

Woodbridge Aquatic Club
“Everyone is Invited” Invitational
Friday, Saturday, and Sunday, February 9 – 11, 2025
 High Plains Community Center
 525 Orange Center Road, Orange, CT, 06477

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S24-71. 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

	Name	Email	Phone
Meet Director:	Dave Reilly	dmr123wac@gmail.com	203-848-0307
Meet Referee:	Julia Shi	julia.shi@yale.edu	203-387-6552
Lead Admin Official:	Tim Wise	tim.wise@uconn.edu	
Entry Chair:	Dave Reilly	dmr123wac@gmail.com	203-848-0307
Safety Chair:	Ken Yanagisawa	dockeny@yahoo.com	203-387-6552
Officials Contact:	Julia Shi	julia.shi@yale.edu	203-387-6552
Disability Contact	Dave Reilly	dmr123wac@gmail.com	203-848-0307

MEET HOST: WAC

WEBSITE: wacswim.org

POOL EMERGENCY NUMBER: 203-891-4761

SESSION TIMES (Subject to Change):

Friday, February 7, Session 1, Senior 500 Fr: 6:15 Warm-up, 6:45 Start.

Saturday, February 8, Session 2, 12/Under: 8:00 Warm-up, 8:50 Start.

Saturday, February 8, Session 3: Senior: 12:00 Warm-up, 1:00 Start.

Sunday, February 9, Session 4, 12/Under: 8:00 Warm-up, 8:50 Start.

Sunday, February 9, Session 5: 13/Over: 12:00 Warm-up, 1:00 Start.

DEADLINES: : Entry deadline is Friday, January 31, 2025. Entries submitted after this date will be considered, dependent upon meet subscription. Mail hardcopy and payment to the entry chair: Dave Reilly, 8 River Colony, Guilford, CT, 06437. All entries must be legible and must use full names and registration numbers from USA Swimming Registration. Email is the preferred method of submitting entries. Entries will be accepted in the order with which they are received. Mailed entries will be time stamped with 5:00 PM on the day they are received. Entry chairs will be notified of entry acceptance within 24 hours of receiving the entry. In the event you do not hear back from the meet host within that 24-hour period, please contact Dave Reilly to verify that your entry has been received. *If receipt of your entry has not been acknowledged, do not assume the entry has been received.*

PAYMENT INSTRUCTIONS: Please make checks payable to Woodbridge Aquatic Club and mail to Dave Reilly, 8 River Colony, Guilford, CT 06443. Payment is due first day of competition.

ENTRY FEES: Electronic entries: \$12.00 for individual events. Manual entries: \$15.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

REGISTRATION REPORTING: The Meet Director 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 sanctioned 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-Finals. Friday's 500 Freestyles will be run fastest to slowest, open competition, girls and boys combined (mixed) and are "provide your own timer" events. All Saturday and Sunday events will be swum slowest to fastest. Saturday and Sunday 13/Over events will be swum girls and boys combined (mixed). All Saturday and Sunday events, with the exception of Sunday's 13/Over 1000 Freestyle, will have team assigned timing assignments. Sunday's 1000-yard Freestyle will be "provide your own timer". Also note that Sunday's 1000 Freestyles will be limited to the 3 fastest heats of girls and the 3 fastest heats of boys. If either 1000 Freestyle event does not fill, empty lanes may be filled by the opposite gender. There will be no break before the 1000 Freestyles.

FACILITY: The Orange Town Pool (High Plains Community Center) is an 8 -lane, 25-yard pool. Water depth at start end is: 4ft 11in. to 12ft. Water depth at turn end is: 4ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system will be used. Spectator space is 250 maximum.

WARM-UP/WARM-DOWN ACCESS: The Orange Town Pool is an 8 lane facility. During the competition, lanes 1-6 will serve as the competition course, lane 8 will be continuous warm-up/warm-down, and lane 7 will act as a buffer between competition and warm-down activities.

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

MEDICAL SUPERVISION: Lifeguards will be present during all sessions. In addition, two members of our officiating staff are physicians.

WIFI ACCESS: No

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Friday sessions are open warm-up, 8 lanes available. All other sessions will use 1 to 2 tiers of warm-ups, subscription dependent, using 8 lanes, with teams being assigned warm-up lanes dependent upon size of their meet entry. At the conclusion of team warm-ups there will be an additional warm-up period, all teams, lanes 1 and 8 being pace/circle lanes, and lanes 2-5 designated as one-way sprints with dives. The meet director reserves the right to condense or expand this warm-up format dependent upon meet subscription.

ENTRY LIMITATIONS: 4 individual events per session per swimmer. Time trials count as one of the 4 maximum individual events per session.

SCRATCH PROCEDURES: Scratch sheets are due to the computer table no later than 30 minutes before the start of the meet. After this deadline, scratch sheets will not be accepted.

SAFE SPORT POLICIES: Parents will have observation opportunity by way of the spectator section.

DISABLED ACCESS: Handicap parking is located in front and rear of the pool entrance. The pool lobby has a wheelchair ramp for access to locker rooms and pool office. Spectator seating is not handicap accessible. Contact the meet director for special arrangements.

ELIGIBILITY: All USA Swimming clubs and individuals (Everyone is Invited). 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

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 TIMES: Submit entry times in SCY. If there are no official times for an athlete, please submit estimated times. With the goal being all heats comprised of swimmers of like performance ability, *No Times (NT) will not be accepted. Please use estimates.*

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 dmr123@sbcglobal.net. Please check that your team name, address, and contact information are listed correctly in this file. Receipt of entry, including acceptance or decline status, will be acknowledged within 24 hours of receiving the entry, via email. In the event you do not receive this email, please contact Dave Reilly immediately to confirm your entry has been received. Do not assume your entry has been processed if you do not receive confirmation of receipt of your 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 athletes, and their parents, 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.

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. All relays, if planned, will be eliminated.
3. The distance events (400 meters or yards or greater) may be heat limited to the first four heats of entries per gender in the order they were received.
4. The maximum number of events allowed per day may be reduced by one (1).
5. 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: 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 5 minutes after the last heat of each and every session. The fee for Time Trial entries is \$15.00 for individual events. Relays are not eligible for time trials in this meet.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet. Friday night events are "provide your own timer and counter" events, as well as Sunday afternoon's Senior 500 Freestyle.

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: No

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

MISCELLANEOUS:

PARKING: Please use the parking lot adjacent to fairgrounds to enter the pool lobby.

DIRECTIONS: The Orange Town Pool is located at 525 Orange Center Road, Orange CT 06477

WAC "Everyone is Invited" Invitational - 2/7/2025 to 2/9/2025**Session Report**

Session: 1 Friday 500s

Day of Meet: 1 Starts at 06:45 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 500 Freestyle	0	0	06:45 PM	_____
	Finish Time			06:45 PM	_____

Session: 2 Saturday 12/Under

Day of Meet: 2 Starts at 8:50 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	2 Girls 12 & Under 50 Butterfly	0	0	09:00 AM	_____
Finals	3 Boys 12 & Under 50 Butterfly	0	0	09:00 AM	_____
Finals	4 Girls 12 & Under 200 Backstroke	0	0	09:00 AM	_____
Finals	5 Boys 12 & Under 200 Backstroke	0	0	09:00 AM	_____
Finals	6 Girls 12 & Under 100 Breaststroke	0	0	09:00 AM	_____
Finals	7 Boys 12 & Under 100 Breaststroke	0	0	09:00 AM	_____
Finals	8 Girls 12 & Under 200 Butterfly	0	0	09:00 AM	_____
Finals	9 Boys 12 & Under 200 Butterfly	0	0	09:00 AM	_____
Finals	10 Girls 12 & Under 50 Backstroke	0	0	09:00 AM	_____
Finals	11 Boys 12 & Under 50 Backstroke	0	0	09:00 AM	_____
Finals	12 Girls 12 & Under 200 IM	0	0	09:00 AM	_____
Finals	14 Girls 12 & Under 100 Freestyle	0	0	09:00 AM	_____
Finals	13 Boys 12 & Under 200 IM	0	0	09:00 AM	_____
Finals	15 Boys 12 & Under 100 Freestyle	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

Session: 3 Saturday 13/Over

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	16 Mixed 13 & Over 200 Freestyle	0	0	01:00 PM	_____
Finals	17 Mixed 13 & Over 100 Backstroke	0	0	01:00 PM	_____
Finals	18 Mixed 13 & Over 100 Breaststroke	0	0	01:00 PM	_____
Finals	19 Mixed 13 & Over 200 Butterfly	0	0	01:00 PM	_____
Finals	20 Mixed 13 & Over 50 Freestyle	0	0	01:00 PM	_____
Finals	21 Mixed 13 & Over 400 IM	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

WAC "Everyone is Invited" Invitational - 2/7/2025 to 2/9/2025
Session Report

Session: 4 Sunday 12/Under

Day of Meet: 3 Starts at 8:50 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	22 Girls 12 & Under 50 Freestyle	0	0	09:00 AM	_____
Finals	23 Boys 12 & Under 50 Freestyle	0	0	09:00 AM	_____
Finals	24 Girls 12 & Under 100 Butterfly	0	0	09:00 AM	_____
Finals	25 Boys 12 & Under 100 Butterfly	0	0	09:00 AM	_____
Finals	26 Girls 12 & Under 200 Breaststroke	0	0	09:00 AM	_____
Finals	27 Boys 12 & Under 200 Breaststroke	0	0	09:00 AM	_____
Finals	28 Girls 12 & Under 100 Backstroke	0	0	09:00 AM	_____
Finals	29 Boys 12 & Under 100 Backstroke	0	0	09:00 AM	_____
Finals	30 Girls 12 & Under 50 Breaststroke	0	0	09:00 AM	_____
Finals	31 Boys 12 & Under 50 Breaststroke	0	0	09:00 AM	_____
Finals	32 Girls 12 & Under 100 IM	0	0	09:00 AM	_____
Finals	33 Boys 12 & Under 100 IM	0	0	09:00 AM	_____
Finals	34 Girls 12 & Under 200 Freestyle	0	0	09:00 AM	_____
Finals	35 Boys 12 & Under 200 Freestyle	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

Session: 5 Sunday 13/Over

Day of Meet: 3 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	36 Mixed 13 & Over 100 Freestyle	0	0	01:00 PM	_____
Finals	37 Mixed 13 & Over 200 IM	0	0	01:00 PM	_____
Finals	38 Mixed 13 & Over 200 Backstroke	0	0	01:00 PM	_____
Finals	39 Mixed 13 & Over 100 Butterfly	0	0	01:00 PM	_____
Finals	40 Mixed 13 & Over 200 Breaststroke	0	0	01:00 PM	_____
Finals	41 Mixed 13 & Over 1000 Freestyle	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____