

OAK Age Group Qualifier
November 18-20, 2022
230 Bushy Hill Road, Simsbury CT 06070
<https://goo.gl/maps/MzxfUxKSHpn>

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. #22-33. 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, Charter Oak 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, Farmington Valley Health Department - <https://fvhd.org/>

COVID-19 Assumption of Risk Disclaimer

We, Charter Oak 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 OAK Age Group Qualifier or on site at Ethel Walker. 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 OAK Age Group Qualifier and being on site at Ethel Walker, 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:	Spencer Hartmann	spencer.hartmann@ctoak.org	
Meet Referee:	Dylan Lee	dylantlee@gmail.com	
Lead Admin Official:	Spencer Hartmann	spencer.hartmann@ctoak.org	
Entry Chair:	Spencer Hartmann	spencer.hartmann@ctoak.org	
Safety Chair:	Spencer Hartmann	spencer.hartmann@ctoak.org	
Officials Contact: (optional)			

MEET HOST: OAK

WEBSITE: www.ctoak.org

POOL EMERGENCY NUMBER: 860-305-9834

SESSION TIMES: Subject to Change

Friday All Age Groups Warm Up 5:00PM Start 6:00PM

Saturday/Sunday 12&Under Warm Up 7:00AM Start 8:00AM

Saturday/Sunday 13&Over Warm Up 12:00PM Start 1:00PM

DEADLINES: deadline is November 15, 2022. Mail hardcopy and payment to the entry chairperson: Spencer Hartmann, 23 Alden Road Windsor CT 06095. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entry is considered official once an email entry has been received.

PAYMENT INSTRUCTIONS: Please make checks payable to OAK and mail to:

23 Alden Road Windsor CT 06095. Payment must be received by 11/18/22.

ENTRY FEES: Electronic entries: \$10.00 for individual events, \$10.00 for distance event, \$0.00 for relays. Manual entries: \$15.00 for individual events, \$15.00 for distance events, \$00.00 for relays. In the case of approved meets, include any per swimmer fees. 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 sanction USA/CT Swimming meet.

SANCTIONED OR APPROVED: Sanctioned

MEET DURATION: Mini meet with all sessions timed to three hours or less before scratches.

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

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for the meet in their information packet when they arrive and check-in for the meet. This will list all of their swimmers and events. Coaches must indicate all scratches or none on these sheets and turn them into the computer table within 20 minutes after the beginning of warm-up

FACILITY: The Ethel Walker Pool has an 8 lane, 25 yard short course pool. Water depth at start end is: 7'6". Water depth at turn end is: 7'6". The competition course has not been certified in accordance with 104.2.2C(4). Colorado Timing system will be used. There is bleacher seating for 75-100 spectators. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Good and available wifi.

SAFE SPORT POLICIES: Live Streamed Meet and in person

DISABLED ACCESS: There is handicap parking and access to the Centennial Center along Sand Hill Road; all entrances and exits are handicap accessible.

COURSE: SCY

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. CT Swimming Warm-Up Procedures will be in effect. 2 45min warm up with all 8 lanes to be used, 10 minutes for starts/pace

ELIGIBILITY: All USA Swimming clubs and individuals

For Sanctioned Meets: 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 USA Swimming or 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: 5 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 spencer.hartmann@ctoak.org. Please check that your team name, address, and contact information are listed correctly in this file. Entry is considered in once the entry is received

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:

Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

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.

- 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: Yes. Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The fee for Time Trial entries are \$15.00 for individual events and \$20.00 for relays.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Oak will provide all worker, officials always needed! 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: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

Charter Oak Aquatic Club
November Qualifier

Friday – Session 1

Event Number		Event Number
1	Open Women 400 IM	
	Open Men 400 IM	2
3	12&Under Girls 500 Free	
	12&Under Boys 500 Free	4
5	12&Under Girls 200 Butterfly	
	12&Under Boys 200 Butterfly	6
7	12&Under Girls 200 Breaststroke	
	12&Under Boys 200 Breaststroke	8
9	12&Under Girls 200 Backstroke	
	12&Under Boys 200 Backstroke	10
11	Open Women 1000 Free	
	Open Men 1000 Free	12

Saturday – Session 2

Event Number		Event Number
13	Girls 12&Under 100 Freestyle	
	Boys 12&Under 100 Freestyle	14
15	Girls 12&Under 50 Backstroke	
	Boys 12&Under 50 Backstroke	16
17	Girls 12&Under 100 Breaststroke	
	Boys 12&Under 100 Breaststroke	18
19	Girls 12&Under 50 Butterfly	
	Boys 12&Under 50 Butterfly	20
21	Girls 12&Under 200 IM	
	Boys 12&Under 200 IM	22

Saturday – Session 3

Event Number		Event Number
23	Girls 13&Over 100 Freestyle	
	Boys 13&Over 100 Freestyle	24
25	Girls 13&Over 100 Backstroke	
	Boys 13&Over 100 Backstroke	26
27	Girls 13&Over 200 Breaststroke	
	Boys 13&Over 200 Breaststroke	28
29	Girls 13&Over 200 Butterfly	
	Boys 13&Over 200 Butterfly	30
31	Girls 13&Over 200 IM	
	Boys 13&Over 200 IM	32
33	Girls 13&Over 500 Freestyle	
	Boys 13&Over 500 Freestyle	34

Sunday – Session 4

Event Number		Event Number
35	Girls 12&Under 50 Freestyle	
	Boys 12&Under 50 Freestyle	36
37	Girls 12&Under 200 Freestyle	
	Boys 12&Under 200 Freestyle	38
39	Girls 12&Under 100 Backstroke	
	Boys 12&Under 100 Backstroke	40
41	Girls 12&Under 50 Breaststroke	
	Boys 12&Under 50 Breaststroke	42
43	Girls 12&Under 100 Butterfly	
	Boys 12&Under 100 Butterfly	44
45	Girls 12&Under 100 IM	
	Boys 12&Under 100 IM	46

Sunday – Session 5

Event Number		Event Number
47	Girls 13&Over 50 Freestyle	
	Boys 13&Over 50 Freestyle	48
49	Girls 13&Over 200 Freestyle	
	Boys 13&Over 200 Freestyle	50
51	Girls 13&Over 200 Backstroke	
	Boys 13&Over 200 Backstroke	52
53	Girls 13&Over 100 Breaststroke	
	Boys 13&Over 100 Breaststroke	54
55	Girls 13&Over 100 Butterfly	
	Boys 13&Over 100 Butterfly	56