

Connecticut Aquatic Club
2019 Cardinal Fall Distance Meet
Friday, Nov 8, 2019

Wesleyan University
161 Cross Street, Middletown, CT
Mapping Software: <http://goo.gl/maps/7hoX>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-31. 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/Entry Chair:	Jon Caswell	joncacsxim@gmail.com	401-256-7483
Meet Referee:	Willis Hawkins	willishawkins@comcast.net	
Admin Official:	Lynne Benavides	jackboss2000@gmail.com	
Safety Chair:	Logan Hellwig	lhellwig3@verizon.net	
Officials Contact:	Willis Hawkins		

MEET HOST: Connecticut Aquatic Club

WEBSITE: www.cacsxim.net

POOL EMERGENCY NUMBER: Pool Deck: 860-685-2915

MEET TYPE: Sanctioned

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

MEET FORMAT: The 400 IM and 1000 Free will be swum fastest to slowest alternating girls/boys. Swimmers for the 1000 free must provide their own timers and counters.

SCRATCH PROCEDURES: Scratch sheets are due to the computer desk no later than 15 minutes after the start of the session warm-up. If a scratch sheet is not turned in, it will be assumed that the team is not in attendance and the entire team will be scratched from that session.

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: The Aquatic Center is handicapped accessible, with handicapped viewing area available. Contact the meet director for additional information and/or if special arrangements are required.

COURSE: SCY.

SESSION TIMES: Subject to Change Friday PM – Warm-up 4:30pm, Start 5:15pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All sessions will have 2 separate warm-up assignments. All assigned warm-ups will be followed by 10 minutes of controlled warm-up with sprint and pace lanes available. Warm-up assignments will be posted on the CAC website and emailed to all teams by Wednesday prior to the meet.

ELIGIBILITY: All USA Clubs and individuals. 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/CustomerContent/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf> and https://www.ctswim.org/CustomerContent/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 may enter and compete in no more than 5 events per day. Depending on the number of entries and/or the timeline, teams will be notified if they need to resubmit entry with a 4 event maximum.

ENTRY TIMES: Submit entry times in: SCY.

DEADLINES: Entry deadline is Wednesday, October 30, 2019. Mail hardcopy and payment to the entry chairperson: Jon Caswell, 5443 Post Road, Charlestown, RI 02813. All entries must be legible and must use full names and registration numbers from USA Swimming registration. An entry will be officially considered in the meet when the entry has been received by email or mail. Entry chairs will be notified of entry acceptance within 24 hours of receiving the entry.

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 joncacswwim@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file.

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: \$12.50 Manual entries: \$15.00 .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 CAC and mail to: Jon Caswell, 5443 Post Road, Charlestown, RI 02813. Payment must be received by November 7th. This is one week after entries closed. If payment is not received or have made payment arrangements, your entry will be considered non valid, and your entry to the meet cannot be guaranteed.

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. The distance events (500 meters or yards or greater) may be heat limited to the first 8 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.

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: Yes. \$15.00 per event. Time Trials will be available if the time line allows. An announcement will be made once the heat sheets have been passed out.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Timing assignments will be emailed to visiting teams the Tuesday prior to the meet. If any officials are interested in volunteering, please contact Willis Hawkins.

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: None.

AWARDS: No.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: Spectators should park in the parking lot (R) on the hill across from the athletic center, parking lot (Q) immediately after the fire station, or in the Vine Street lot (Lot V) by the tennis courts. There will be strict enforcement of the no parking zones and parking officials will be present along the circle in front of the athletic center.

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.

HOTELS: Any special hotel deals will be listed on our website under meet information.

2019 CAC Cardinal Fall Distance Meet - 11/8/2019**Session Report**

Session: 1 Friday PM

Day of Meet: 1 Starts at 05:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 200 Backstroke	0	0	05:15 PM	_____
Finals	2 Boys 12 & Under 200 Backstroke	0	0	05:15 PM	_____
Finals	3 Girls 400 IM	0	0	05:15 PM	_____
Finals	4 Boys 400 IM	0	0	05:15 PM	_____
	Break: 10 Minutes:				
Finals	5 Girls 12 & Under 200 Breaststroke	0	0	05:25 PM	_____
Finals	6 Boys 12 & Under 200 Breaststroke	0	0	05:25 PM	_____
Finals	7 Girls 12 & Under 200 Butterfly	0	0	05:25 PM	_____
Finals	8 Boys 12 & Under 200 Butterfly	0	0	05:25 PM	_____
Finals	9 Girls 1000 Freestyle	0	0	05:25 PM	_____
Finals	10 Boys 1000 Freestyle	0	0	05:25 PM	_____
	Finish Time			05:25 PM	_____