

**2024 CP-AC 11&Under Winter Rumble  
11&Under  
March 9, 2024**

Chelsea Piers CT 1 Blachley Road, Stamford, CT 06902

**Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S23-95 . 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.**

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	<b>Matt Hurst</b>	<b><u>mhurst@chelseapiers.com</u></b>	<b>814-777-8096</b>
<b>Meet Referee:</b>	<b>Suzannah Rogers</b>		
<b>Lead Admin Official:</b>	<b>Tim Goertel</b>		
<b>Entry Chair:</b>	<b>Aaron Montgomery</b>	<b><u>Cpacentries@gmail.com</u></b>	<b>914-319-3811</b>
<b>Safety Chair:</b>	<b>James Goodwin</b>	<b><u>jgoodwin@chelseapiers.com</u></b>	
<b>Officials Contact:</b>	<b>Matt Hurst</b>		
<b>Disability Contact</b>	<b>James Goodwin</b>		

**MEET HOST:** CPAC

**WEBSITE:** [www.gomotionapp.com/ctcp](http://www.gomotionapp.com/ctcp)

**POOL EMERGENCY NUMBER:** 203-989-1300

**COURSE:** SCY

**SESSION TIMES:** Subject to Change

Session 1 Saturday Afternoon 11 and Under                      11:00am WU                      12:00 pm Start

**PAYMENT INSTRUCTIONS:** Please make checks payable to Chelsea Piers Aquatics Club.

Mail to:

Chelsea Piers CT

c/o Matt Hurst

1 Blachley Road

Stamford, CT 06902

Payment must be received by Tuesday, March 5, 2024

**ENTRY FEES:** Electronic entries: \$15.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**ADULT ATHLETES:** No adult athletes are allowed at this competition.

**SANCTIONED OR APPROVED:** Sanctioned

**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.

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

**MEET FORMAT:** The meet will be swum as: Timed-Finals

**SCRATCH PROCEDURES:** All scratches should be turned in 30 minutes prior to the start of the session.

**FACILITY RULES:** Spectators are allowed on the Mezzanine level of the pool. Spectators will be limited to approximately 100 people at a time. Chelsea Piers reserves the right to modify spectator access numbers at any time. Pool and spectator occupancy planned at approximately 300.

**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. Public Wi-Fi is available for coaches. Signal strength is good.

**MEDICAL SUPERVISION:** All meets will be observed by our lifeguarding staff. AED is available on site.

**SAFE SPORT POLICIES:** No photography from behind the starting blocks. Parents are, other than those volunteering, not allowed on the pool deck.

**DISABLED ACCESS:** Handicapped parking accessible with elevators on-site. Please contact Jim Goodwin for more information about disabled access.

**COURSE:** SCY

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

Session 1 Saturday Afternoon 11 and Under                      11:00 am WU                      12:00 pm Start

**11 & Under Session Warm-Ups:** each team will be assigned sessions and lanes; the application of general warm up (circle swim), starts and/or one-way sprints is at each coach's discretion. All sessions may use **2 or more** tiers of warm-ups, using up to **15** lanes, with lanes assigned by team.

The meet director reserves the right to condense or expand this warm-up format dependent upon meet subscription.

During competition, continuous **warm-up/warm-down** lanes may also be available on the other side of the bulkhead, at the discretion of the Referee. No Diving will be allowed in these lanes. Swimmers must enter these lanes feet first. Other restrictions may be applied at the discretion of the Referee.

**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](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 (select one) 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.

**EVENT INFORMATION:** All entries should be e-mailed to the entry chair. Entries will be taken in the order in which they are received. In the event of oversubscription, all teams will be notified. No deck entries will be accepted. Athletes **MAY NOT ENTER any event in which they have a CT Age Group qualification standard for their age group**.

**ENTRY LIMITATIONS:** Athletes are limited to entering **max. 8** total events for the meet, up to 6 individual and 2 relays. **Athletes can swim any event, as long as they do not have the CT Age Group cut in that event. No over-entries accepted.**

**ENTRY TIMES:** Submit entry times in: SCY. **No Times (NT entries) will not be accepted.** If there are no official times for an athlete, you **must** submit estimated times in your entry.

**DEADLINES:** Entry deadline is Monday, March 4, 2024.

**Financially Responsible Date:** At this date (**03/05/2024**, or earlier if the Cut Protocol has been invoked) all entered teams will be considered financially responsible for their entire entry; so please note that the entry check should be in the mail or have been already received by this date.

**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 [cpacentries@gmail.com](mailto:cpacentries@gmail.com). Please check that your team name, address, and contact information are listed correctly in this file. If payment for the entry is not received by the Entry Deadline, the Date of Entry /Receipt may be delayed until the date such payment is received, jeopardizing place in order of receipt.

**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](http://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. The maximum number of events allowed per day may be reduced by one (1).
2. Relays will be eliminated based upon subscription, with the lesser entered relays being eliminated first.
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:** Yes

### **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.** Participating clubs will be notified of work assignments by the Thursday 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:** Yes. Ducks!

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** There is parking located on site at Chelsea Piers Connecticut. If full, off-site parking may be provided at Rogers International School, 202 Blachley Road, Stamford, CT 06902. Please follow any parking signs/instructions or your car may be subject to towing/ticketing.

**DIRECTIONS:** The Chelsea piers CT complex is located at 1 Blachley Road, Stamford. Northbound I 95: Take exit 9. Make a left at the end of the ramp. Make a left on to Rt.1. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings. Southbound I 95: Take exit 9. Make a right at the end of the ramp. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings

**LODGING:** The Sheraton Stamford Hotel is 1 mile from Chelsea Piers CT, take exit 8 from I-95. Address: 700 East Main St, Stamford, CT 06901 Phone: (203) 358-8400 • Fax: (203) 358-8872 Please mention Chelsea Piers if making a reservation.

**CP-AC 9&U Winter Rumble - 3/9/2024**  
**Session Report**

Session: 1 Saturday AM

Day of Meet: 1 Starts at 12:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Meet Qualifying</b>	<b>Starts at</b>	
Finals	1 Girls 11 & Under 100 Medley Relay	0	0		12:00 PM	_____
Finals	2 Boys 11 & Under 100 Medley Relay	0	0		12:00 PM	_____
Finals	3 Girls 8 & Under 25 Butterfly	0	0		12:00 PM	_____
Finals	4 Boys 8 & Under 25 Butterfly	0	0		12:00 PM	_____
Finals	5 Girls 11 & Under 50 Butterfly	0	0	31.30	12:00 PM	_____
Finals	6 Boys 11 & Under 50 Butterfly	0	0	33.00	12:00 PM	_____
Finals	7 Girls 11 & Under 100 Freestyle	0	0	1:03.10	12:00 PM	_____
Finals	8 Boys 11 & Under 100 Freestyle	0	0	1:03.00	12:00 PM	_____
Finals	9 Girls 8 & Under 25 Backstroke	0	0		12:00 PM	_____
Finals	10 Boys 8 & Under 25 Backstroke	0	0		12:00 PM	_____
Finals	11 Girls 11 & Under 50 Backstroke	0	0	33.10	12:00 PM	_____
Finals	12 Boys 11 & Under 50 Backstroke	0	0	33.50	12:00 PM	_____
Finals	13 Girls 8 & Under 25 Breaststroke	0	0		12:00 PM	_____
Finals	14 Boys 8 & Under 25 Breaststroke	0	0		12:00 PM	_____
Finals	15 Girls 11 & Under 50 Breaststroke	0	0	37.40	12:00 PM	_____
Finals	16 Boys 11 & Under 50 Breaststroke	0	0	38.00	12:00 PM	_____
Finals	17 Girls 11 & Under 100 IM	0	0	1:12.10	12:00 PM	_____
Finals	18 Boys 11 & Under 100 IM	0	0	1:13.10	12:00 PM	_____
Finals	19 Girls 8 & Under 25 Freestyle	0	0		12:00 PM	_____
Finals	20 Boys 8 & Under 25 Freestyle	0	0		12:00 PM	_____
Finals	21 Girls 11 & Under 50 Freestyle	0	0	28.74	12:00 PM	_____
Finals	22 Boys 11 & Under 50 Freestyle	0	0	28.57	12:00 PM	_____
Finals	23 Girls 11 & Under 100 Medley Relay	0	0		12:00 PM	_____
Finals	24 Boys 11 & Under 100 Medley Relay	0	0		12:00 PM	_____
	Finish Time				12:00 PM	_____