

2016 WATER RAT PENTATHLON

Invitational

January 23-24, 2016

Hosted by the Water Rat Swim Team

Westport Weston Family Y – 14 Allen Raymond Lane, Westport, CT

Click [here](#) for map

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-73. 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 | Ellen Johnston | ejohnston@westporty.org | (203) 209-0198 |
| Meet Referee | Lorraine Kennedy | rjklsk@optonline.net | |
| Administrative Official | Adrienne Williams | awilliams@westporty.org | |
| Entry Chair | Ellen Johnston | ejohnston@westporty.org | (203) 209-0198 |
| Safety Chair | Frisk Driscoll | fxdriscoll@yahoo.com | |
| Officials Contact | Lorraine Kennedy | rjklas@optonline.net | |

WEBSITE: <http://www.wrats.org>

POOL EMERGENCY: (203) 226-8981

MEET TYPE: Sanctioned

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

MEET FORMAT: This meet will be timed finals.

SCRATCH PROCEDURES: Coaches packets will contain scratch sheets for each session and a time line for when scratches are due. Failure to turn in scratch sheets will result in the team being scratched from the session.

FACILITY: The Strittmatter Family Aquatic Center houses a 10 lane x 25 yard competition pool. Water depth at start end is: 9'. Water depth at turn end is: 4'. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System will be used with full display color board. Spectator seating is available. Additional bleacher seating will be available overlooking the pool in the gymnasium. NO personal folding chairs will be allowed on deck or spectator area. The Strittmatter Family Aquatic Center houses a 10 lane x 25 yard competition pool. Water depth at start end is: 9'. Water depth at turn end is: 4'. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System will be used with full display color board. Spectator seating is available. Additional bleacher seating will be available overlooking the pool in the gymnasium. NO personal folding chairs will be allowed on deck or spectator area.

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

DISABLED ACCESS: Handicap parking is available near the front of the facility. Handicap accessibility is available into the spectator area. An elevator is conveniently located just off the lobby to access the youth locker rooms on the lower level. For more specific information, please contact Ellen Johnston at ejohnston@westport.org

COURSE: SCY

SESSION TIMES: Session I - 9/10 Girls and Boys: Warm-up: 730am
Meet Start: 845am

Session II – 11/12 Girls and Boys: Warm-up: 100pm
Start: 215pm

Session III – 13/14 and 15/18: Warm-up: 730am
Start: 845am

**Subject to Change*

WARM-UPS: CT Swimming Warm-up procedures will be in effect. Ten lanes per warm-up session will be used. Based on the size of each session will determine how many sessions will be run.

ELIGIBILITY: All entered swimmers 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 and all participating swimmers must be 9 years old or older on the first day of the meet. Any swimmer entered and not registered, will be scratched from the meet until registration is completed. Swimmers are eligible for all events. There are no cut off times. Any swimmer that is entered and is unregistered will be scratched from the meet until registration is completed. 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.

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 [Mark Kinne](#), Adapted Athlete Committee Chair.

EVENT INFORMATION: Pentathlon – Scoring is based on cumulative times for all five events.

- **The meet will be capped per sessions by the number of swimmers as follows:**
 - **Session I – Saturday AM = 330**
 - **Session II – Saturday PM = 350**
 - **Session III – Sunday = 300**

ENTRY LIMITATIONS: Participating swimmers must 9 years and older.

ENTRY TIMES: Submit entry times in SCY. No Times (NT) will not be accepted.

DEADLINES: All entries are due by 5 pm Wednesday, January 13, 2016 and are accepted on a first come first served basis. Mail hardcopy and payment to the entry chairperson: Ellen Johnston, Water Rat Swim Team, Westport Weston Family Y, 14 Allen Raymond Lane,

Westport, CT 06880. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. The date an entry is received will be determined by the email receipt.

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 ejohnston@westporty.org. Please check that your team name, address, and contact information are listed correctly in this file. All entries must include swimmers full name and USA Swimming registration number. An entry payment must be received by Wednesday, January 20, 2016.

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.

ENTRY FEES: Electronic entries: \$7.00 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 WRAT Parents Club and mail to: Water Rat Swim Team, Westport Weston Family Y, 14 Allen Raymond Lane, Westport, CT 06880. Payment must be received by Wednesday, January 20, 2016.

CUT PROTOCOL:

Every effort will be made to accommodate all entries received provided the sessions are timed out in accordance with USA Swimming rules. Clubs will be notified of cuts no later than Monday before the meet.

If the session is oversubscribed, 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 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 changes requiring approval. Clubs will be notified of changes no later than Monday, January 18TH.

SAFETY: 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. 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.

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 "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.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: NO

TIMERS, OFFICIALS, OR WORK ASSIGNMENTS: Timers will be required from teams in proportion to the size of their entry. Teams will be notified by Monday, January 18th.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: Scoring is based on cumulative time for all five events.

AWARDS: Trophies will be awarded to the Top 12 overall finishers – combined score from all five (5) events. There will be heat winners.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Is available onsite. Visitors will be directed where to park. Overflow parking will be available in the Commuter Parking lot approximately 500 yards from the facility.

IMPORTANT: Parking will be directed by a professional parking service. Parking lot overflow parking will require full service valet parking.

DIRECTIONS: The Westport Weston Family Y at Mahackeno is located directly off Exit 41 – northbound – of the Merritt Parkway.

I-95: From north or south, left turn off exit ramp. Follow up to the Merritt Parkway – Route 15. Get in the turn lane as though going onto the Parkway north but stay in the right lane and go straight into the YMCA entrance.

2016 Water Rat Pentathlon - 1/23/2016 to 1/24/2016**Session Report**

Session: 1 9/10 Boys & Girls

Day of Meet: 1 Starts at 08:45 AM Heat Interval: 10 Seconds / Back +5 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|------------------------------|----------------|--------------|------------------|
| Finals | 1 Girls 9-10 50 Butterfly | 0 | 0 | 08:45 AM _____ |
| Finals | 2 Boys 9-10 50 Butterfly | 0 | 0 | 08:45 AM _____ |
| Finals | 3 Girls 9-10 50 Backstroke | 0 | 0 | 08:45 AM _____ |
| Finals | 4 Boys 9-10 50 Backstroke | 0 | 0 | 08:45 AM _____ |
| Finals | 5 Girls 9-10 50 Breaststroke | 0 | 0 | 08:45 AM _____ |
| Finals | 6 Boys 9-10 50 Breaststroke | 0 | 0 | 08:45 AM _____ |
| Finals | 7 Girls 9-10 50 Freestyle | 0 | 0 | 08:45 AM _____ |
| Finals | 8 Boys 9-10 50 Freestyle | 0 | 0 | 08:45 AM _____ |
| Finals | 9 Girls 9-10 100 IM | 0 | 0 | 08:45 AM _____ |
| Finals | 10 Boys 9-10 100 IM | 0 | 0 | 08:45 AM _____ |
| | Finish Time | | | 08:45 AM _____ |

2016 Water Rat Pentathlon - 1/23/2016 to 1/24/2016**Session Report**

Session: 2 11/12 Boys & Girls

Day of Meet: 1 Starts at 02:15 PM Heat Interval: 10 Seconds / Back +5 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|--------------------------------|----------------|--------------|------------------|
| Finals | 11 Girls 11-12 50 Butterfly | 0 | 0 | 02:15 PM _____ |
| Finals | 12 Boys 11-12 50 Butterfly | 0 | 0 | 02:15 PM _____ |
| Finals | 13 Girls 11-12 50 Backstroke | 0 | 0 | 02:15 PM _____ |
| Finals | 14 Boys 11-12 50 Backstroke | 0 | 0 | 02:15 PM _____ |
| Finals | 15 Girls 11-12 50 Breaststroke | 0 | 0 | 02:15 PM _____ |
| Finals | 16 Boys 11-12 50 Breaststroke | 0 | 0 | 02:15 PM _____ |
| Finals | 17 Girls 11-12 50 Freestyle | 0 | 0 | 02:15 PM _____ |
| Finals | 18 Boys 11-12 50 Freestyle | 0 | 0 | 02:15 PM _____ |
| Finals | 19 Girls 11-12 100 IM | 0 | 0 | 02:15 PM _____ |
| Finals | 20 Boys 11-12 100 IM | 0 | 0 | 02:15 PM _____ |
| | Finish Time | | | 02:15 PM _____ |

2016 Water Rat Pentathlon - 1/23/2016 to 1/24/2016**Session Report**

Session: 3 13/15 & 15/O Boys & Girls

Day of Meet: 2 Starts at 08:45 AM Heat Interval: 17 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|-------------------------------------|----------------|--------------|------------------|
| Finals | 21 Girls 13-14 100 Butterfly | 0 | 0 | 08:45 AM _____ |
| Finals | 22 Boys 13-14 100 Butterfly | 0 | 0 | 08:45 AM _____ |
| Finals | 23 Girls 15 & Over 100 Butterfly | 0 | 0 | 08:45 AM _____ |
| Finals | 24 Boys 15 & Over 100 Butterfly | 0 | 0 | 08:45 AM _____ |
| Finals | 25 Girls 13-14 100 Backstroke | 0 | 0 | 08:45 AM _____ |
| Finals | 26 Boys 13-14 100 Backstroke | 0 | 0 | 08:45 AM _____ |
| Finals | 27 Girls 15 & Over 100 Backstroke | 0 | 0 | 08:45 AM _____ |
| Finals | 28 Boys 15 & Over 100 Backstroke | 0 | 0 | 08:45 AM _____ |
| Finals | 29 Girls 13-14 100 Breaststroke | 0 | 0 | 08:45 AM _____ |
| Finals | 30 Boys 13-14 100 Breaststroke | 0 | 0 | 08:45 AM _____ |
| Finals | 31 Girls 15 & Over 100 Breaststroke | 0 | 0 | 08:45 AM _____ |
| Finals | 32 Boys 15 & Over 100 Breaststroke | 0 | 0 | 08:45 AM _____ |
| Finals | 33 Girls 13-14 100 Freestyle | 0 | 0 | 08:45 AM _____ |
| Finals | 34 Boys 13-14 100 Freestyle | 0 | 0 | 08:45 AM _____ |
| Finals | 35 Girls 15 & Over 100 Freestyle | 0 | 0 | 08:45 AM _____ |
| Finals | 36 Boys 15 & Over 100 Freestyle | 0 | 0 | 08:45 AM _____ |
| | Finish Time | | | 08:45 AM _____ |