



**Bulldog Swimming December Invitational
December 9-11, 2022
Hutchinson Natatorium
125 Wintergreen Ave. New Haven, CT 06515.**

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. #S22-43. 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, Bulldog Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, City of New Haven <https://covid19.newhavenct.gov>

COVID-19 Assumption of Risk Disclaimer

We, Bulldog Swimming, 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 Bulldog Swimming Season Opener Pentathlon or on site at SCSU Hutchinson Natatorium. 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 Bulldog Swimming Season Opener Pentathlon and being on site at Hutchinson Natatorium, 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.

	Name	Email	Phone
Meet Director:	Adriana Schack	adriana.marmolejo@olympian.org	(480) 307- 4813
Meet Referee:	Walter Carroll	wandjcarroll@comcast.net	(203) 804-1135
Lead Admin Official:	Jenna Zullo		(203) 410-9754
Entry Chair:	Adriana Schack	adriana.marmolejo@olympian.org	(480) 307-4813
Safety Chair:	Tim Quill	quillt6@gmail.com	(203) 910-0138
Officials Contact:	Walter Carroll	wandjcarroll@comcast.net	(203) 804-1135

MEET HOST: BULL

WEBSITE: <https://www.teamunify.com/team/ctbs/page/home>

POOL EMERGENCY NUMBER: 203-392-6026

SESSION TIMES: Subject to Change

Friday Distance 4:30 warm up 5:45 start

Saturday/Sunday 13 & Over Prelims 6:30 am warm up 8:00 am start

Sunday/Sunday 11-12 12:00 warm up 1:15 pm start

Saturday/Sunday 13 & Over Finals, 10&U timed finals 4:00 pm warm up 5:30 pm start

DEADLINES: deadline is November 25, 2022. Mail hardcopy and payment to the entry chairperson: Adriana Schack 573 Hill St, Hamden CT 06514. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Date of entry is considered when the email was received by the entry chair.

PAYMENT INSTRUCTIONS: Please make checks payable to Bulldog Swimming

Mail to:

Adriana Schack

573 Hill St

Hamden CT 06514.

Payment must be received by December 5, 2022

ENTRY FEES: Electronic entries: \$11.00 for timed-final events. \$15 for Trials/finals events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

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.

NEW FOR 2022-23: The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanctioned USA/CT Swimming meet.

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 Prelim-Final format for 13&O and Timed finals for 12&U. The 500 Freestyle and 400 IM will swum as timed finals going fast-to-slow, alternating heats of girls then boys. Top 16 swimmers in the 13-14 and 15&O categories will return for finals. B final is swimming first, then championships final A.

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 **30 minutes after the beginning of warm ups** even if there are no scratches.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. **Exceptions for Failure to Compete in Finals:** No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

FACILITY: The Hutchinson Natatorium is an 8 lane, 25 yard pool. Water depth at start end is 5ft and at the turning end is 13 ft. The competition course has not been certified in accordance with 104.2.2C (4). The facility is equipped with a Colorado Timing System, Non slip touchpads and a state of the art full color active display board. There is ample deck and spectator seating. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. This facility does not have public Wifi.

SAFE SPORT POLICIES: Parents are welcome to observe the meet from the stands. This meet will not be streamed.

DISABLED ACCESS: Handicapped accessibility is available at the Moore Field House and the Hutchinson Natatorium. Handicapped parking is located in the main parking lot between the Moore Field House and the Wintergreen Building. Handicapped entrance, with automatic door, is located in

the front of the Moore Field House. Please follow walk-way around the front of the main lobby to the entrance

COURSE: SCY

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

Warm up sessions will be split into tiered 25 minute sessions for 13-overs and tiered 20 minutes sessions for 12- unders. All 8 lanes will be used for team general warm ups. A 10 minute pace and sprint session will be utilized prior to the start of each 13&O session.

ELIGIBILITY: All USA Swimming clubs and individuals. 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

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.

ADAPTED SWIMMING: Any current athlete members of CT 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: ENTRY LIMITATIONS:

Friday 1 event.

Saturday and Sunday 13&O - 3 events per day.

Saturday and Sunday 12&U - 4 events per day.

ENTRY TIMES: Submit entry times in: SCY.

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 adriana.marmolejo@olympian.org. Please check that your team name, address, and contact information are listed correctly in this file. Teams will be notified within 48 hours of receiving entry if they are accepted into the meet. Payment due date for all entries: September 30, 2021. Any

team that fails to send payment, cover page and waiver form, by this due date can be scratched from the meet at the discretion of the Entry Chairperson.

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](#).

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.

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.
3. The medley events 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.

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 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.

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

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, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: All teams will be required to supply timers in proportion to the size of their entry. Watches to be provided by meet host.. Participating clubs must 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: Heat winner awards

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS:

PARKING: Wintergreen Garage, adjacent to the Moore Field House

DIRECTIONS:

<https://visual.southernct.edu/map>

From New York (via I-95)

I-95, Exit 44 (Kimberly Avenue, Route 10). Turn right at the end of the exit onto Kimberly Avenue, then left at the stoplight onto Ella Grasso Boulevard, Route 10. Ella Grasso Boulevard ends at Crescent Street, near the south entrance of the campus.

From New York (via Rt. 15, Merritt-Wilbur Cross Parkway)

Rt. 15, Merritt-Wilbur Cross Parkway, Exit 59 (Whalley Avenue). Head south on Whalley Avenue, turn left onto Fitch Street, which bisects the campus.

From New London

I-95, Exit 44 (Ella Grasso Boulevard, Route 10). Follow Ella Grasso Boulevard north. Ella Grasso Boulevard ends at Crescent Street, near the south entrance of the campus.

From Hartford

Wilbur Cross Parkway, Exit 60 at Dixwell Avenue. Head south on Dixwell Avenue to Arch Street. Turn right at Arch Street and left at Fitch Street, which bisects the campus.

Bulldog Swimming December Invitational - 12/9/2022 to 12/11/2022
Session Report

Session: 1 Friday Distance 13&0

Day of Meet: 1 Starts at 05:45 PM Heat Interval: 20 Seconds / Back +15 Seconds

- Finals 1 Girls 13 & Over 400 IM
- Finals 2 Boys 13 & Over 400 IM
- Finals 3 Girls 13 & Over 500 Freestyle
- Finals 4 Boys 13 & Over 500 Freestyle

Bulldog Swimming December Invitational - 12/9/2022 to 12/11/2022
Session Report

Session: 2 Saturday Prelims 13&0

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

- Prelims 5 Girls 13 & Over 100 Breaststroke
- Prelims 6 Boys 13 & Over 100 Breaststroke
- Prelims 7 Girls 13 & Over 200 Backstroke
- Prelims 8 Boys 13 & Over 200 Backstroke
- Prelims 9 Girls 13 & Over 50 Freestyle
- Prelims 10 Boys 13 & Over 50 Freestyle
- Prelims 11 Girls 13 & Over 100 Butterfly
- Prelims 12 Boys 13 & Over 100 Butterfly
- Prelims 13 Girls 13 & Over 200 Freestyle
- Prelims 14 Boys 13 & Over 200 Freestyle

Bulldog Swimming December Invitational - 12/9/2022 to 12/11/2022
Session Report

Session: 3 Saturday Timed Finals 11-12

Day of Meet: 2 Starts at 01:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Finals	15	Girls 11-12 50 Backstroke
Finals	16	Boys 11-12 50 Backstroke
Finals	17	Girls 11-12 100 Breaststroke
Finals	18	Boys 11-12 100 Breaststroke
Finals	19	Girls 11-12 200 Backstroke
Finals	20	Boys 11-12 200 Backstroke
Finals	21	Girls 11-12 50 Freestyle
Finals	22	Boys 11-12 50 Freestyle
Finals	23	Girls 11-12 100 Butterfly
Finals	24	Boys 11-12 100 Butterfly
Finals	25	Girls 11-12 200 Freestyle
Finals	26	Boys 11-12 200 Freestyle

Bulldog Swimming December Invitational - 12/9/2022 to 12/11/2022
Session Report

Session: 4 Saturday Finals 13&O, Timed Finals 10&U
Day of Meet: 2 Starts at 05:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Finals	27	Girls 9-10 100 Butterfly
Finals	28	Boys 9-10 100 Butterfly
Finals	5	Girls 13 & Over 100 Breaststroke
Finals	6	Boys 13 & Over 100 Breaststroke
Finals	29	Girls 10 & Under 50 Freestyle
Finals	30	Boys 10 & Under 50 Freestyle
Finals	7	Girls 13 & Over 200 Backstroke
Finals	8	Boys 13 & Over 200 Backstroke
Finals	31	Girls 9-10 100 Breaststroke
Finals	32	Boys 9-10 100 Breaststroke
Finals	9	Girls 13 & Over 50 Freestyle
Finals	10	Boys 13 & Over 50 Freestyle
Finals	33	Girls 10 & Under 50 Backstroke
Finals	34	Boys 10 & Under 50 Backstroke
Finals	11	Girls 13 & Over 100 Butterfly
Finals	12	Boys 13 & Over 100 Butterfly
Finals	35	Girls 9-10 200 Freestyle
Finals	36	Boys 9-10 200 Freestyle
Finals	13	Girls 13 & Over 200 Freestyle
Finals	14	Boys 13 & Over 200 Freestyle

Bulldog Swimming December Invitational - 12/9/2022 to 12/11/2022
Session Report

Session: 5 Sunday Prelims 13&0

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

- Prelims 37 Girls 13 & Over 200 Butterfly
- Prelims 38 Boys 13 & Over 200 Butterfly
- Prelims 39 Girls 13 & Over 100 Freestyle
- Prelims 40 Boys 13 & Over 100 Freestyle
- Prelims 41 Girls 13 & Over 200 Breaststroke
- Prelims 42 Boys 13 & Over 200 Breaststroke
- Prelims 43 Girls 13 & Over 100 Backstroke
- Prelims 44 Boys 13 & Over 100 Backstroke
- Prelims 45 Girls 13 & Over 200 IM
- Prelims 46 Boys 13 & Over 200 IM

Bulldog Swimming December Invitational - 12/9/2022 to 12/11/2022
Session Report

Session: 6 Sunday Timed Finals 11-12

Day of Meet: 3 Starts at 01:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Finals	47	Girls 11-12 200 Breaststroke
Finals	48	Boys 11-12 200 Breaststroke
Finals	49	Girls 11-12 50 Butterfly
Finals	50	Boys 11-12 50 Butterfly
Finals	51	Girls 11-12 100 Freestyle
Finals	52	Boys 11-12 100 Freestyle
Finals	53	Girls 11-12 200 Butterfly
Finals	54	Boys 11-12 200 Butterfly
Finals	55	Girls 11-12 50 Breaststroke
Finals	56	Boys 11-12 50 Breaststroke
Finals	57	Girls 11-12 100 Backstroke
Finals	58	Boys 11-12 100 Backstroke
Finals	59	Girls 11-12 200 IM
Finals	60	Boys 11-12 200 IM

Bulldog Swimming December Invitational - 12/9/2022 to 12/11/2022
Session Report

Session: 7 Sunday Finals 13&O, Timed Finals 10&U

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Finals	61	Girls 10 & Under 50 Butterfly
Finals	62	Boys 10 & Under 50 Butterfly
Finals	37	Girls 13 & Over 200 Butterfly
Finals	38	Boys 13 & Over 200 Butterfly
Finals	63	Girls 9-10 100 Freestyle
Finals	64	Boys 9-10 100 Freestyle
Finals	39	Girls 13 & Over 100 Freestyle
Finals	40	Boys 13 & Over 100 Freestyle
Finals	65	Girls 10 & Under 50 Breaststroke
Finals	66	Boys 10 & Under 50 Breaststroke
Finals	41	Girls 13 & Over 200 Breaststroke
Finals	42	Boys 13 & Over 200 Breaststroke
Finals	67	Girls 9-10 100 Backstroke
Finals	68	Boys 9-10 100 Backstroke
Finals	43	Girls 13 & Over 100 Backstroke
Finals	44	Boys 13 & Over 100 Backstroke
Finals	69	Girls 10 & Under 100 IM
Finals	70	Boys 10 & Under 100 IM
Finals	45	Girls 13 & Over 200 IM
Finals	46	Boys 13 & Over 200 IM