

## 2021 Long Course Season

### ARAC JUNE INVITE

**June 11-13, 2021**

525 Orange Center Road, Orange CT 06477

google map 525 Orange Center Road

**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](http://ctswim.org) or the host website for any updates.**

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L21-10. 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, Amity Regional 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 town of Orange. <http://orange-ct.gov/>

#### COVID-19 Assumption of Risk Disclaimer

We, Amity Regional 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 ARAC June Invite or on site at the Orange Town Pool. 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 ARAC June Invite and being on site at the Orange Town Pool, 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:** All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Please submit your copy of the waiver to your coach so he or she can submit to the meet director.

## EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Mike O'Brien	Coachmikeobrien@gmail.com	203.589.9697
<b>Meet Referee:</b>	Dave Pite	Pite@snet.net	
<b>Lead Admin Official:</b>	Vern Long		
<b>Entry Chair:</b>	Mike O'Brien	Coachmikeobrien@gmail.com	203.589.9697
<b>Safety Chair:</b>	Britt Hicks	Britt.hicks.1215@gmail.com	
<b>Officials Contact:</b>	Kelly Bodie	KellyaBodie@yahoo.com	

**MEET HOST:** ARAC

**WEBSITE:** [Amity Regional Aquatic Club : \(teamunify.com\)](http://Amity Regional Aquatic Club : (teamunify.com))

**POOL EMERGENCY NUMBER:** 203.891.4761

**SANCTIONED OR APPROVED:** Sanctioned

**MEET TYPE:** By Invitation to ARAC, HNHS, NFAF, NMBS, ORCA, RST, WAC. If space remains, entries from other Connecticut teams will be accepted on a first come, first served basis. Connecticut teams are encouraged to apply immediately upon receipt of this announcement. Subject to the rules on the CT Swimming Meet Management page.

**MEET FORMAT:** The meet will be swum as Timed-Final. **Friday 1650s and 400 IMs** will be swum fast-to-slow, alternating heats of women and men.

**SCRATCH PROCEDURES:** **There will be no scratches taken – meet will be pre-seeded.**

**BEFORE ENTERING FACILITY or WHAT TO BRING:** Swimmers must enter the building ready to swim in his or her suit. Locker rooms are for bathroom emergencies only. Showers are off limits. There is one shower on deck if needed. Temperature check and screening questions will be asked upon entry into the facility. All waivers should be collected by coaching staff to submit to the meet host.

## FACILITY RULES:

**SUBJECT TO CHANGE:**

On deck, masks must be worn at all times, with the exception of swimmers in the water. Swimmers will be assigned a seat on a predesignated spot marked off on the benches on deck. Please bring a plastic bag to place your mask in while you are swimming. Behind the blocks will be limited to one heat of swimmers only at a time.

Planned number of individuals on deck: no more than 32 swimmers, coaches, and officials.

Planned number of individuals in spectating area: no more than 90 swimmers. Outdoor area may also be utilized with tents for teams that wish to sit outside

**FACILITY:** Orange Town Pool is an 8 -lane, 25-yard pool. Water depth at start end is: 4ft 11in. Water depth at turn end is: 4ft. The competition course has not been certified in accordance with 104.2.2C(4). We will be using Colorado Timing System. There will be no spectator seating.

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.

**DISABLED ACCESS:** Handicap parking located in front and rear of building. Handicapped entrance in pool lobby with wheelchair ramp in lobby to access locker rooms and pool office. Spectator seating is not handicap accessible. Contact the meet director for special arrangements.

**COURSE:** SCY.

**SESSION TIMES: Subject to Change**

Session 1 Friday night 6pm warm up, 7:00 pm start

Session 2 Saturday 12/U 2pm warm up 3:00 pm start

Session 3 Saturday 13/O 5:30pm warm up 6:30 pm start

Session 4 Sunday 12/U 2pm warm up 3:00 pm start

Session 5 Sunday 13/O 5pm warm up 6:00 pm start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Friday night 6pm Warm up- three 20min sessions. Saturday 12U- 2pm warm up- three 20min sessions; 13O 5:30pm warm- three 20min sessions Sunday 12U- 2pm warm up- three 20min sessions; 12O 5pm warm up; three 20min sessions

**ELIGIBILITY:** USA Swimming clubs by invitation: ARAC, HNHS, NFAF, NMBS, ORCA, RST, WAC. Other teams may also submit entry to fill the meet. 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](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 on any day of the meet 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 OPENING DATE:** Entries will be accepted no earlier than 8:00 pm on **May 22, 2021**.

**ENTRY LIMITATIONS:** Friday night events 1 event. Saturday/Sunday 3 events.

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

**DEADLINES:** Deadline is June 1, 2021. Mail hardcopy and payment to the entry chairperson: Mike O'Brien, 106 Ivy Street, West Haven, CT, 06516. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entry is received with an email receipt.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is **May 25, 2021**. Entry is received with an email receipt. 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 [coachmikeobrien@gmail.com](mailto:coachmikeobrien@gmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected June 4<sup>th</sup>. Date the entry is considered "in" the meet when email receipt is sent.

**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: \$10.00 for individual events, \$10.00 for distance event. Manual entries: \$10.00 for individual events, \$10.00 for distance events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**OUT-OF-STATE SWIMMER SURCHARGE:** Meet host will collect a \$5.00 per out-of-state swimmer surcharge, to be forwarded in full by the host team to CT Swimming.

**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](http://ctswim.org).

**PAYMENT INSTRUCTIONS:** Please make checks payable to Amity Regional Aquatic Club and mail to: Mike O'Brien 106 Ivy St, West Haven CT, 06516. Payment must be received by 06/04/21.

**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. The distance events (400 meters or 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 one (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 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, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. 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.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

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

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 USA Swimming Vice President of Program Operations.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Teams will be asked to provide timers based on size of entry. 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:** No.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes.

**PARKING:** Please use the parking lot adjacent to fairgrounds to enter the pool lobby.

**DIRECTIONS:** The Orange Town Pool is located at 525 Orange Center Road, Orange CT 06477  
google map 525 Orange Center Road



**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 Orange Town Pool or any Amity Regional Aquatic Club 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) Amity Regional Aquatic Club and / or Orange Town Pool 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 COVENANT 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 June, 2021.

SIGNATURE: \_\_\_\_\_

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

NAMES OF MINOR CHILD(REN), IF ANY: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



## Amity Regional Aquatic Club Meet Indoor Plan

On deck, masks must be worn at all times, with the exception of swimmers in the water. Swimmers will be assigned a seat on a predesignated spot marked off on the benches on deck. Please bring a plastic bag to place your mask in while you are swimming. Behind the blocks will be limited to one heat of swimmers only at a time.

Planned number of individuals on deck: No more than 16 swimmers on deck (8 in the pool), 8 timers, 6 officials, 6 coaches

Planned number of individuals in spectating area: No more than 75 swimmers/coaches and 2 volunteer marshals (approximately 25% capacity).

Teams may also use the field adjacent to the pool and enter on the block side of the pool, exit the turn side of the pool.

There will be no spectators in the building. The meet will be live streamed.

**ARAC June Invite - 6/11/2021 to 6/13/2021**  
**Session Report**

Session: 1 Friday Night

Day of Meet: 1 Starts at 07:00 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 Girls 1650 Freestyle	0	0	07:00 PM	_____
Finals	2 Boys 1650 Freestyle	0	0	07:00 PM	_____
Finals	3 Girls 400 IM	0	0	07:00 PM	_____
Finals	4 Boys 400 IM	0	0	07:00 PM	_____
Finals	5 Girls 12 & Under 200 Butterfly	0	0	07:00 PM	_____
Finals	6 Boys 12 & Under 200 Butterfly	0	0	07:00 PM	_____
Finals	7 Girls 12 & Under 200 Backstroke	0	0	07:00 PM	_____
Finals	8 Boys 12 & Under 200 Backstroke	0	0	07:00 PM	_____
Finals	9 Girls 12 & Under 200 Breaststroke	0	0	07:00 PM	_____
Finals	10 Boys 12 & Under 200 Breaststroke	0	0	07:00 PM	_____
Finals	11 Girls 12 & Under 500 Freestyle	0	0	07:00 PM	_____
Finals	12 Boys 12 & Under 500 Freestyle	0	0	07:00 PM	_____
	Finish Time			07:00 PM	_____

**ARAC June Invite - 6/11/2021 to 6/13/2021**  
**Session Report**

Session: 2 Saturday 12/U

Day of Meet: 2 Starts at 03:00 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	13 Girls 12 & Under 50 Freestyle	0	0	03:00 PM	_____
Finals	14 Boys 12 & Under 50 Freestyle	0	0	03:00 PM	_____
Finals	15 Girls 12 & Under 100 Backstroke	0	0	03:00 PM	_____
Finals	16 Boys 12 & Under 100 Backstroke	0	0	03:00 PM	_____
Finals	17 Girls 8 & Under 25 Freestyle	0	0	03:00 PM	_____
Finals	18 Boys 8 & Under 25 Freestyle	0	0	03:00 PM	_____
Finals	19 Boys 12 & Under 50 Butterfly	0	0	03:00 PM	_____
Finals	20 Girls 12 & Under 50 Butterfly	0	0	03:00 PM	_____
Finals	21 Girls 8 & Under 25 Backstroke	0	0	03:00 PM	_____
Finals	22 Boys 8 & Under 25 Backstroke	0	0	03:00 PM	_____
Finals	23 Girls 12 & Under 100 Breaststroke	0	0	03:00 PM	_____
Finals	24 Boys 12 & Under 100 Breaststroke	0	0	03:00 PM	_____
Finals	25 Girls 8 & Under 25 Butterfly	0	0	03:00 PM	_____
Finals	26 Boys 8 & Under 25 Butterfly	0	0	03:00 PM	_____
Finals	27 Girls 12 & Under 200 Freestyle	0	0	03:00 PM	_____
Finals	28 Boys 12 & Under 200 Freestyle	0	0	03:00 PM	_____
Finals	29 Girls 8 & Under 25 Breaststroke	0	0	03:00 PM	_____
Finals	30 Boys 8 & Under 25 Breaststroke	0	0	03:00 PM	_____
	Finish Time			03:00 PM	_____

**ARAC June Invite - 6/11/2021 to 6/13/2021**  
**Session Report**

Session: 3 Saturday 13/0

Day of Meet: 2 Starts at 06:30 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	31 Girls 13-14 100 Freestyle	0	0	06:30 PM	_____
Finals	32 Boys 13-14 100 Freestyle	0	0	06:30 PM	_____
Finals	33 Girls 100 Freestyle	0	0	06:30 PM	_____
Finals	34 Boys 100 Freestyle	0	0	06:30 PM	_____
Finals	35 Girls 13-14 100 Backstroke	0	0	06:30 PM	_____
Finals	36 Boys 13-14 100 Backstroke	0	0	06:30 PM	_____
Finals	37 Girls 100 Backstroke	0	0	06:30 PM	_____
Finals	38 Boys 100 Backstroke	0	0	06:30 PM	_____
Finals	39 Girls 13-14 200 IM	0	0	06:30 PM	_____
Finals	40 Boys 13-14 200 IM	0	0	06:30 PM	_____
Finals	41 Girls 200 IM	0	0	06:30 PM	_____
Finals	42 Boys 200 IM	0	0	06:30 PM	_____
Finals	43 Girls 13-14 100 Breaststroke	0	0	06:30 PM	_____
Finals	44 Boys 13-14 100 Breaststroke	0	0	06:30 PM	_____
Finals	45 Girls 100 Breaststroke	0	0	06:30 PM	_____
Finals	46 Boys 100 Breaststroke	0	0	06:30 PM	_____
Finals	47 Girls 13-14 200 Butterfly	0	0	06:30 PM	_____
Finals	48 Boys 13-14 200 Butterfly	0	0	06:30 PM	_____
Finals	49 Girls 200 Butterfly	0	0	06:30 PM	_____
Finals	50 Boys 200 Butterfly	0	0	06:30 PM	_____
	Finish Time			06:30 PM	_____

**ARAC June Invite - 6/11/2021 to 6/13/2021**  
**Session Report**

Session: 4 Sunday 12/U

Day of Meet: 3 Starts at 03:00 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	51 Girls 12 & Under 100 IM	0	0	03:00 PM	_____
Finals	52 Boys 12 & Under 100 IM	0	0	03:00 PM	_____
Finals	53 Girls 12 & Under 50 Backstroke	0	0	03:00 PM	_____
Finals	54 Boys 12 & Under 50 Backstroke	0	0	03:00 PM	_____
Finals	55 Girls 12 & Under 100 Freestyle	0	0	03:00 PM	_____
Finals	56 Boys 12 & Under 100 Freestyle	0	0	03:00 PM	_____
Finals	57 Girls 12 & Under 50 Breaststroke	0	0	03:00 PM	_____
Finals	58 Boys 12 & Under 50 Breaststroke	0	0	03:00 PM	_____
Finals	59 Girls 12 & Under 100 Butterfly	0	0	03:00 PM	_____
Finals	60 Boys 12 & Under 100 Butterfly	0	0	03:00 PM	_____
Finals	61 Girls 12 & Under 200 IM	0	0	03:00 PM	_____
Finals	62 Boys 12 & Under 200 IM	0	0	03:00 PM	_____
	Finish Time			03:00 PM	_____

**ARAC June Invite - 6/11/2021 to 6/13/2021**  
**Session Report**

Session: 5 Sunday 13/0

Day of Meet: 3 Starts at 06:00 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	63 Girls 13-14 200 Freestyle	0	0	06:00 PM	_____
Finals	64 Boys 13-14 200 Freestyle	0	0	06:00 PM	_____
Finals	65 Girls 200 Freestyle	0	0	06:00 PM	_____
Finals	66 Boys 200 Freestyle	0	0	06:00 PM	_____
Finals	67 Girls 13-14 100 Butterfly	0	0	06:00 PM	_____
Finals	68 Boys 13-14 100 Butterfly	0	0	06:00 PM	_____
Finals	69 Girls 100 Butterfly	0	0	06:00 PM	_____
Finals	70 Boys 100 Butterfly	0	0	06:00 PM	_____
Finals	71 Girls 13-14 200 Backstroke	0	0	06:00 PM	_____
Finals	72 Boys 13-14 200 Backstroke	0	0	06:00 PM	_____
Finals	73 Girls 200 Backstroke	0	0	06:00 PM	_____
Finals	74 Boys 200 Backstroke	0	0	06:00 PM	_____
Finals	75 Girls 13-14 50 Freestyle	0	0	06:00 PM	_____
Finals	76 Boys 13-14 50 Freestyle	0	0	06:00 PM	_____
Finals	77 Girls 50 Freestyle	0	0	06:00 PM	_____
Finals	78 Boys 50 Freestyle	0	0	06:00 PM	_____
Finals	79 Girls 13-14 200 Breaststroke	0	0	06:00 PM	_____
Finals	80 Boys 13-14 200 Breaststroke	0	0	06:00 PM	_____
Finals	81 Girls 200 Breaststroke	0	0	06:00 PM	_____
Finals	82 Boys 200 Breaststroke	0	0	06:00 PM	_____
Finals	83 Girls 500 Freestyle	0	0	06:00 PM	_____
Finals	84 Boys 500 Freestyle	0	0	06:00 PM	_____
	Finish Time			06:00 PM	_____