Session: 1 Distance

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 200 Backstroke	0	0	04:30 PM	
Finals	2 Boys 12 & Under 200 Backstroke	0	0	04:30 PM	
Finals	3 Girls 12 & Over 1650 Freestyle	0	0	04:30 PM	
Finals	4 Boys 12 & Over 1650 Freestyle	0	0	04:30 PM	
Finals	5 Girls 12 & Under 500 Freestyle	0	0	04:30 PM	
Finals	6 Boys 12 & Under 500 Freestyle	0	0	04:30 PM	
	Finish Time			04:30 PM	

Session: 2 Friday 13 over

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Finals	7	Girls 13-14 200 Medley Relay	0	0	08:00 AM	
Finals	8	Boys 13-14 200 Medley Relay	0	0	08:00 AM	
Finals	9	Girls 15 & Over 200 Medley Relay	0	0	08:00 AM	
Finals	10	Boys 15 & Over 200 Medley Relay	0	0	08:00 AM	
Prelims	11	Girls 13-14 100 Breaststroke	0	0	08:00 AM	
Prelims	12	Boys 13-14 100 Breaststroke	0	0	08:00 AM	
Prelims	13	Girls 15 & Over 100 Breaststroke	0	0	08:00 AM	
Prelims	14	Boys 15 & Over 100 Breaststroke	0	0	08:00 AM	
Prelims	15	Girls 13-14 200 Freestyle	0	0	08:00 AM	
Prelims	16	Boys 13-14 200 Freestyle	0	0	08:00 AM	
Prelims	17	Girls 15 & Over 200 Freestyle	0	0	08:00 AM	
Prelims	18	Boys 15 & Over 200 Freestyle	0	0	08:00 AM	
Prelims	19	Girls 13-14 100 Butterfly	0	0	08:00 AM	
Prelims	20	Boys 13-14 100 Butterfly	0	0	08:00 AM	
Prelims	21	Girls 15 & Over 100 Butterfly	0	0	08:00 AM	
Prelims	22	Boys 15 & Over 100 Butterfly	0	0	08:00 AM	
Prelims	23	Girls 13-14 400 IM	0	0	08:00 AM	
Prelims	24	Boys 13-14 400 IM	0	0	08:00 AM	
Prelims	25	Girls 15 & Over 400 IM	0	0	08:00 AM	
Prelims	26	Boys 15 & Over 400 IM	0	0	08:00 AM	
Finals	27	Girls 13-14 200 Freestyle Relay	0	0	08:00 AM	
Finals	28	Boys 13-14 200 Freestyle Relay	0	0	08:00 AM	
Finals	29	Girls 15 & Over 200 Freestyle Relay	0	0	08:00 AM	
Finals	30	Boys 15 & Over 200 Freestyle Relay	0	0	08:00 AM	
		Finish Time			08:00 AM	

Session: 3 Friday 12 under

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Second

Round		Event	Entries	Heats	Starts at	
Finals	31	Girls 11-12 400 IM	0	0	01:00 PM	
Finals	32	Boys 11-12 400 IM	0	0	01:00 PM	
Prelims	33	Girls 11-12 50 Breaststroke	0	0	01:00 PM	
Prelims	34	Boys 11-12 50 Breaststroke	0	0	01:00 PM	
Finals	35	Girls 10 & Under 50 Breaststroke	0	0	01:00 PM	
Finals	36	Boys 10 & Under 50 Breaststroke	0	0	01:00 PM	
Prelims	37	Girls 11-12 100 Freestyle	0	0	01:00 PM	
Prelims	38	Boys 11-12 100 Freestyle	0	0	01:00 PM	
Finals	39	Girls 10 & Under 100 Freestyle	0	0	01:00 PM	
Finals	40	Boys 10 & Under 100 Freestyle	0	0	01:00 PM	
Prelims	41	Girls 11-12 50 Butterfly	0	0	01:00 PM	
Prelims	42	Boys 11-12 50 Butterfly	0	0	01:00 PM	
Finals	43	Girls 10 & Under 50 Butterfly	0	0	01:00 PM	
Finals	44	Boys 10 & Under 50 Butterfly	0	0	01:00 PM	
Finals	45	Girls 12 & Under 200 Breaststroke	0	0	01:00 PM	
Finals	46	Boys 12 & Under 200 Breaststroke	0	0	01:00 PM	
Prelims	47	Girls 11-12 100 Backstroke	0	0	01:00 PM	
Prelims	48	Boys 11-12 100 Backstroke	0	0	01:00 PM	
Finals	49	Girls 10 & Under 100 Backstroke	0	0	01:00 PM	
Finals	50	Boys 10 & Under 100 Backstroke	0	0	01:00 PM	
Finals	51	Girls 11-12 200 Freestyle Relay	0	0	01:00 PM	
Finals	52	Boys 11-12 200 Freestyle Relay	0	0	01:00 PM	
Finals	53	Girls 10 & Under 200 Freestyle Relay	0	0	01:00 PM	
Finals	54	Boys 10 & Under 200 Freestyle Relay	0	0	01:00 PM	
		Finish Time			01:00 PM	

Session: 4 Friday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Finals	11	Girls 13-14 100 Breaststroke	0	2 u	06:00 PM
Finals	12	Boys 13-14 100 Breaststroke	0	2 u	06:04 PM
Finals	13	Girls 15 & Over 100 Breaststroke	0	3 u	06:08 PM
Finals	14	Boys 15 & Over 100 Breaststroke	0	3 u	06:13 PM
Finals	33	Girls 11-12 50 Breaststroke	0	2 u	06:19 PM
Finals	34	Boys 11-12 50 Breaststroke	0	2 u	06:21 PM
Finals	15	Girls 13-14 200 Freestyle	0	2 u	06:23 PM
Finals	16	Boys 13-14 200 Freestyle	0	2 u	06:30 PM
Finals	17	Girls 15 & Over 200 Freestyle	0	3 u	06:36 PM
Finals	18	Boys 15 & Over 200 Freestyle	0	3 u	06:45 PM
Finals	37	Girls 11-12 100 Freestyle	0	2 u	06:54 PM
Finals	38	Boys 11-12 100 Freestyle	0	2 u	06:58 PM
Finals	19	Girls 13-14 100 Butterfly	0	2 u	07:01 PM
Finals	20	Boys 13-14 100 Butterfly	0	2 u	07:05 PM
Finals	21	Girls 15 & Over 100 Butterfly	0	3 u	07:08 PM
Finals	22	Boys 15 & Over 100 Butterfly	0	3 u	07:14 PM
Finals	41	Girls 11-12 50 Butterfly	0	2 u	07:19 PM
Finals	42	Boys 11-12 50 Butterfly	0	2 u	07:21 PM
Finals	23	Girls 13-14 400 IM	0	1 u	07:23 PM
Finals	24	Boys 13-14 400 IM	0	1 u	07:30 PM 07:36 PM
Finals	25	Girls 15 & Over 400 IM	0	2 u	07:36 PM
Finals	26	Boys 15 & Over 400 IM	0	2 u	07:49 PM
Finals	47	Girls 11-12 100 Backstroke	0	2 u	08:01 PM
Finals	48	Boys 11-12 100 Backstroke	0	2 u	08:06 PM
		Entry / Heat Totals:	0	52	
		Finish Time			08:10 PM

Session: 5 Saturday 13 over

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	55 Girls 13-14 200 Butterfly	0	0	08:00 AM	
Prelims	56 Boys 13-14 200 Butterfly	0	0	08:00 AM	
Prelims	57 Girls 15 & Over 200 Butterfly	0	0	08:00 AM	
Prelims	58 Boys 15 & Over 200 Butterfly	0	0	08:00 AM	
Prelims	59 Girls 13-14 50 Freestyle	0	0	08:00 AM	
Prelims	60 Boys 13-14 50 Freestyle	0	0	08:00 AM	
Prelims	61 Girls 15 & Over 50 Freestyle	0	0	08:00 AM	
Prelims	62 Boys 15 & Over 50 Freestyle	0	0	08:00 AM	
Prelims	63 Girls 13-14 200 Breaststroke	0	0	08:00 AM	
Prelims	64 Boys 13-14 200 Breaststroke	0	0	08:00 AM	
Prelims	65 Girls 15 & Over 200 Breaststroke	0	0	08:00 AM	
Prelims	66 Boys 15 & Over 200 Breaststroke	0	0	08:00 AM	
Prelims	67 Girls 13-14 100 Backstroke	0	0	08:00 AM	
Prelims	68 Boys 13-14 100 Backstroke	0	0	08:00 AM	
Prelims	69 Girls 15 & Over 100 Backstroke	0	0	08:00 AM	
Prelims	70 Boys 15 & Over 100 Backstroke	0	0	08:00 AM	
Prelims	71 Girls 13-14 500 Freestyle	0	0	08:00 AM	
Prelims	72 Boys 13-14 500 Freestyle	0	0	08:00 AM	
Prelims	73 Girls 15 & Over 500 Freestyle	0	0	08:00 AM	
Prelims	74 Boys 15 & Over 500 Freestyle	0	0	08:00 AM	
Finals	75 Girls 13-14 400 Medley Relay	0	0	08:00 AM	
Finals	76 Boys 13-14 400 Medley Relay	0	0	08:00 AM	
Finals	77 Girls 15 & Over 400 Medley Relay	0	0	08:00 AM	
Finals	78 Boys 15 & Over 400 Medley Relay	0	0	08:00 AM	
	Finish Time			08:00 AM	

Session: 6 Saturday 12 under

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Second

Round		Event	Entries	Heats	Starts at	
Finals	79	Girls 11-12 400 Freestyle Relay	0	0	01:00 PM	
Finals	80	Boys 11-12 400 Freestyle Relay	0	0	01:00 PM	
Finals	81	Girls 10 & Under 400 Freestyle Relay	0	0	01:00 PM	
Finals	82	Boys 10 & Under 400 Freestyle Relay	0	0	01:00 PM	
Prelims	83	Girls 11-12 50 Freestyle	0	0	01:00 PM	
Prelims	84	Boys 11-12 50 Freestyle	0	0	01:00 PM	
Finals	85	Girls 10 & Under 50 Freestyle	0	0	01:00 PM	
Finals	86	Boys 10 & Under 50 Freestyle	0	0	01:00 PM	
Prelims	87	Girls 11-12 100 Breaststroke	0	0	01:00 PM	
Prelims	88	Boys 11-12 100 Breaststroke	0	0	01:00 PM	
Finals	89	Girls 10 & Under 100 Breaststroke	0	0	01:00 PM	
Finals	90	Boys 10 & Under 100 Breaststroke	0	0	01:00 PM	
Finals	91	Girls 12 & Under 200 Butterfly	0	0	01:00 PM	
Finals	92	Boys 12 & Under 200 Butterfly	0	0	01:00 PM	
Prelims	93	Girls 11-12 50 Backstroke	0	0	01:00 PM	
Prelims	94	Boys 11-12 50 Backstroke	0	0	01:00 PM	
Finals	95	Girls 10 & Under 50 Backstroke	0	0	01:00 PM	
Finals	96	Boys 10 & Under 50 Backstroke	0	0	01:00 PM	
Prelims	97	Girls 11-12 200 IM	0	0	01:00 PM	
Prelims	98	Boys 11-12 200 IM	0	0	01:00 PM	
Finals	99	Girls 10 & Under 200 IM	0	0	01:00 PM	
Finals	100	Boys 10 & Under 200 IM	0	0	01:00 PM	
		Finish Time			01:00 PM	

Session: 7 Saturday finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Finals	55	Girls 13-14 200 Butterfly	0	2 u	06:00 PM	
Finals	56	Boys 13-14 200 Butterfly	0	2 u	06:07 PM	
Finals	57	Girls 15 & Over 200 Butterfly	0	3 u	06:14 PM	
Finals	58	Boys 15 & Over 200 Butterfly	0	3 u	06:24 PM	
Finals	83	Girls 11-12 50 Freestyle	0	2 u	06:34 PM _	
Finals	84	Boys 11-12 50 Freestyle	0	2 u	06:36 PM _	
Finals	59	Girls 13-14 50 Freestyle	0	2 u	06:38 PM _	
Finals	60	Boys 13-14 50 Freestyle	0	2 u	06:40 PM	
Finals	61	Girls 15 & Over 50 Freestyle	0	3 u	06:42 PM _	
Finals	62	Boys 15 & Over 50 Freestyle	0	3 u	06:45 PM _	
Finals	87	Girls 11-12 100 Breaststroke	0	2 u	06:48 PM	
Finals	88	Boys 11-12 100 Breaststroke	0	2 u	06:52 PM _	
Finals	63	Girls 13-14 200 Breaststroke	0	2 u		
Finals	64	Boys 13-14 200 Breaststroke	0	2 u	07:04 PM	
Finals	65	Girls 15 & Over 200 Breaststroke	0	3 u	07:11 PM _	
Finals	66	Boys 15 & Over 200 Breaststroke	0	3 u		
Finals	93	Girls 11-12 50 Backstroke	0	2 u	07:33 PM	
Finals	94	Boys 11-12 50 Backstroke	0	2 u	07:36 PM	
Finals	67	Girls 13-14 100 Backstroke	0	2 u	07:38 PM	
Finals	68	Boys 13-14 100 Backstroke	0	2 u	07:42 PM	
Finals	69	Girls 15 & Over 100 Backstroke	0	3 u	07:46 PM	
Finals	70	Boys 15 & Over 100 Backstroke	0	3 u	07:52 PM	
Finals	71	Girls 13-14 500 Freestyle	0	1 u	07:58 PM _	
Finals	72	Boys 13-14 500 Freestyle	0	1 u		
Finals	73	Girls 15 & Over 500 Freestyle	0	2 u		
Finals	74	Boys 15 & Over 500 Freestyle	0	2 u	08:31 PM	
Finals	97	Girls 11-12 200 IM	0	2 u	08:48 PM	
Finals	98	Boys 11-12 200 IM	0	2 u	08:55 PM _	
		Entry / Heat Totals:	0	62		
		Finish Time			09:02 PM _	

Session: 8 Sunday 13 over

Day of Meet: 4 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Prelims	101	Girls 13-14 200 Backstroke	0	0	08:00 AM	
Prelims	102	Boys 13-14 200 Backstroke	0	0	08:00 AM	
Prelims	103	Girls 15 & Over 200 Backstroke	0	0	08:00 AM	
Prelims	104	Boys 15 & Over 200 Backstroke	0	0	08:00 AM	
Prelims	105	Girls 13-14 100 Freestyle	0	0	08:00 AM	
Prelims	106	Boys 13-14 100 Freestyle	0	0	08:00 AM	
Prelims	107	Girls 15 & Over 100 Freestyle	0	0	08:00 AM	
Prelims	108	Boys 15 & Over 100 Freestyle	0	0	08:00 AM	
Prelims	109	Girls 13-14 200 IM	0	0	08:00 AM	
Prelims	110	Boys 13-14 200 IM	0	0	08:00 AM	
Prelims	111	Girls 15 & Over 200 IM	0	0	08:00 AM	
Prelims	112	Boys 15 & Over 200 IM	0	0	08:00 AM	
Finals	113	Girls 13-14 400 Freestyle Relay	0	0	08:00 AM	
Finals	114	Boys 13-14 400 Freestyle Relay	0	0	08:00 AM	
Finals	115	Girls 15 & Over 400 Freestyle Relay	0	0	08:00 AM	
Finals	116	Boys 15 & Over 400 Freestyle Relay	0	0	08:00 AM	
Finals-S	117	Girls 12 & Over 1000 Freestyle	0	0	08:00 AM	
Finals-S	118	Boys 12 & Over 1000 Freestyle	0	0	08:00 AM	
		Finish Time			08:00 AM	

Session: 9 Sunday 12 under

Day of Meet: 4 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	119 Girls 11-12 200 Medley Relay	0	0	01:00 PM	
Finals	120 Boys 11-12 200 Medley Relay	0	0	01:00 PM	
Finals	121 Girls 10 & Under 200 Medley Relay	0	0	01:00 PM	
Finals	122 Boys 10 & Under 200 Medley Relay	0	0	01:00 PM	
Prelims	123 Girls 11-12 100 Butterfly	0	0	01:00 PM	
Prelims	124 Boys 11-12 100 Butterfly	0	0	01:00 PM	
Finals	125 Girls 10 & Under 100 Butterfly	0	0	01:00 PM	
Finals	126 Boys 10 & Under 100 Butterfly	0	0	01:00 PM	
Prelims	127 Girls 11-12 200 Freestyle	0	0	01:00 PM	
Prelims	128 Boys 11-12 200 Freestyle	0	0	01:00 PM	
Finals	129 Girls 10 & Under 200 Freestyle	0	0	01:00 PM	
Finals	130 Boys 10 & Under 200 Freestyle	0	0	01:00 PM	
Prelims	131 Girls 11-12 100 IM	0	0	01:00 PM	
Prelims	132 Boys 11-12 100 IM	0	0	01:00 PM	
Finals	133 Girls 10 & Under 100 IM	0	0	01:00 PM	
Finals	134 Boys 10 & Under 100 IM	0	0	01:00 PM	
	Finish Time			01:00 PM	

Session: 10 Sunday Finals

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Finals-1	117	Girls 12 & Over 1000 Freestyle	0	0	06:00 PM	
Finals-1	118	Boys 12 & Over 1000 Freestyle	0	0	06:00 PM	
Finals	101	Girls 13-14 200 Backstroke	0	2 u	06:00 PM	
Finals	102	Boys 13-14 200 Backstroke	0	2 u	06:07 PM	
Finals	103	Girls 15 & Over 200 Backstroke	0	3 u	06:14 PM	
Finals	104	Boys 15 & Over 200 Backstroke	0	3 u	06:25 PM	
Finals	123	Girls 11-12 100 Butterfly	0	2 u	06:35 PM	
Finals	124	Boys 11-12 100 Butterfly	0	2 u	06:39 PM	
Finals	105	Girls 13-14 100 Freestyle	0	2 u	06:43 PM	
Finals	106	Boys 13-14 100 Freestyle	0	2 u	06:46 PM	
Finals	107	Girls 15 & Over 100 Freestyle	0	3 u	06:49 PM	
Finals	108	Boys 15 & Over 100 Freestyle	0	3 u	06:54 PM	
Finals	127	Girls 11-12 200 Freestyle	0	2 u	06:59 PM	
Finals	128	Boys 11-12 200 Freestyle	0	2 u	07:05 PM	
Finals	109	Girls 13-14 200 IM	0	2 u	07:12 PM	
Finals	110	Boys 13-14 200 IM	0	2 u	07:18 PM	
Finals	111	Girls 15 & Over 200 IM	0	3 u	07:25 PM	
Finals	112	Boys 15 & Over 200 IM	0	3 u	07:35 PM	
Finals	131	Girls 11-12 100 IM	0	2 u	07:44 PM	
Finals	132	Boys 11-12 100 IM	0	2 u	07:48 PM	
		Entry / Heat Totals:	0	42		
		Finish Time			07:52 PM	

Wesleyan Winter Classic Hosted by WHAT Swimming December 12-15, 2024

Wesleyan University 161 Cross Street, Middletown ,CT 06459

Wesleyan University

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L24-43. 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.

	Name	Email	Phone
Meet Director:	Rob Riccobon	whatcoaches@gmail.com	860-985-2818
Meet Referee:	Susan Parker	Sparker61@comcast.net	
Lead Admin Official:	Reem Nouh-Omar	whatoperations@gmail.com	
Entry Chair:	Jo Ann McCaffrey	keepintimeentries@gmail.com	914-391-5841
Safety Chair:	Alex Albert	whatoperations@gmail.com	860-985-2818
Officials Contact:	Susan Parker	Sparker61@comcast.net	

MEET HOST: WHAT Swimming

WEBSITE: www.whatswim.org

POOL EMERGENCY NUMBER: 860-985-2818

THEME: <u>SATURDAY FINALS is RED and GREEN DAY!!!</u>

COURSE: SCY

SESSION TIMES: Subject to Change

Thursday Distance	Warm-Up- 3:00pm- 4:20pm	Start- 4:30pm
Fri/ Sat/ Sun 13/ Over	Warm-Up- 6:30am-7:50am	Start- 8:00am
Fri/Sat/Sun 12/Under	Warm-Up- 12:30pm-1:25pm	Start- 1:30pm
Fri/Sat/Sun FINALS	Warm-Up- 5:00pm-5:55pm	Start- 6:00pm

DEADLINES: Deadline is November 11, 2024. You will receive an email form the entry chair upon receiving your entry.

PAYMENT INSTRUCTIONS: Please make checks payable to **WHAT Swimming**. Please bring payment to the meet. Payment must be received on **day of the meet**. **ENTRY FEES:** Electronic entries: \$15.00 for individual events, \$20.00 for distance events, \$24.00 for relays. Per Swimmer Facility Fee: \$10.00. Manual entries: \$20.00 for individual events, \$25.00 for distance events, \$30.00 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 for all Friday individual events, Saturday/Sunday 10 & Under events and all relays. The meet will be swum as a Prelim-Final format for 11/12 and 13 and over events on Saturday and Sunday. All events will be conducted slowest to fastest except for the Friday distance events and the relays. Distance events will run fastest to slowest alternating genders. Relays will run fastest to slowest. There Finals for the 11/12 (Top 20) and a Consolation and Championship Final (Top 20) for 13/14 and 15 and Over- (Top 30) **SEE SPECIFICS under detailed EVENT INFORMATION**

FACILITY: The Freeman Center Pool is a 50-meter by 25 yard venue with a Colorado Timing System. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado electronic timing system. Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. Limited spectator seating is available in the blcony.

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

WIFI ACCESS: Wifi is available, and the connectivity is fair.

MEDICAL SUPERVISION: Medical assistance will be provided by the West Hartford Fire Department and Middletown Police Department upon contacting their emergency or non-emergency numbers.

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

EVENT INFORMATION: The meet will be run in a 10 lane format.

- FINALS will consist of top 20 for 11/12 and 13/14, Top 30 for 15 over events
- A contestant may enter a maximum of seven (7) individual events and no more than three (3) individual events per day.
- Swimmers shall compete at the age attained on the first day of the meet. Swimmers must provide their own timer and lap counter (if desired) for the Distance Events on Thursday, Saturday and Sunday
- Scratch sheets will be given at the beginning of each session and are due 30 minutes after start of first warmup.
- POSITIVE CHECK IN FOR THE FOLLOWING EVENTS: 1000 Free will by 4:00 pm on Saturday. Event will be seeded and given to coaches at finals on Saturday.

• Deck entries are permitted if time allows. Deck entries will be \$20.00 each (cash or check only). There will be no deck entered relays. If an event is positive check-in, the check in will be completed per the schedule, then seeded. Any open lanes after this will be available for deck entry. *Swimmers will be required to prove current USA Swimming membership in good standing* if the swimmer is not already in the meet

Individual Events

- NO entries with "NT" (No Time) will be accepted.
- 1000 and 1650 free will be 12 & over events
- All individual events are preliminaries and finals **except** for the following which are timed finals: 1000 Freestyle, 1650 Freestyle, 11-12 200 strokes (fly, back, and breast), the 11-12 500 Freestyle, the 11-12 400 IM, and all 10 & Under events.
- All 11-12 individual events will have two (2) heats ("A", "B") in the Finals sessions, except as noted above. The B final will be swum first.
- All 15 over individual events will have a "C" final, "B" final and an "A" final heat except for the 400 IM events and the 500 Freestyle events, where 2 heats will advance to finals. The order is C B A.
- All 13-14 events will have a "B" final and an "A" final except for the 400 IM events and 500 Freestyle events, where 1 heat will advance to finals. The B final will be swum first.
- 11-12 400 IM, 12&U 200 Breaststroke and 12&U 200 Butterfly will be swum fastest to slowest. 12&U 200 Backstroke on Thursday will also be swum fastest to slowest.
- 13-14 and Open distance events (1000 and 1650 Freestyle) will be swum fastest to slowest, combined, age groups will be scored separately.
- 1000, 1650, 500 Free and 400 IM, and the 12 & Under 500 Freestyle and 400 IM will swim <u>fastest to slowest</u> <u>alternating Girls/Boys</u>
- 13-14 and Open 400 IM events and 500 Freestyles events may be limited to manage the timelines. Coaches should be prepared to select another event in case they are notified that the events are oversubscribed.

All swim-offs will be performed before the conclusion of the preliminary session they occur in, as noted in Rule 102.5.2.

Distance Events

- Entries for the 500, 1000 and 1650 may be limited to keep manageable timelines on Thursday and Sunday. A psych sheet will be sent to coaches at the entry deadline for clubs to review with a final determination and notification from the meet director on the number of entries that will be accepted.
- Clubs will be notified if their athletes do not make the cut (if needed) and will be offered a chance to select an alternate event or receive a refund on the entry fee for that event.
- The fastest heat of the men's and women's 1000 Freestyle will swim as the first event in finals on the final day of the meet. All other women's and men's 1000s will be swum at the conclusion of the preliminary session, fastest to slowest alternating G/B. All swimmers may request a morning swim instead of swimming in finals.
- POSITIVE CHECK IN FOR THE 1000 will be SATURDAY, by 4:00 PM. Event will be seeded and given to coaches at finals on Saturday.

Relays

- All Relays are SINGLE GENDER.
- All Relays are Timed Finals and will swim in the prelim sessions

ENTRY LIMITATIONS: 7 individual events/4 relays events total= 11 events for meet. Max. individual events is 3 per day

SCRATCH PROCEDURES: Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures. USA Swimming Rulebook 102.3

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

Exceptions for Failure to Compete in Finals: No penalty shall apply for failure to compete in finals if:

The Referee is notified in the event of injury of illness and accepts the proof thereof.
A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event.

3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

SAFE SPORT POLICIES: Spectators will be allowed in the facility, but only in the balcony area. Parents are not allowed on-deck unless working a volunteer position.

DISABLED ACCESS: Limited handicapped parking is available behind the Freman Athletic Center. Disabled access is through the front entrance only. The elevator in the front lobby leads to the locker rooms and deck access. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches and or spectators, please contact the meet director.

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 <u>registration</u> <u>procedures</u>. 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

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 <u>prior</u> to competition. Adapted athletes may direct questions to the <u>Connecticut Swimming office</u>.

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 at <u>keepintimeentries@gmail.com</u>. Please check that your team name, address, and contact information are listed correctly in this file. Received date will be the date and time stamp of the emailed entry.

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 <u>Minor Athlete Abuse Prevention Policy</u>.

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 <u>Outreach Athlete</u> page on 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. All relays, if planned, will be eliminated.
- 2. The distance events (400 meters or yards or greater) may be heat limited to the 4 heats of 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.

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: Yes. Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is/are 10:30am for morning sessions and 2:00pm for afternoon sessions. The fee for Time Trial entries are \$20.00 for individual events and \$30.00 for relays.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet. Teams will be required to supply timers in proportion to the size of their entry. Qualified officials interested in working the meet, please Susan Parker. Distance events on Friday will need to provide their own counters.

All volunteers will be required to attest to reading and understanding the <u>Minor Athlete Abuse Prevention</u> <u>Policy.</u>

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 be scored.

AWARDS: Yes

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: A parking map will be sent to attending teams prior to the meet.