

**Cougar Aquatic Qualifier**  
**Meet Type: Invitational, Qualifier**  
**June 7th, 2025**

Haddam Killingworth High School, 95 Little City Rd. Higganum, CT 06441

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L25-23. 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>John Callahan</b>	<a href="mailto:jdc12377@gmail.com">jdc12377@gmail.com</a>	860.517.9107
<b>Meet Referee:</b>	<b>David Mendonca</b>	<a href="mailto:dmendonca@snet.net">dmendonca@snet.net</a>	860.517.9107
<b>Lead Admin Official:</b>	<b>Scott Butler</b>	<a href="mailto:redsox98@sbcglobal.net">redsox98@sbcglobal.net</a>	860.517.9107
<b>Entry Chair:</b>	<b>Melissa Yumbla</b>	<a href="mailto:melissayumbla.cat@gmail.com">melissayumbla.cat@gmail.com</a>	860.517.9107
<b>Safety Chair:</b>	<b>Steve Cusano</b>	<a href="mailto:stevenpaulcusano@gmail.com">stevenpaulcusano@gmail.com</a>	860.517.9107
<b>Officials Contact:</b>	<b>John Callahan</b>	<a href="mailto:jdc12377@gmail.com">jdc12377@gmail.com</a>	860.517.9107

**MEET HOST: C.A.T**

**WEBSITE: catswim.com**

**POOL EMERGENCY NUMBER: 860-345-8541**

**COURSE: SCY**

**SESSION TIMES: Subject to Change: 7:30 am warm up, 8:30 start time**

**ENTRY OPENING DATE:** Entries will be accepted no earlier than **April 24th at 7 pm**

**CONNECTICUT-ONLY DEADLINE:** **deadline is May 25th, 2025** CT clubs meeting this deadline will be entered before out of state clubs.

**DEADLINES:** Deadline is May 25th 2025. Mail hard copy and payment to the entry Chairperson: Melissa Yumbla, 91 Little City Rd, Higganum, CT 06441. All entries must be legible and must include full names and registration numbers from USA swimming registration. An entry will be considered received using the time stamp on the email with entry file.

**PAYMENT INSTRUCTIONS:** Please make checks payable to: HK Recreation Department, memo: Cougar Aquatic Team.

Mail to:

Melissa Yumbla

91 Little City Rd

Higganum, CT 06441

Payment must be received by: 5/25/2025

**ENTRY FEES:** Electronic entries: \$12.00 for individual events, \$20.00 for relays. Fee: . Manual entries: \$18.00 for individual events, \$24.00 for relays. 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:** Competition Pool is 6 -lane, 25-yard pool. Water depth at start end is: 9.5 ft. Water depth at turn end is: 3.5 ft. The competition course has not been certified in accordance with 104.2.2C(4). Timing is run by a Colorado timing system with three lane display with rotating times. Balcony seating

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

**WIFI ACCESS:** no wifi access, cell phone service is fair.

**MEDICAL SUPERVISION:** There will be two certified life guards supervising the event with access to AED device on site.

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

**EVENT INFORMATION:** deck entries will not be accepted

**ENTRY LIMITATIONS:** swimmers are limited to 5 events for the session. This includes relay events.

**SCRATCH PROCEDURES:** All scratches are due no later than 20 minutes after the start of warm ups. Failure to comply with this procedure will result in swimmers being entered with NT's

**SAFE SPORT POLICIES:** The meet will allow spectators.

**DISABLED ACCESS:** HK high school has accommodations for handicapped parking as well as ramp access into the school. The balcony, viewing area is not handicapped accessible. Please reach out to Steven Cusano for furthers assistance at [stevenpaulcusano@gmail.com](mailto:stevenpaulcusano@gmail.com)

**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.. 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 on any day of the meet 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](#).

**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 Melissa Yumbla at [melissayumbla.cat@gmail.com](mailto:melissayumbla.cat@gmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Payment is due prior to the start of the meet.

**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](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. Athletes aged 7 and Under will be cut from the meet. All relays, if planned, will be eliminated.
2. The distance events (400 meters or yards or greater) may be heat limited to the first 12 entries per gender in the order they were received.
3. The maximum number of events allowed per day may be reduced by one (1).
4. 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: 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.

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 USA Swimming Vice President of Program Operations.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** NO

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** 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:** The meet will not be scored.

**AWARDS:** Yes for heat winners.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Please park at the rear lot behind the School.

**June 7 CAT Qualifier - 6/7/2025**  
**Session Report**

Session: 1 CAT Qualifier

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Mixed 10 & Under 100 Medley Relay	0	0	08:30 AM	_____
Finals	2 Mixed 11-12 100 Medley Relay	0	0	08:30 AM	_____
Finals	3 Mixed 13 & Over 100 Medley Relay	0	0	08:30 AM	_____
Finals	4 Girls 10 & Under 50 Butterfly	0	0	08:30 AM	_____
Finals	5 Boys 10 & Under 50 Butterfly	0	0	08:30 AM	_____
Finals	6 Girls 13 & Over 100 Butterfly	0	0	08:30 AM	_____
Finals	7 Boys 13 & Over 100 Butterfly	0	0	08:30 AM	_____
Finals	8 Girls 11-12 50 Butterfly	0	0	08:30 AM	_____
Finals	9 Boys 11-12 50 Butterfly	0	0	08:30 AM	_____
Finals	10 Girls 10 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	11 Boys 10 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	12 Girls 13 & Over 50 Freestyle	0	0	08:30 AM	_____
Finals	13 Boys 13 & Over 50 Freestyle	0	0	08:30 AM	_____
Finals	14 Girls 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	15 Boys 11-12 50 Freestyle	0	0	08:30 AM	_____
Finals	16 Girls 10 & Under 50 Backstroke	0	0	08:30 AM	_____
Finals	17 Boys 10 & Under 50 Backstroke	0	0	08:30 AM	_____
Finals	18 Girls 13 & Over 100 Backstroke	0	0	08:30 AM	_____
Finals	19 Boys 13 & Over 100 Backstroke	0	0	08:30 AM	_____
Finals	20 Girls 11-12 50 Backstroke	0	0	08:30 AM	_____
Finals	21 Boys 11-12 50 Backstroke	0	0	08:30 AM	_____
Finals	22 Girls 10 & Under 100 IM	0	0	08:30 AM	_____
Finals	23 Boys 10 & Under 100 IM	0	0	08:30 AM	_____
Finals	24 Girls 13 & Over 200 IM	0	0	08:30 AM	_____
Finals	25 Boys 13 & Over 200 IM	0	0	08:30 AM	_____
Finals	26 Girls 11-12 200 IM	0	0	08:30 AM	_____
Finals	27 Boys 11-12 200 IM	0	0	08:30 AM	_____
Finals	28 Girls 10 & Under 50 Breaststroke	0	0	08:30 AM	_____
Finals	29 Boys 10 & Under 50 Breaststroke	0	0	08:30 AM	_____
Finals	30 Girls 13 & Over 100 Breaststroke	0	0	08:30 AM	_____
Finals	31 Boys 13 & Over 100 Breaststroke	0	0	08:30 AM	_____
Finals	32 Girls 11-12 50 Breaststroke	0	0	08:30 AM	_____
Finals	33 Boys 11-12 50 Breaststroke	0	0	08:30 AM	_____
Finals	34 Girls 10 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	35 Boys 10 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	36 Girls 13 & Over 100 Freestyle	0	0	08:30 AM	_____
Finals	37 Boys 13 & Over 100 Freestyle	0	0	08:30 AM	_____
Finals	38 Girls 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	39 Boys 11-12 100 Freestyle	0	0	08:30 AM	_____
Finals	40 Mixed 10 & Under 200 Freestyle Relay	0	0	08:30 AM	_____
Finals	41 Mixed 11-12 200 Freestyle Relay	0	0	08:30 AM	_____
Finals	42 Mixed 13 & Over 200 Freestyle Relay	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____