Zeus May Meet May, 13-15, 2022

Velo-CT 8 Willard Rd Norwalk, CT 06851

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. #L22-9. 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, Zeus Swim Team, agrees to comply and enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut, and, Norwalk, CT. https://www.norwalkct.org/

COVID-19 Assumption of Risk Disclaimer

We, Zeus Swim Team, 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 Zeus May Meet Invitational or on-site at Velo-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 Zeus May Meet Invitational and being on-site at Velo-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 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.

EVENTS

	Name	Email	Phone
Meet Director:	Dennis Flores	dennis.flores@zeusswim	203-505-4512
		team.org	
Meet Referee:	Rick Lewis	lewisshark@aol.com	203-912-9385
Lead Admin Official:	Jenna Zullo	jzullo25@gmail.com	203-233-0705
Entry Chair:	Dennis Flores	dennis.flores@zeusswim	203-505-4512
		team.org	
Safety Chair:	Bill Natlo	bill@velo-ct.com	203-202-8081
Officials Contact:	Rick Lewis	lewisshark@aol.com	203-912-9385

MEET HOST: Zeus Swim Team

WEBSITE: www.zeusswimteam.org

POOL EMERGENCY NUMBER: 203-202-8081

SANCTIONED OR APPROVED: Sanctioned

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

MEET FORMAT: The meet will be swum as Timed-Final. The 800 Free 400 Free, 400 IM will be swum fast-to-slow, alternating heats of women and men. The 800 swimmers **MUST** have a minimum BB time standard and will cap at 1.5 sessions. 400 and 800 swimmers must provide their own timers and counters for the 800.

SCRATCH PROCEDURES: Each team will receive a scratch sheet for each session of the meet in their information packet listing all of their swimmers and events for that session. Coaches must indicate all scratches on these sheets and turn them into the computer table within one-half hour after the beginning of warm-ups even if there are no scratches.

BEFORE ENTERING FACILITY or WHAT TO BRING: Teams will be allocated designated areas immediately outside of the facility in the surrounding parking lot and back courtyard. Teams should bring tents and swimmers should bring their own chairs.

FACILITY: The Velo-CT pool is a 6-lane 50 meter with an SST system with a display. The competition course has not been certified in accordance with 104.2.2C (4). Water depth at the start end is 7 feet. Water depth at turn end is 4.5 feet. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

SAFE SPORT POLICIES: There will be no spectators allowed in the facility except to use the dedicated stand-alone bathroom by permission only. The meet will be live-streamed using ZOOM or Facebook.

DISABLED ACCESS: Handicap accessibility throughout the facility.

COURSE: LCM

SESSION TIMES: Subject to Change Friday 4:00 p.m.Warm-up 5:00p.m. Start Saturday Morning: 7:30 a.m.Warm-up 9:00a.m. Start (12 and Under) Saturday Afternoon: 12:45 p.m.Warm-up 1:15p.m. Start (800 Free) Saturday Evening: 2:45 p.m.Warm-up 4:00p.m.Start (13-14 and 15 and Over)

Sunday Morning: 7:30 a.m.Warm-up 9:00a.m. Start (12 and Under) Sunday: 1:00 p.m.Warm-up 2:30p.m. Start (13-14 and 15 and Over)

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 6-lanes will be used for warm-ups. Each team will have access to the pool for a team warm-up. Warm-up sessions will be created after the entry deadline. Each team will keep a record of lane assignments for swimmers within their warm-up block. If time allows for short warm-up breaks during the meet each team will be assigned specific lanes for usage. Swimmers must be instructed to observe social distancing guidelines.

ELIGIBILITY: Open to all USA Swimming registered 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 <u>registration</u> <u>procedures</u>. 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: <u>https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf</u> and <u>https://www.ctswim.org/Customer-</u>Content/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 <u>prior</u> to competition. Adapted athletes may direct questions to the <u>Connecticut Swimming office</u>.

ENTRY OPENING DATE: Entries will be accepted no <u>earlier</u> than April 25th at 7:00p.

ENTRY LIMITATIONS: 8 Events (2 on Friday, 3 events on both Saturday and Sunday, and 1 for the 800 Freestyle Session)

ENTRY TIMES: Submit entry times in: LCM. No NT "BB" Motivational Time Standard for the 800 Free

Girls 11:35.99 Boys 10:59.99

DEADLINES: The entry **deadline is May 8, 2022**. Mail hardcopy and payment to the entry chairperson by the above date: Connecticut Aquatics, LLC 137 Rowayton Avenue Suite 400, 4th Floor Norwalk, CT 06853 All entries must be typed or printed legibly and must use full names and registration numbers from USA Swimming registration. Entries are official upon receipt of the check

CONNECTICUT-ONLY DEADLINE: There **are no CT only deadlines** for April and May meets.

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 dennis.flores@zeusswimteam.org. Please check that your team name, address, and contact information are listed correctly in this file. Entries are official upon receipt of the check.

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 <u>Minor Athlete Abuse Prevention Policy</u>.

ENTRY FEES: Electronic entries: \$12.00 for individual events, \$14.00 for distance events. Manual entries: \$13.00 for individual events, and \$15.00 for distance events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

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 <u>Outreach Athlete</u> page on ctswim.org.

PAYMENT INSTRUCTIONS: Please make checks payable to Connecticut Aquatics.

Mail to: Connecticut Aquatics, LLC 137 Rowayton Avenue Suite 400, 4th Floor Norwalk, CT 06853 Payment must be received by 5/13/2022

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 8 and Under will be cut from the meet.
- 2. Individual Events will be reduced from 3 to 2

3. The distance events (400 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 200M Events will be held to a minimum time standard of "A" motivational time standard.

6. The distance events (200 meters or yards or greater) may be heat limited to the first 3 heats of entries per gender in the order they were received.

7. 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, restrooms, 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, restrooms, 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. 400 and 800 swimmers must provide their own timers and counters for the 800.

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. **NO SPECTATORS ALLOWED.**

SCORING: The meet will not be scored.

AWARDS: No

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS: Please NO Drop off in front of the facility all participants should park in the lot and walk across the street to the facility.

PARKING: There is ample parking available

DIRECTIONS: Velo-CT Sports complex is located at 8 Willard Street, Norwalk, CT 06851.

ZEUS May Meet 2022 - 5/13/2022 to 5/15/2022

Session Report

Session: 1 Friday Session

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 400 Freestyle	0	0	05:00 PM	
Finals	2 Boys 400 Freestyle	0	0	05:00 PM	
Finals	3 Girls 400 IM	0	0	05:00 PM	
Finals	4 Boys 400 IM	0	0	05:00 PM	
	Finish Time			05:00 PM	

ZEUS May Meet 2022 - 5/13/2022 to 5/15/2022

Session Report

Session: 2 Saturday Morning

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	5 Girls 10 & Under 50 Freestyle	0	0	09:00 AM
Finals	6 Boys 10 & Under 50 Freestyle	0	0	09:00 AM
Finals	7 Girls 11-12 50 Freestyle	0	0	09:00 AM
Finals	8 Boys 11-12 50 Freestyle	0	0	09:00 AM
Finals	9 Girls 10 & Under 100 Backstroke	0	0	09:00 AM
Finals	10 Boys 10 & Under 100 Backstroke	0	0	09:00 AM
Finals	11 Girls 11-12 100 Backstroke	0	0	09:00 AM
Finals	12 Boys 11-12 100 Backstroke	0	0	09:00 AM
Finals	13 Girls 10 & Under 50 Breaststroke	0	0	09:00 AM
Finals	14 Boys 10 & Under 50 Breaststroke	0	0	09:00 AM
Finals	15 Girls 11-12 50 Breaststroke	0	0	09:00 AM
Finals	16 Boys 11-12 50 Breaststroke	0	0	09:00 AM
Finals	17 Girls 10 & Under 100 Butterfly	0	0	09:00 AM
Finals	18 Boys 10 & Under 100 Butterfly	0	0	09:00 AM
Finals	19 Girls 11-12 100 Butterfly	0	0	09:00 AM
Finals	20 Boys 11-12 100 Butterfly	0	0	09:00 AM
Finals	21 Girls 10 & Under 200 IM	0	0	09:00 AM
Finals	22 Boys 10 & Under 200 IM	0	0	09:00 AM
Finals	23 Girls 11-12 200 IM	0	0	09:00 AM
Finals	24 Boys 11-12 200 IM	0	0	09:00 AM
	Finish Time			09:00 AM

ZEUS May Meet 2022 - 5/13/2022 to 5/15/2022

Session Report

Session: 3 Saturday Mid Day Distance Day of Meet: 2 Starts at 01:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Girls 800 Freestyle	0	0	01:15 PM	
Finals	26 Boys 800 Freestyle	0	0	01:15 PM	
	Finish Time			01:15 PM	

ZEUS May Meet 2022 - 5/13/2022 to 5/15/2022

Session Report

Session: 4 Saturday Evening

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	27 Girls 13-14 200 IM	0	0	04:00 PM
Finals	28 Boys 13-14 200 IM	0	0	04:00 PM
Finals	29 Girls 15 & Over 200 IM	0	0	04:00 PM
Finals	30 Boys 15 & Over 200 IM	0	0	04:00 PM
Finals	31 Girls 13-14 100 Freestyle	0	0	04:00 PM
Finals	32 Boys 13-14 100 Freestyle	0	0	04:00 PM
Finals	33 Girls 15 & Over 100 Freestyle	0	0	04:00 PM
Finals	34 Boys 15 & Over 100 Freestyle	0	0	04:00 PM
Finals	35 Girls 13-14 200 Backstroke	0	0	04:00 PM
Finals	36 Boys 13-14 200 Backstroke	0	0	04:00 PM
Finals	37 Girls 15 & Over 200 Backstroke	0	0	04:00 PM
Finals	38 Boys 15 & Over 200 Backstroke	0	0	04:00 PM
Finals	39 Girls 13-14 100 Breaststroke	0	0	04:00 PM
Finals	40 Boys 13-14 100 Breaststroke	0	0	04:00 PM
Finals	41 Girls 15 & Over 100 Breaststroke	0	0	04:00 PM
Finals	42 Boys 15 & Over 100 Breaststroke	0	0	04:00 PM
Finals	43 Girls 13-14 200 Butterfly	0	0	04:00 PM
Finals	44 Boys 13-14 200 Butterfly	0	0	04:00 PM
Finals	45 Girls 15 & Over 200 Butterfly	0	0	04:00 PM
Finals	46 Boys 15 & Over 200 Butterfly	0	0	04:00 PM
	Finish Time			04:00 PM

ZEUS May Meet 2022 - 5/13/2022 to 5/15/2022

Session Report

Session: 5 Sunday Morning

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	49 Girls 10 & Under 100 Freestyle	0	0	09:00 AM	
Finals	50 Boys 10 & Under 100 Freestyle	0	0	09:00 AM	
Finals	51 Girls 11-12 100 Freestyle	0	0	09:00 AM	
Finals	52 Boys 11-12 100 Freestyle	0	0	09:00 AM	
Finals	53 Girls 10 & Under 50 Backstroke	0	0	09:00 AM	
Finals	54 Boys 10 & Under 50 Backstroke	0	0	09:00 AM	
Finals	55 Girls 11-12 50 Backstroke	0	0	09:00 AM	
Finals	56 Boys 11-12 50 Backstroke	0	0	09:00 AM	
Finals	57 Girls 10 & Under 100 Breaststroke	0	0	09:00 AM	
Finals	58 Boys 10 & Under 100 Breaststroke	0	0	09:00 AM	
Finals	59 Girls 11-12 100 Breaststroke	0	0	09:00 AM	
Finals	60 Boys 11-12 100 Breaststroke	0	0	09:00 AM	
Finals	61 Girls 10 & Under 50 Butterfly	0	0	09:00 AM	
Finals	62 Boys 10 & Under 50 Butterfly	0	0	09:00 AM	
Finals	63 Girls 11-12 50 Butterfly	0	0	09:00 AM	
Finals	64 Boys 11-12 50 Butterfly	0	0	09:00 AM	
	Finish Time			09:00 AM	

ZEUS May Meet 2022 - 5/13/2022 to 5/15/2022

Session Report

Session: 6 Sunday Morning

Day of Meet: 3 Starts at 02:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	65 Girls 13-14 50 Freestyle	0	0	02:30 PM
Finals	66 Boys 13-14 50 Freestyle	0	0	02:30 PM
Finals	67 Girls 15 & Over 50 Freestyle	0	0	02:30 PM
Finals	68 Boys 15 & Over 50 Freestyle	0	0	02:30 PM
Finals	69 Girls 13-14 100 Backstroke	0	0	02:30 PM
Finals	70 Boys 13-14 100 Backstroke	0	0	02:30 PM
Finals	71 Girls 15 & Over 100 Backstroke	0	0	02:30 PM
Finals	72 Boys 15 & Over 100 Backstroke	0	0	02:30 PM
Finals	73 Girls 13-14 200 Breaststroke	0	0	02:30 PM
Finals	74 Boys 13-14 200 Breaststroke	0	0	02:30 PM
Finals	75 Girls 15 & Over 200 Breaststroke	0	0	02:30 PM
Finals	76 Boys 15 & Over 200 Breaststroke	0	0	02:30 PM
Finals	77 Girls 13-14 100 Butterfly	0	0	02:30 PM
Finals	78 Boys 13-14 100 Butterfly	0	0	02:30 PM
Finals	79 Girls 15 & Over 100 Butterfly	0	0	02:30 PM
Finals	80 Boys 15 & Over 100 Butterfly	0	0	02:30 PM
Finals	81 Girls 13-14 200 Freestyle	0	0	02:30 PM
Finals	82 Boys 13-14 200 Freestyle	0	0	02:30 PM
Finals	83 Girls 15 & Over 200 Freestyle	0	0	02:30 PM
Finals	84 Boys 15 & Over 200 Freestyle	0	0	02:30 PM
	Finish Time			02:30 PM