

# OAK Summer Invite

June 22-23<sup>rd</sup> 2019

Odessa Terry Pool Hockanum Park, 310 High Street, East Hartford, CT 06108 <http://goo.gl/cnpS6I>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L19-34. 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>	Spencer Hartmann	Spencer.hartmann@ctoak.org	
<b>Meet Referee:</b>	Matt Brown	Mattbrown15@gmail.com	
<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>	Lynne Ringquist	Lringquist10@gmail.com	
<b>Officials Contact:</b>	Matt Brown	Mattbrown15@gmail.com	

**MEET HOST:** OAK

**WEBSITE:** WWW.CTOAK.ORG

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

**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

**SCRATCH PROCEDURES:** Coaches will receive scratch sheets at the beginning of the session. Scratch sheets must be returned within 30 minutes after the start of warm-ups. If a scratch sheet is not received by that deadline all swimmers will be considered NOT to be scratched and will be seeded in their entered events, except that any over-entered swimmers will be scratched from their last event(s) until they are in compliance with entry rules.

**FACILITY:** The Odessa Terry Pool is an 8-lane, 50 Meter pool with a depth of 10+ feet at the blocks. Colorado Timing System with touch pads for 100 meters, or more, will be used. 2 button electronic timing will be used for the 50 meter events. The competition course has not been certified in accordance with 104.2.2C(4). Seating for spectators is outside the fence. Bring your own chairs. No spectators, unless they are actively working at the meet, will be allowed inside the fence during the meet.

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

**DISABLED ACCESS:** Facility is handicapped accessible. For more information call Spencer Hartmann 860-305-9834

**COURSE:** LCM.

**SESSION TIMES:** Subject to Change Saturday/Sunday All Age Groups 7:00AM Warmup, 8:10AM Start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. CT Swimming Warm-Up Procedures will be in effect. Three warm up sessions 12/Under 20 Minutes, 13/Over 30 Minutes, and Sprints/Pace 10 Minutes, 8 Lane Pool.

**ELIGIBILITY:** All USA Swimming clubs and individuals

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 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 OPENING DATE:** Entries will be accepted no earlier than 8:00 pm on April 16, 2019.

**ENTRY LIMITATIONS:** 4 Events per day.

**ENTRY TIMES:** Submit entry times in: LCM. Please do not submit NT

**DEADLINES:** deadline is June 10, 2019. Mail hardcopy and payment to the entry chairperson: Spencer Hartmann, 23 Alden Road Windsor CT 06095. Entries are accepted on a first come, first served basis. Formal team entry date is determined by the date the electronic entry is received via email and entry fee received by the host team. If entries are sent via overnight mail, please waive the "signature required".

**CONNECTICUT-ONLY DEADLINE:** deadline is June 5, 2019. Mail hardcopy and payment to the entry chairperson: Spencer Hartmann 23 Alden Road Windsor CT 06095. Entries are accepted on a first come, first served basis. Formal team entry date is determined by the date the electronic entry is received via email and entry fee received by the host team. If entries are sent via overnight mail, please waive the "signature required". 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). Clubs using TeamUnify TouchPad service may send entries through TouchPad Administrator. The TouchPad sync will close at the entry deadline. Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected prior to meet date, unless otherwise approved by the meet manager. Formal team entry date is determined by the date the electronic entry is received via email and the fee received by the host team.

**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.

**ENTRY FEES:** Electronic entries: \$9.00 for individual events, \$12.00 for distance event. Manual entries: \$12.00 for individual events, \$15.00 for distance events. 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 OAK and mail to: Spencer Hartmann 23 Alden Road Windsor CT 06095. Payment must be received by 06/21/19.

**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. Swimmers will be asked to scratch down to 3 events
2. Swimmers will be asked to scratch down to 2 events
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. OAK will not cut any of their swimmers, in this event.

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 Program & Events Committee Chair or designee.

**RULES:** Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy](#), will govern all competition.

**TIME TRIALS:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Teams will be required to supply timers in proportion to the size of their entry. Please note that timers are required for the whole session. Qualified officials interested in working at the meet should contact Matt Brown. Participating clubs will be notified of work assignments by the Monday before the meet

**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

**PARKING:** NO ON STREET PARKING IS ALLOWED. Parking on the grassy areas is prohibited. IF POOL PARKING LOT IS FULL, PARK IN THE SCHOOL LOT ADJACENT TO THE POOL. Illegally parked cars will be ticketed and towed. This is strictly enforced

**DIRECTIONS:** The Odessa Terry Pools is located at Hockanum Park, 310 High Street, East Hartford, CT  
From I-91 North, take Exit 25 (Route 3). Take first exit after bridge (Glastonbury). Turn left at first traffic light. Turn left onto Main Street (north). Continue north on Main Street past large shopping center to first light. Turn left onto Broad Street. Broad Street becomes High Street at Naubuc Street. Continue 300 yards. Pool is on the right. From Route 2 West, take Hebron Avenue exit. At exit proceed to Main Street, (Glastonbury). Turn right onto Main Street (north) and follow directions as above. From I-84 East or West, take exit to CT Route 2 East in East Hartford. Take High Street exit. At bottom of the ramp, turn right. Proceed onto High Street for 300 yards. Pool is on the left.

Charter Oak Aquatic Club  
 Summer Invitational  
 June 22-23 2019

Session: 1 Saturday AM

Day of Meet: 1 Starts at 08:10 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 12 & Under 400 Freestyle	0	0	08:10 AM	_____
Finals	2 Boys 12 & Under 400 Freestyle	0	0	08:10 AM	_____
Finals	3 Girls 13 & Over 400 Freestyle	0	0	08:10 AM	_____
Finals	4 Boys 13 & Over 400 Freestyle	0	0	08:10 AM	_____
Finals	5 Girls 12 & Under 50 Breaststroke	0	0	08:10 AM	_____
Finals	6 Boys 12 & Under 50 Breaststroke	0	0	08:10 AM	_____
Finals	7 Girls 13 & Over 100 Breaststroke	0	0	08:10 AM	_____
Finals	8 Boys 13 & Over 100 Breaststroke	0	0	08:10 AM	_____
Finals	9 Girls 12 & Under 100 Backstroke	0	0	08:10 AM	_____
Finals	10 Boys 12 & Under 100 Backstroke	0	0	08:10 AM	_____
Finals	11 Girls 13 & Over 200 Backstroke	0	0	08:10 AM	_____
Finals	12 Boys 13 & Over 200 Backstroke	0	0	08:10 AM	_____
Finals	13 Girls 12 & Under 100 Freestyle	0	0	08:10 AM	_____
Finals	14 Boys 12 & Under 100 Freestyle	0	0	08:10 AM	_____
Finals	15 Girls 13 & Over 100 Freestyle	0	0	08:10 AM	_____
Finals	16 Boys 13 & Over 100 Freestyle	0	0	08:10 AM	_____
Finals	17 Girls 12 & Under 50 Butterfly	0	0	08:10 AM	_____
Finals	18 Boys 12 & Under 50 Butterfly	0	0	08:10 AM	_____
Finals	19 Girls 13 & Over 100 Butterfly	0	0	08:10 AM	_____
Finals	20 Boys 13 & Over 100 Butterfly	0	0	08:10 AM	_____
Finals	21 Girls 12 & Under 200 IM	0	0	08:10 AM	_____
Finals	22 Boys 12 & Under 200 IM	0	0	08:10 AM	_____
Finals	23 Girls 13 & Over 200 IM	0	0	08:10 AM	_____
Finals	24 Boys 13 & Over 200 IM	0	0	08:10 AM	_____
	Finish Time			08:10 AM	_____

Charter Oak Aquatic Club  
 Summer Invitational  
 June 22-23 2019

Session: 2 Sunday AM

Day of Meet: 2 Starts at 08:10 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	25 Girls 13 & Over 400 IM	0	0	08:10 AM	_____
Finals	26 Boys 13 & Over 400 IM	0	0	08:10 AM	_____
Finals	27 Girls 12 & Under 50 Backstroke	0	0	08:10 AM	_____
Finals	28 Boys 12 & Under 50 Backstroke	0	0	08:10 AM	_____
Finals	29 Girls 13 & Over 100 Backstroke	0	0	08:10 AM	_____
Finals	30 Boys 13 & Over 100 Backstroke	0	0	08:10 AM	_____
Finals	31 Girls 12 & Under 200 Freestyle	0	0	08:10 AM	_____
Finals	32 Boys 12 & Under 200 Freestyle	0	0	08:10 AM	_____
Finals	33 Girls 13 & Over 200 Freestyle	0	0	08:10 AM	_____
Finals	34 Boys 13 & Over 200 Freestyle	0	0	08:10 AM	_____
Finals	35 Girls 12 & Under 100 Breaststroke	0	0	08:10 AM	_____
Finals	36 Boys 12 & Under 100 Breaststroke	0	0	08:10 AM	_____
Finals	37 Girls 13 & Over 200 Breaststroke	0	0	08:10 AM	_____
Finals	38 Boys 13 & Over 200 Breaststroke	0	0	08:10 AM	_____
Finals	39 Girls 12 & Under 50 Freestyle	0	0	08:10 AM	_____
Finals	40 Boys 12 & Under 50 Freestyle	0	0	08:10 AM	_____
Finals	41 Girls 13 & Over 50 Freestyle	0	0	08:10 AM	_____
Finals	42 Boys 13 & Over 50 Freestyle	0	0	08:10 AM	_____
Finals	43 Girls 12 & Under 100 Butterfly	0	0	08:10 AM	_____
Finals	44 Boys 12 & Under 100 Butterfly	0	0	08:10 AM	_____
Finals	45 Girls 13 & Over 200 Butterfly	0	0	08:10 AM	_____
Finals	46 Boys 13 & Over 200 Butterfly	0	0	08:10 AM	_____
	Finish Time			08:10 AM	_____