Time				05:57 PM	_____