

Northeast CT Aquatics
2024 Winter Distance Meet
January 19, 2024

100 Gerber Drive, Tolland, CT 6084

List full address of your pool location for GPS purposes.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S23-71. 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.

	Name	Email	Phone
Meet Director:	Rob Ensling	Rensling@gmail.com	8608839385
Meet Referee:	Tak Takabayashi		
Lead Admin Official:	Shanna Custer		
Entry Chair:	Rob Ensling		
Safety Chair:	Rob Ensling		
Officials Contact:	Rob Ensling		
Disability Contact (who to contact for disability access to your facility)	Rob Ensling		

MEET HOST: NCA.

WEBSITE: swimnca.com

POOL EMERGENCY NUMBER: 860-883-9385

COURSE: SCY.

SESSION TIMES: Subject to Change

Warmup 5p/Start 6p

DEADLINES: deadline is 01/10/24. Mail hardcopy and payment to the entry chairperson: Rob Ensling 681 Graham Road, South Windsor CT 06074. All entries must be legible and must use full names and registration numbers from USA Swimming registration. State how you will determine the date an entry is received (email receipt, payment receipt, etc.)

DEADLINES: Deadline is 01/10/24. State how you will determine the date an entry is received (email receipt, payment receipt, etc.)

PAYMENT INSTRUCTIONS: Please make checks payable to **Northeast CT Aquatics**.

Mail to:

[Rob Ensling](#)

681 Graham Road

South Windsor, CT, 06074.

Payment must be received by 01/19/24.

ENTRY FEES: Electronic entries: \$12.00 for individual events, \$12.00 for distance event, \$12.00 for relays. Per Swimmer Facility Fee: \$0.00. Manual entries: \$12.00 for individual events, \$12.00 for distance events, \$12.00 for relays. **In the case of approved meets, include any other per swimmer fees here**. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

REGISTRATION REPORTING: 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: Full meet with time limits as defined by CT/USA Swimming.

MEET FORMAT: The meet will be swum as [Timed-Final](#)

FACILITY: [Star Hill Family Athletic Center Pool is an 6-lane, 25-yard pool.](#) Water depth at start end is: 12. Water depth at turn end is: 4. [Select One:](#) The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. [Colorado timing system.](#) [Spectator viewing area.](#)

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

MEDICAL SUPERVISION: [Lifeguard, AEDS devices.](#)

WIFI ACCESS: [Wifi is available, the level of connectivity is fair.](#)

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. [Will be determined the week of the meet.](#)

EVENT INFORMATION: [Deck entries accepted.](#) [Any additional information you wish to provide to entrants.](#)

ENTRY LIMITATIONS: [Timed final meets are 5 per day maximum.](#)

SCRATCH PROCEDURES: [Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures. USA Swimming Rulebook 102.3](#)

For meets with prelim/final sessions include the following: **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 PROTOCOLS: **No visiting families are allowed upstairs in the facility. Star Hill is a privately own business that only allow facility members access to the upstairs. If a family fails to cooperate, their swimmer will be scratched from the meet and fully charged for events entered.**

SAFE SPORT POLICIES: **Spectators will have the ability to view their athlete's event on deck. Due to the lack of deck space, we ask families to exit the deck once the race is over to allow other families to view.**

DISABLED ACCESS: There are handicapped parking, handicapped entrances, locker rooms and spectator areas are accessible. For more information, please contact person listed on page 1.

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.

For Approved Meets: List any restrictions, such as membership in invited teams, age, etc.

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 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 rensling@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. [Payment is due at the beginning of the first session.](#)

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](#).

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. [Relays, if planned, will be eliminated.](#)
2. [The maximum number of events allowed per day may be reduced by one \(1\).](#)
3. [\[This provision will always be last\]](#) 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: [Yes. There are no relay limitations.](#) All relay swimmers must be officially entered in 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, 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.

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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: Will be determined a week prior and communicated to the visiting teams. 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: All athletes should be able to be on deck. There will be additional areas for teams to be staged during the meet.

SCORING: The meet will **not** be scored.

AWARDS: **Yes**

CONCESSIONS: **Yes**

HOSPITALITY FOR COACHES AND OFFICIALS: **Yes**

MISCELLANEOUS:

PARKING: **On site.**

DIRECTIONS: Star Hill Family Athletic Center. 100 Gerber Drive, Tolland CT 06084

LODGING: (OPTIONAL)

NCA 2024 Winter Distance Meet - 1/19/2024
Session Report

Session: 1 Friday Night

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	1 Girls 11 & Over 400 IM	0	0	06:00 PM	NA
Finals	2 Boys 11 & Over 400 IM	0	0	06:00 PM	NA
Finals	3 Girls 12 & Under 200 Backstroke	0	0	06:00 PM	NA
Finals	4 Boys 12 & Under 200 Backstroke	0	0	06:00 PM	NA
Finals	5 Girls 12 & Under 200 Breaststroke	0	0	06:00 PM	NA
Finals	6 Boys 12 & Under 200 Breaststroke	0	0	06:00 PM	NA
Finals	7 Girls 12 & Under 200 Butterfly	0	0	06:00 PM	NA
Finals	8 Boys 12 & Under 200 Butterfly	0	0	06:00 PM	NA
Finals	9 Girls 11 & Over 1000 Freestyle	0	0	06:00 PM	NA
Finals	10 Boys 11 & Over 1000 Freestyle	0	0	06:00 PM	NA
	Finish Time			06:00 PM	e06:00 PM