

2021 Long Course Season

CPAC Senior Last Chance SCY

July 23rd-24th 2021

1 Blachley Rd Stamford, CT 06902

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. #L21-39. 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.

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 Stamford Department of Health (<https://www.stamfordct.gov/department-of-health>).

COVID-19 Assumption of Risk Disclaimer

We, Chelsea Piers Aquatics 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 CPAC Senior Last Chance SCY 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 CPAC Senior Last Chance SCY 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: All participants must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Waivers will be collected from coaches on July 23rd.

EVENTS

	Name	Email	Phone
Meet Director:	Doug Lennox		
Meet Referee:	Suzannah Rogers	Srogers68@optonline.net	203-571-8526
Lead Admin Official:	Tim Goertel		
Entry Chair:	Suzannah Rogers	Srogers68@optonline.net	203-571-8526
Safety Chair:	Doug Lennox	dlennox@chelseapiers.com	203-989-1309
Officials Contact:	Suzannah Rogers	Srogers68@optonline.net	

MEET HOST: CPAC

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

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

SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Invitational with room for additional teams until 2 hour cap is reached

MEET FORMAT: The meet will be swum as Timed-Final

SCRATCH PROCEDURES: No scratches accepted

BEFORE ENTERING FACILITY or WHAT TO BRING: Showers and locker rooms are limited to use of the restrooms only. Swimmers should arrive and depart in suits.

FACILITY RULES:

No spectators permitted on-site. Spectators on deck or in the Mezzanine will be viewed as a code of 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 at all times. Pool and spectator occupancy planned at approximately 250. Guidance from the Stamford Health Department and Chelsea Piers facility will be followed and capacities are subject to change.

FACILITY: Chelsea Piers CT is a 10 lane, 25 yard pool. Water depth at start end is: 8'. Water depth at turn end is: 8'. The competition course has not been certified in accordance with 104.2.2C(4).

TIMING SYSTEM: We will use an electronic timing system (Daktronics) and one timer per lane.

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: Handicapped parking accessible with elevators on-site

COURSE: SCY

SESSION TIMES: Subject to Change

Friday and Saturday 1:30 start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect.

1:00-1:30 Warm up

ELIGIBILITY: CT Swimming clubs by invitation. CPAC, GRYM, GYWD, RAC, WEST, & ZEUS. All other teams may send an inquiry requesting entry to Srogers68@optonline.net.

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 CT 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 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 **July 8, 2021**.

ENTRY LIMITATIONS: Swimmers are limited to 3 individual events per day, and 6 individual events for the meet. 15 & Over Swimmers Only, unless permission is received from [Entry Chair](#). Swimmer may not be entered in the Showcase Classic.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is July 7th, 2021 for invited teams and July 12th for all additional teams. Mail hardcopy and payment to the entry chairperson: Chelsea Piers CT c/o Doug Lennox, 1 Blachley Rd, Stamford, CT 06902 All entries must be legible and must use full names and registration numbers from USA Swimming registration. Date of entry will be determined by the time that the entry is received.

CONNECTICUT-ONLY DEADLINE: CT teams only

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 srogers68@optonline.net. The entry is considered final upon acceptance. Please remit check upon acceptance, or bring a check with the confirmed total to 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 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: \$15.00 per individual event.

OUT-OF-STATE SWIMMER SURCHARGE: There will be no out-of-state teams accepted

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 Connecticut and mail to: Chelsea Piers CT c/o Doug Lennox, 1 Blachley Rd, Stamford, CT 06902.

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. Individual swims might be limited to 2 events per day/session
2. Distance events over 400 yards will be limited, by the order entries were received
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: Swimmers are permitted to swim in 1 relay per day

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: 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 or the Mezzanine

SCORING: The meet will not be scored.

AWARDS: No

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: Beverages and Light snacks for Coaches and Officials

PARKING: Swimmers should be dropped off at facility

DIRECTIONS: Simply put "Chelsea Piers CT" into your GPS

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 Chelsea Piers 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 / 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 July 2021.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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

Senior SCY Last Chance - 7/23/2021 to 7/24/2021**Session Report**

Session: 1 Friday

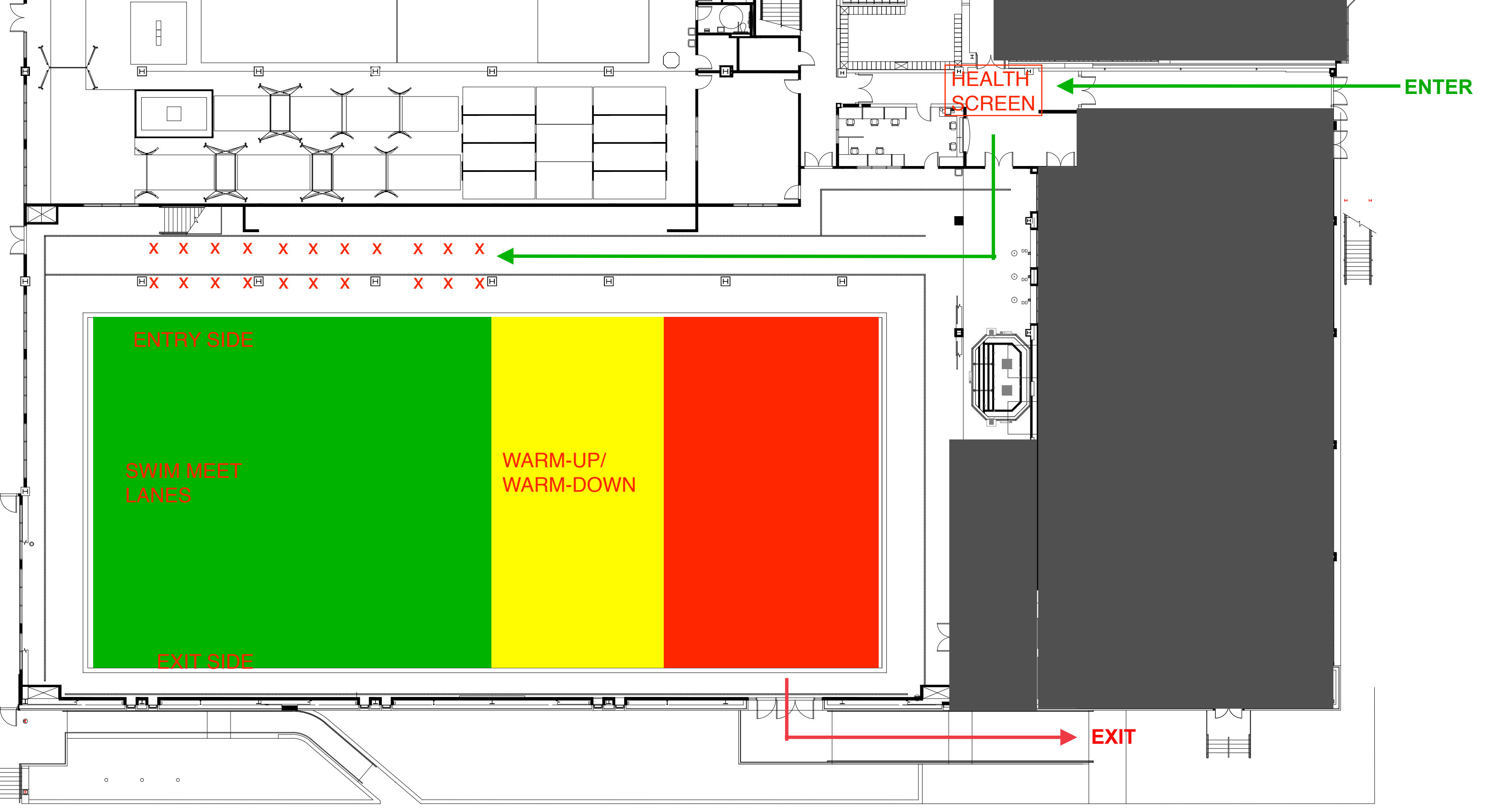
Day of Meet: 1 Starts at 01:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

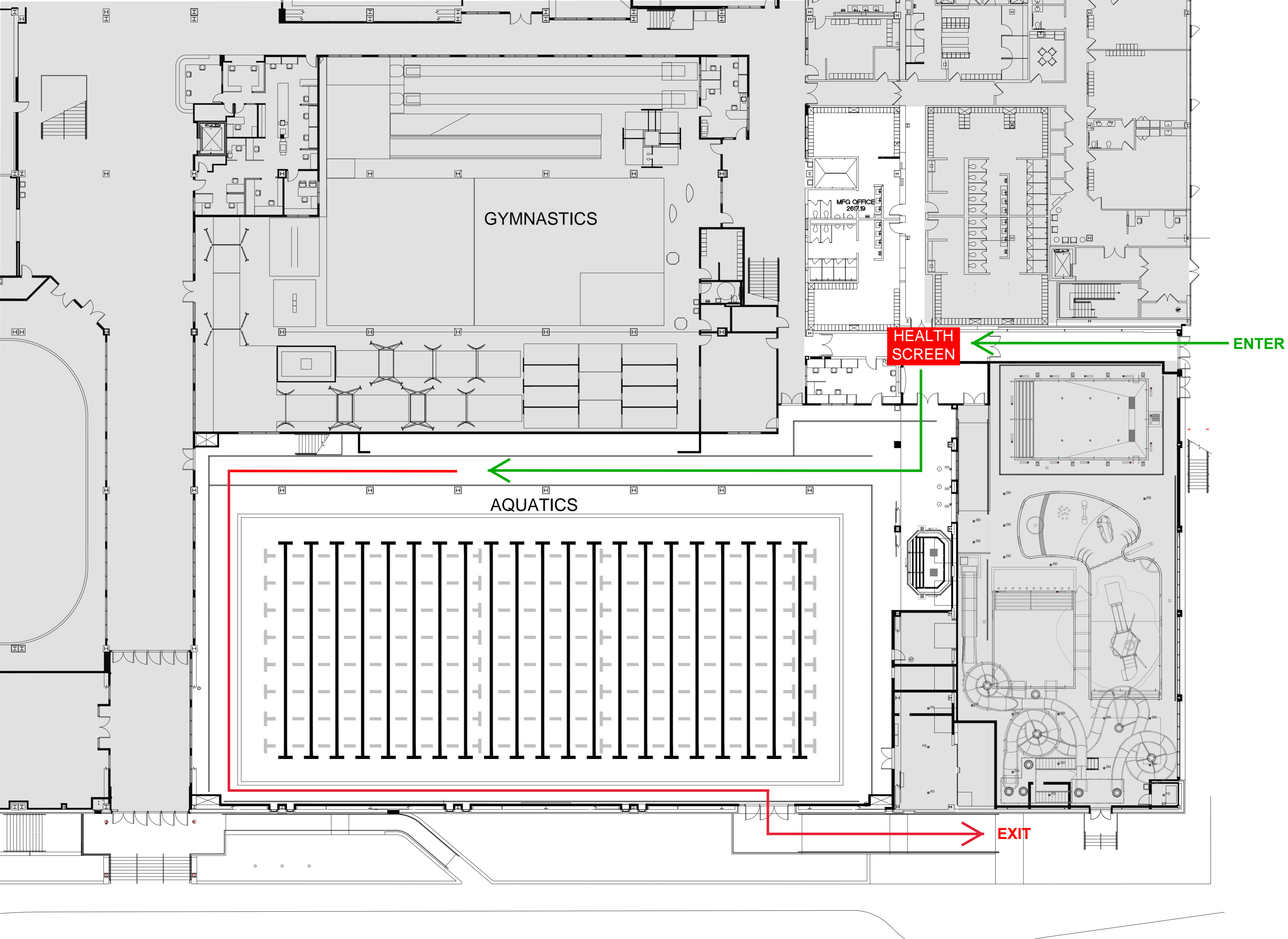
Round	Event	Starts at	
Finals	1 Girls 200 Freestyle	01:30 PM	_____
Finals	2 Boys 200 Freestyle	01:30 PM	_____
Finals	3 Girls 400 IM	01:30 PM	_____
Finals	4 Boys 400 IM	01:30 PM	_____
Finals	5 Girls 200 Backstroke	01:30 PM	_____
Finals	6 Boys 200 Backstroke	01:30 PM	_____
Finals	7 Girls 50 Freestyle	01:30 PM	_____
Finals	8 Boys 50 Freestyle	01:30 PM	_____
Finals	9 Girls 100 Breaststroke	01:30 PM	_____
Finals	10 Boys 100 Breaststroke	01:30 PM	_____
Finals	11 Girls 100 Butterfly	01:30 PM	_____
Finals	12 Boys 100 Butterfly	01:30 PM	_____
	Finish Time	01:30 PM	_____

Session: 2 Saturday

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	13 Girls 200 IM	01:30 PM	_____
Finals	14 Boys 200 IM	01:30 PM	_____
Finals	15 Girls 500 Freestyle	01:30 PM	_____
Finals	16 Boys 500 Freestyle	01:30 PM	_____
Finals	17 Girls 200 Breaststroke	01:30 PM	_____
Finals	18 Boys 200 Breaststroke	01:30 PM	_____
Finals	19 Girls 100 Backstroke	01:30 PM	_____
Finals	20 Boys 100 Backstroke	01:30 PM	_____
Finals	21 Girls 200 Butterfly	01:30 PM	_____
Finals	22 Boys 200 Butterfly	01:30 PM	_____
Finals	23 Girls 100 Freestyle	01:30 PM	_____
Finals	24 Boys 100 Freestyle	01:30 PM	_____
	Finish Time	01:30 PM	_____





GYMNASTICS

AQUATICS

HEALTH
SCREEN

EXIT

ENTER

MFG OFFICE
2617.19