

CDOG January-February Invite Invitational

January 31-February 2, 2025

Cheshire Community Pool, 520 South Main Street, Cheshire, CT, 06410

<https://goo.gl/maps/pLYVnuJSMJHRQwKcA>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S24-66. 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:	David May	davidmayiii@gmail.com	
Meet Referee:	David Nottingham	Nottingham_d@yahoo.com	
Lead Admin Official:	Luis Tejada	letejada@msn.com	
Entry Chair:	David May	davidmayiii@gmail.com	
Safety Chair:	Kyle Shadeck	kshadeck@sccymca.org	
Officials Contact:			
Disability Contact:	Kyle Shadeck	kshadeck@sccymca.org	

MEET HOST: CDOG

WEBSITE: [Cheshire Y/Sea Dog Swim Club Home \(gomotionapp.com\)](http://Cheshire Y/Sea Dog Swim Club Home (gomotionapp.com))

POOL EMERGENCY NUMBER: 203-271-3208

COURSE: SCY

SESSION TIMES: Subject to Change

	Warm-Up Time	Start Time
Session 1: 11 & Over 400 IM & 500 Free Friday PM	5:00pm	5:50pm
Session 2: 12 & Under Saturday AM	7:00am	8:00am
Session 3: 8 & Under Saturday Mid	12:00pm	12:45pm
Session 4: 13 & Over Saturday PM	3:30pm	4:45pm
Session 5: 12 & Under Sunday AM	7:00am	8:00am
Session 6: 13 & Over Sunday PM	12:45pm	2:00pm

DEADLINES: deadline is January 20th, 2025. Mail hardcopy and payment to the entry chairperson: David May, 967 South Main Street, Cheshire, CT, 06410. All entries must be legible and must use 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 **STPA**.

Mail to:

Sean Farrell

967 South Main St

Cheshire, CT 06410

Payment must be received by **1/20/2025**

ENTRY FEES: Electronic entries: \$11.00 for individual events in Session 1,2,4,5,6 and \$8.00 for individual events in session 3. Per Swimmer Facility Fee: \$5.00. Manual entries: \$20.00 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 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. Friday events will be swum fast to slow alternating heats, women then men. All other events will be swim slow to fast, women's event then men's event.

FACILITY: The Cheshire Community Pool is a 10 lane , 25 yard pool. Water depth at start end is: 6ft. Water depth at turn end is: 6ft. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The Cheshire Community Pool has a 10 lane Daktronics Scoreboard with Omnisport 2000. There are bleachers for spectators.

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

MEDICAL SUPERVISION: Lifeguards will be on duty with access to AEDs devices.

WIFI ACCESS: Public wifi is available.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Depending on the number of athletes each session, there will be 2-4 warm-up sessions and between 8-15 warm-up lanes.

EVENT INFORMATION: Deck entries will not be accepted.

ENTRY LIMITATIONS: Swimmers may compete in 2 events Friday, 5 events Saturday and 5 events Sunday.

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

FACILITY PROTOCOLS: It is recommended that swimmers bring a deck chair to sit in for the duration of the meet. Swimmers will be seated outside. Teams can also bring tents. All tents need to be secured to the ground at all times. Heat Sheets will be available on Meet Mobile after all Scratches are finished.

SAFE SPORT POLICIES: The meet will allow spectators.

DISABLED ACCESS: The Cheshire Community Pool is handicap accessible in all facets including parking, entrance/exit, and a ramp into/out of the pool. For further accommodations, please contact the Safety Chair, Kyle Shadeck at kshadeck@sccymca.org.

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. There are NO Swimmer Restrictions. 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/CustomerContent/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

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 davidrmayiii@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received 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.

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. 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, 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: Participants in the Friday session must provide their own timer and the swimmers in the 500 freestyle must provide their own counters as well. All teams participating in the Saturday and Sunday sessions will be given Volunteer Assignments. All Visiting Team Officials should contact the Meet Referee. All 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: No

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Parking should be only in the parking lot adjacent to the Pool. DO NOT park in the traffic circle or by the pavilion. Drop Off ONLY in the Traffic Circle.

CDOG 2025 Jan-Feb Invite - 1/31/2025 to 2/2/2025**Session Report**

Session: 1 Friday Distance CDOG Jan-Feb Invite

Day of Meet: 1 Starts at 05:50 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11 & Over 400 IM	0	0	05:50 PM	_____
Finals	2 Boys 11 & Over 400 IM	0	0	05:50 PM	_____
Finals	3 Girls 11 & Over 500 Freestyle	0	0	05:50 PM	_____
Finals	4 Boys 11 & Over 500 Freestyle	0	0	05:50 PM	_____
	Finish Time			05:50 PM	_____

CDOG 2025 Jan-Feb Invite - 1/31/2025 to 2/2/2025**Session Report**

Session: 2 Sat 12&U 2025 CDOG Jan-Feb Invite

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

Round	Event	Entries	Heats	Starts at	
Finals	5 Girls 12 & Under 50 Butterfly	0	0	08:00 AM	_____
Finals	6 Boys 12 & Under 50 Butterfly	0	0	08:00 AM	_____
Finals	7 Girls 12 & Under 200 Breaststroke	0	0	08:00 AM	_____
Finals	8 Boys 12 & Under 200 Breaststroke	0	0	08:00 AM	_____
Finals	9 Girls 12 & Under 100 Backstroke	0	0	08:00 AM	_____
Finals	10 Boys 12 & Under 100 Backstroke	0	0	08:00 AM	_____
Finals	11 Girls 12 & Under 100 IM	0	0	08:00 AM	_____
Finals	12 Boys 12 & Under 100 IM	0	0	08:00 AM	_____
Finals	13 Girls 12 & Under 200 Butterfly	0	0	08:00 AM	_____
Finals	14 Boys 12 & Under 200 Butterfly	0	0	08:00 AM	_____
Finals	15 Girls 12 & Under 50 Breaststroke	0	0	08:00 AM	_____
Finals	16 Boys 12 & Under 50 Breaststroke	0	0	08:00 AM	_____
Finals	17 Girls 12 & Under 100 Freestyle	0	0	08:00 AM	_____
Finals	18 Boys 12 & Under 100 Freestyle	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

CDOG 2025 Jan-Feb Invite - 1/31/2025 to 2/2/2025**Session Report**

Session: 3 Sat 8&U 2025 CDOG Jan-Feb Invite

Day of Meet: 2 Starts at 12:45 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 8 & Under 25 Freestyle	0	0	12:45 PM	_____
Finals	20 Boys 8 & Under 25 Freestyle	0	0	12:45 PM	_____
Finals	21 Girls 8 & Under 25 Butterfly	0	0	12:45 PM	_____
Finals	22 Boys 8 & Under 25 Butterfly	0	0	12:45 PM	_____
Finals	23 Girls 8 & Under 100 Freestyle	0	0	12:45 PM	_____
Finals	24 Boys 8 & Under 100 Freestyle	0	0	12:45 PM	_____
Finals	25 Girls 8 & Under 50 Backstroke	0	0	12:45 PM	_____
Finals	26 Boys 8 & Under 50 Backstroke	0	0	12:45 PM	_____
Finals	27 Girls 8 & Under 50 Breaststroke	0	0	12:45 PM	_____
Finals	28 Boys 8 & Under 50 Breaststroke	0	0	12:45 PM	_____
Finals	29 Girls 8 & Under 50 Butterfly	0	0	12:45 PM	_____
Finals	30 Boys 8 & Under 50 Butterfly	0	0	12:45 PM	_____
Finals	31 Girls 8 & Under 100 IM	0	0	12:45 PM	_____
Finals	32 Boys 8 & Under 100 IM	0	0	12:45 PM	_____
Finals	33 Girls 8 & Under 50 Freestyle	0	0	12:45 PM	_____
Finals	34 Boys 8 & Under 50 Freestyle	0	0	12:45 PM	_____
Finals	35 Girls 8 & Under 25 Backstroke	0	0	12:45 PM	_____
Finals	36 Boys 8 & Under 25 Backstroke	0	0	12:45 PM	_____
Finals	37 Girls 8 & Under 25 Breaststroke	0	0	12:45 PM	_____
Finals	38 Boys 8 & Under 25 Breaststroke	0	0	12:45 PM	_____
	Finish Time			12:45 PM	_____

CDOG 2025 Jan-Feb Invite - 1/31/2025 to 2/2/2025**Session Report**

Session: 4 Sat 13&O 2025 CDOG Jan-Feb Invite

Day of Meet: 2 Starts at 04:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	39 Girls 13 & Over 50 Butterfly	0	0	04:45 PM	_____
Finals	40 Boys 13 & Over 50 Butterfly	0	0	04:45 PM	_____
Finals	41 Girls 13 & Over 200 Breaststroke	0	0	04:45 PM	_____
Finals	42 Boys 13 & Over 200 Breaststroke	0	0	04:45 PM	_____
Finals	43 Girls 13 & Over 100 Backstroke	0	0	04:45 PM	_____
Finals	44 Boys 13 & Over 100 Backstroke	0	0	04:45 PM	_____
Finals	45 Girls 13 & Over 200 IM	0	0	04:45 PM	_____
Finals	46 Boys 13 & Over 200 IM	0	0	04:45 PM	_____
Finals	47 Girls 13 & Over 200 Butterfly	0	0	04:45 PM	_____
Finals	48 Boys 13 & Over 200 Butterfly	0	0	04:45 PM	_____
Finals	49 Girls 13 & Over 50 Breaststroke	0	0	04:45 PM	_____
Finals	50 Boys 13 & Over 50 Breaststroke	0	0	04:45 PM	_____
Finals	51 Girls 13 & Over 50 Freestyle	0	0	04:45 PM	_____
Finals	52 Boys 13 & Over 50 Freestyle	0	0	04:45 PM	_____
	Finish Time			04:45 PM	_____

CDOG 2025 Jan-Feb Invite - 1/31/2025 to 2/2/2025**Session Report**

Session: 5 Sun 12&U 2025 CDOG Jan-Feb Invite

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

Round	Event	Entries	Heats	Starts at	
Finals	53 Girls 12 & Under 200 Freestyle	0	0	08:00 AM	_____
Finals	54 Boys 12 & Under 200 Freestyle	0	0	08:00 AM	_____
Finals	55 Girls 12 & Under 50 Backstroke	0	0	08:00 AM	_____
Finals	56 Boys 12 & Under 50 Backstroke	0	0	08:00 AM	_____
Finals	57 Girls 12 & Under 100 Breaststroke	0	0	08:00 AM	_____
Finals	58 Boys 12 & Under 100 Breaststroke	0	0	08:00 AM	_____
Finals	59 Girls 12 & Under 200 IM	0	0	08:00 AM	_____
Finals	60 Boys 12 & Under 200 IM	0	0	08:00 AM	_____
Finals	61 Girls 12 & Under 100 Butterfly	0	0	08:00 AM	_____
Finals	62 Boys 12 & Under 100 Butterfly	0	0	08:00 AM	_____
Finals	63 Girls 12 & Under 200 Backstroke	0	0	08:00 AM	_____
Finals	64 Boys 12 & Under 200 Backstroke	0	0	08:00 AM	_____
Finals	65 Girls 12 & Under 50 Freestyle	0	0	08:00 AM	_____
Finals	66 Boys 12 & Under 50 Freestyle	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

CDOG 2025 Jan-Feb Invite - 1/31/2025 to 2/2/2025**Session Report**

Session: 6 Sun 13&O 2025 CDOG Jan-Feb Invite

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	67 Girls 13 & Over 200 Freestyle	0	0	02:00 PM	_____
Finals	68 Boys 13 & Over 200 Freestyle	0	0	02:00 PM	_____
Finals	69 Girls 13 & Over 100 Breaststroke	0	0	02:00 PM	_____
Finals	70 Boys 13 & Over 100 Breaststroke	0	0	02:00 PM	_____
Finals	71 Girls 13 & Over 50 Backstroke	0	0	02:00 PM	_____
Finals	72 Boys 13 & Over 50 Backstroke	0	0	02:00 PM	_____
Finals	73 Girls 13 & Over 100 Butterfly	0	0	02:00 PM	_____
Finals	74 Boys 13 & Over 100 Butterfly	0	0	02:00 PM	_____
Finals	75 Girls 13 & Over 100 IM	0	0	02:00 PM	_____
Finals	76 Boys 13 & Over 100 IM	0	0	02:00 PM	_____
Finals	77 Girls 13 & Over 200 Backstroke	0	0	02:00 PM	_____
Finals	78 Boys 13 & Over 200 Backstroke	0	0	02:00 PM	_____
Finals	79 Girls 13 & Over 100 Freestyle	0	0	02:00 PM	_____
Finals	80 Boys 13 & Over 100 Freestyle	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____