

**OAK Pentathlon**  
**October 24 2021**  
**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](http://ctswim.org) or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S21-11. 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, OAK, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, your Farmington Valley Health Department - <https://fvhd.org/>

**COVID-19 Assumption of Risk Disclaimer**

We, OAK, 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 Pentathlon 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 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.

**WAIVER:** All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Coaches will need to email completed waiver ahead of time to [spencer.hartmann@ctoak.org](mailto:spencer.hartmann@ctoak.org).

## EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Spencer Hartmann	Spencer.hartmann@ctoak.org	
<b>Meet Referee:</b>	Walt Caroll	wandjcarroll@comcast.net	
<b>Lead Admin Official:</b>	Spencer Hartmann	Spencer.hartmann@ctoak.org	
<b>Entry Chair:</b>	Spencer Hartmann	Spencer.hartmann@ctoak.org	
<b>Safety Chair:</b>	Spencer Hartmann	Spencer.hartmann@ctoak.org	
<b>Officials Contact:</b>	Walt Caroll	wandjcarroll@comcast.net	

**MEET HOST:** OAK

**WEBSITE:** [www.ctoak.org](http://www.ctoak.org)

**POOL EMERGENCY NUMBER:** 860-305-9834

**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 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

**BEFORE ENTERING FACILITY or WHAT TO BRING:** Masks required for all participants

**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.

**SAFE SPORT POLICIES:** Live Streamed Meet – link will be posted on [www.ctoak.org](http://www.ctoak.org)

**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

**SESSION TIMES: Subject to Change**

10&Under & 13/14 Warm Up 7:00AM / Start 8:00AM

15&Over & 11/12 Warm Up 12:00PM / Start 1:00PM

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. 1 45min warm up with all 8 lanes to be used, 10 minutes for starts/pace

**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.

**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.

**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](#).

**EVENT INFORMATION:** Pentathlon scored with cumulative time

**ENTRY LIMITATIONS:** 5 Event Limit

**ENTRY TIMES:** Submit entry times in: SCY

**DEADLINES:** deadline is 10/20/21. 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. Entries will be accepted in the order they are received by email.

**CONNECTICUT-ONLY DEADLINE (Optional for Short Course):** CT deadline is October 20<sup>th</sup> 2021. First come first serve. CT clubs meeting this deadline will be entered before out of state clubs.

**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](mailto: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 deadline passes.

**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](#).

**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. 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 [Outreach Athlete](#) page on [ctswim.org](http://ctswim.org).

**PAYMENT INSTRUCTIONS:** Please make checks payable to OAK and mail to: 23 Alden Road Windsor CT 06095. Payment must be received by 10/20/21.

#### **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.
2. 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 will govern this meet.

**TIME TRIALS:** NO

**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:** Pentathlon scored with cumulative time

**AWARDS:** Yes Top 3 Per Age Group

**CONCESSIONS:** No

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Do not park on the grass, only in assigned spots

**DIRECTIONS:** The Ethel Walker School, Simsbury CT 06070 <https://goo.gl/maps/MzxfUxKSHpn>

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at Ethel Walker or any OAK related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) OAK and / or [Ethel Walker] and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this \_\_\_\_ day of [October], 20\_\_.

SIGNATURE: \_\_\_\_\_

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

NAMES OF MINOR CHILD(REN), IF ANY: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Charter Oak Pentathlon - 10/24/2021****Session Report**

Session: 1 10/Under and 13/14 AM Session

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 10 & Under 50 Butterfly	0	0	08:00 AM	_____
Finals	2 Boys 10 & Under 50 Butterfly	0	0	08:00 AM	_____
Finals	3 Girls 13-14 100 Butterfly	0	0	08:00 AM	_____
Finals	4 Boys 13-14 100 Butterfly	0	0	08:00 AM	_____
Finals	5 Girls 10 & Under 50 Backstroke	0	0	08:00 AM	_____
Finals	6 Boys 10 & Under 50 Backstroke	0	0	08:00 AM	_____
Finals	7 Girls 13-14 100 Backstroke	0	0	08:00 AM	_____
Finals	8 Boys 13-14 100 Backstroke	0	0	08:00 AM	_____
Finals	9 Girls 10 & Under 50 Breaststroke	0	0	08:00 AM	_____
Finals	10 Boys 10 & Under 50 Breaststroke	0	0	08:00 AM	_____
Finals	11 Girls 13-14 100 Breaststroke	0	0	08:00 AM	_____
Finals	12 Boys 13-14 100 Breaststroke	0	0	08:00 AM	_____
Finals	13 Girls 10 & Under 50 Freestyle	0	0	08:00 AM	_____
Finals	14 Boys 10 & Under 50 Freestyle	0	0	08:00 AM	_____
Finals	15 Girls 13-14 100 Freestyle	0	0	08:00 AM	_____
Finals	16 Boys 13-14 100 Freestyle	0	0	08:00 AM	_____
Finals	17 Girls 10 & Under 100 IM	0	0	08:00 AM	_____
Finals	18 Boys 10 & Under 100 IM	0	0	08:00 AM	_____
Finals	19 Girls 13-14 200 IM	0	0	08:00 AM	_____
Finals	20 Boys 13-14 200 IM	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____



**Charter Oak Pentathlon - 10/24/2021**  
**Session Report**

Session: 2 11/12 and 15/Over PM Session

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	21 Girls 11-12 50 Butterfly	0	0	01:00 PM	_____
Finals	22 Boys 11-12 50 Butterfly	0	0	01:00 PM	_____
Finals	23 Girls 15 & Over 100 Butterfly	0	0	01:00 PM	_____
Finals	24 Boys 15 & Over 100 Butterfly	0	0	01:00 PM	_____
Finals	25 Girls 11-12 50 Backstroke	0	0	01:00 PM	_____
Finals	26 Boys 11-12 50 Backstroke	0	0	01:00 PM	_____
Finals	27 Girls 15 & Over 100 Backstroke	0	0	01:00 PM	_____
Finals	28 Boys 15 & Over 100 Backstroke	0	0	01:00 PM	_____
Finals	29 Girls 11-12 50 Breaststroke	0	0	01:00 PM	_____
Finals	30 Boys 11-12 50 Breaststroke	0	0	01:00 PM	_____
Finals	31 Girls 15 & Over 100 Breaststroke	0	0	01:00 PM	_____
Finals	32 Boys 15 & Over 100 Breaststroke	0	0	01:00 PM	_____
Finals	33 Girls 11-12 50 Freestyle	0	0	01:00 PM	_____
Finals	34 Boys 11-12 50 Freestyle	0	0	01:00 PM	_____
Finals	35 Girls 15 & Over 100 Freestyle	0	0	01:00 PM	_____
Finals	36 Boys 15 & Over 100 Freestyle	0	0	01:00 PM	_____
Finals	37 Girls 11-12 100 IM	0	0	01:00 PM	_____
Finals	38 Boys 11-12 100 IM	0	0	01:00 PM	_____
Finals	39 Girls 15 & Over 200 IM	0	0	01:00 PM	_____
Finals	40 Boys 15 & Over 200 IM	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____