

**Connecticut Swimming, Inc.**  
**Dave Parcels Open Water Championship**  
**June 24, 2017**

Lake Quassapaug in Middlebury, CT  
Hosted by: Shoreline Aquatic Club and Blue Devil Swim Club

<https://www.google.com/maps/place/Lake+Quassapaug,+Middlebury,+CT+06762/@41.5335026,-73.1527502,15z/data=!3m1!4b1!4m2!3m1!1s0x89e7e961880ac357:0xbb380c00b70b482e>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L17-33. 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.

**EVENTS**

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Jen Lyman	coachlyman@hotmail.com	203-464-6903
<b>Meet Referee:</b>	Dave Heller	hellerd@nationwide.com	
<b>Entry Chair:</b>	Jen Lyman	coachlyman@hotmail.com	
<b>Safety Chair:</b>	Christina Forristall	cbforristall@gmail.com	
<b>Officials Contact:</b>	Mike Huffman	Mhuffman99@gmail.com	

**WEBSITE:** active.com

**POOL EMERGENCY NUMBER:** 203-464-6903

**MEET TYPE:** Sanctioned Open Water

**MEET CLASSIFICATION:** This meet is open to all USA Swimming athletes and clubs

**MEET FORMAT:** Open Water - Beach Start and Beach Finish

**SCRATCH PROCEDURES:** All events will be positive check-in.

**FACILITY** Quassy Amusement Park – (<http://www.quassy.com/>) Quassy was founded as an amusement park in 1908, sitting on the south shore of Lake Quassapaug in Middlebury, Connecticut. On 20 plus acres, it boasts 22 amusement rides, a new Splash Away Bay Water Park and the beautiful Quassy beach.

Lake Quassapaug is a 296 acre lake situated in Middlebury, CT.

<http://www.ct.gov/caes/cwp/view.asp?a=2799&q=488556>

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

**DISABLED ACCESS:** Please contact Jennifer Lyman for more information and special arrangements (203) 464-6903.

**COURSE:** Open Water with Beach start and finish

**SESSION TIMES: ALL RACES REQUIRE REGISTRATION BY 8:30.**

Schedules are **subject to change** depending on number of entries and local conditions.

**Mini Mile 9:00 am (All Participants)**

**One Mile Championship**

**Wave 1: 9:20 am – Male Swimmers Ages 15 to 25**

**Wave 2: 9:25 am – Female Swimmers Ages 15 to 25**

**Wave 3: 9:30 am – Male Swimmers Ages 11 to 14**

**Wave 4: 9:35 am – Female Swimmers Ages 11 to 14**

**Wave 5: 9:40 am – Male Swimmers Ages 30 +**

**Wave 6: 9:45 am – Female Swimmers Ages 30 +**

**WARM-UPS:** Warm-up will be available on the portion of the race course closest to the finish area. 8:00am-8:45am

**ELIGIBILITY:** 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 to enter restricted areas of the race venue.

- Open to all current USA Swimming athletes registered prior to the first day of the meet.
- Must be registered USA Swimming athlete to enter. **A one-day CT Swimming/USA Swimming registration is available for this event, but MUST be completed online at [www.active.com](http://www.active.com) by June 14 at 11:59PM.**
- No event day USA Swimming registrations will be permitted.
- Race day entries will be accepted with **prior** USA Swimming registration.
- Age on June 24, 2017 will determine age for 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:** USA Swimming athletes can enter in two different ways:

**TEAM ENTRY:** USA Swimming clubs can enter as a group by emailing Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format emailed as an attachment to the entry chair at [coachlyman@hotmail.com](mailto:coachlyman@hotmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Meet files are posted on [ctswim.org](http://ctswim.org). Mail the print-out and club check to: Madison Racquet and Swim Club and mail to: Jen Lyman, P.O. Box 508, Madison, CT, 06443.

**INDIVIDUAL ONLINE ENTRY:** Each swimmer can register individually online through [www.active.com](http://www.active.com). **A one-day CT Swimming/USA Swimming registration is available for this event, but MUST be completed and emailed back to the Meet Director.**

**ENTRY OPENING DATE:** Entries will be accepted no earlier than 8:00 pm on Thursday, April 13.

**ENTRY LIMITATIONS:** Swimmers are limited to one event

**ENTRY TIMES:** No entry times are required.

**DEADLINES:** deadline is June 14, 2017. Mail hardcopy and payment to the entry chairperson: Jen Lyman, PO Box 508, Madison, CT, 06443. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Email receipt will determine the date an entry is received.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is June 1, 2017. Email will determine the date an entry is received. 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 [coachlyman@hotmail.com](mailto:coachlyman@hotmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Payments are expected to be paid in full by Race Day

**ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION:** Athletes entering this meet independent of a USA Swimming club or coach shall: 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.

**ENTRY FEES:** Electronic entries:

USA Swimming members 13/O: \$ 37.00 (includes t-shirt)

USA Swimming Members 12/U: \$ 37.00 (includes t-shirt)

Non-USA Swimming members are required to purchase a One-day membership in advance of the event must register through [www.Active.com](http://www.Active.com) No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry

**PAYMENT INSTRUCTIONS:** Please make checks payable to Madison Racquet and Swim Club and mail to: Jen Lyman, PO Box 508, CT, 06443. Payment must be received by 06/24/17.

**CUT PROTOCOL:**

Based on the number of entries, additional waves may be added or combined.

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.

**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.

**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 all competition.

**TIME TRIALS:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Each CSI team entering athletes is required to provide one adult volunteer to help with the event. Participating clubs must be notified of work assignments by the Monday before the meet.

**DECK ACCESS:** Meet Management may restrict access to specific competition areas, including the start, competition course, and finish areas. Only athletes, coaches, officials, and official meet staff actively participating in the meet shall be permitted in these areas.

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

**AWARDS:**

Mini-Mile: Top three Male and Female

One Mile: 1<sup>st</sup>-3<sup>rd</sup> Place Male and Female in each of the following age groups  
(11-12, 13-14, 15-16, 17-18, 19+)

**CONCESSIONS:** Concessions will be available at Quassy, as well as discounted park & Food tickets.

**HOSPITALITY FOR COACHES AND OFFICIALS:** No

**PARKING:**

There is ample parking at the amusement park. Please follow Quassy staff instructions when arriving.

**DIRECTIONS:**

**From I-84 heading West:** (From Hartford, Bristol, Cheshire, Waterbury) I-84 West to exit 17. Go straight off the exit onto Rt. 64. Continue on Rt. 64 for approximately four miles and the park will be on the right.

**From I-84 heading East:** (From Westchester, Danbury, Newtown) I-84 East to exit 16 take a right off the exit and follow Rt. 188 to the Rt. 188 / Rt. 64 intersection (approximately two miles). Take a Left turn onto Rt. 64 and continue for approximately one mile and the park will be on the right.

**From Rt. 8 North:** (Bridgeport, Stratford, Seymour) Rt. 8 North to I-84 West and then follow the directions from I-84 West.

**From Rt. 8 South:** (From Torrington, Winsted, Litchfield) Rt. 8 South to I-84 West and then follow the directions from I-84 West.

**From New Haven:** Take Whalley Avenue. It turns into Rt. 63. Follow Rt. 63 all the way to Middlebury. At the intersection of Rt. 63 and Rt.64 take a left onto Rt. 64 heading West. Continue on Rt. 64 for approximately four miles and the park is on the right side.

**From New London, Groton, Mystic:** 95 South to Rt. 9 North. In Middletown take Rt. 66 West to I-691 West. Then take I-84 West. Follow the directions from I-84 West to the park.

**From Stamford, Norwalk:** 1.) Take Rt.7 North to Danbury. Then follow the directions from I-84 East to the park. 2.) I-95 North to Bridgeport. Then follow the directions from Bridgeport (Rt. 8 North) to the park.

**From New York City:** Hutchinson River Parkway North to I-684 North. Pick up I-84 East toward Danbury. Once on I-84 follow the directions from I-84 East

**2017 Open Water Championship - 6/24/2017**  
**Session Report**

Session: 1 2017 CT Open Water Championship

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 300 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Boys 10 & Under 500 Freestyle	0	0	09:00 AM	_____
Finals	2 Girls 10 & Under 500 Freestyle	0	0	09:00 AM	_____
Finals	3 Boys 11-12 500 Freestyle	0	0	09:00 AM	_____
Finals	4 Girls 11-12 500 Freestyle	0	0	09:00 AM	_____
Finals	5 Boys 11-12 1650 Freestyle	0	0	09:00 AM	_____
Finals	6 Girls 11-12 1650 Freestyle	0	0	09:00 AM	_____
Finals	7 Boys 13-14 1650 Freestyle	0	0	09:00 AM	_____
Finals	8 Girls 13-14 1650 Freestyle	0	0	09:00 AM	_____
Finals	9 Boys 15-16 1650 Freestyle	0	0	09:00 AM	_____
Finals	10 Girls 15-16 1650 Freestyle	0	0	09:00 AM	_____
Finals	11 Boys 17-18 1650 Freestyle	0	0	09:00 AM	_____
Finals	12 Girls 17-18 1650 Freestyle	0	0	09:00 AM	_____
Finals	13 Boys 1650 Freestyle	0	0	09:00 AM	_____
Finals	14 Girls 1650 Freestyle	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____