

**2019 Water Rat Fall Pentathlon
Invitational
October 5, 2019
Westport Weston Family Y
14 Allen Raymond Lane – Westport, CT 06880
Click [here](#) for map**

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-6. 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:	Ellen Johnston	ejohnston@westporty.org	
Meet Referee:	Lorraine Kennedy	Lorraine.Kennedy@SupportPlusLLC.com	
Admin Official:	Adrienne Williams	awilliams@westporty.org	
Entry Chair:	Ellen Johnston	ejohnston@westporty.org	
Safety Chair:	Rob Urban	rurban@westporty.org	
Officials Contact:	Lorraine Kennedy	Lorraine.Kennedy@SupportPlusLLC.com	

MEET HOST: WRAT – Westport Weston Family Y Water Rat Swim Team

WEBSITE: www.wrat.org

POOL EMERGENCY NUMBER: (203) 226-8981

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 a Timed Final Meet

SCRATCH PROCEDURES: Coaches packets will contain scratch sheets for each session and a time line for when scratches are due. Failure to turn in scratch sheets will result in the team being scratched from the session.

FACILITY: The Strittmatter Family Aquatic Center houses a 10 lane x 25 yard competition pool. Water depth at start end is: 9'. Water depth at turn end is: 4'. 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 Timing System will be used with full display color board. Spectator seating is available. NO personal folding chairs will be allowed on deck or spectator area. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: Handicap parking is available near the front of the facility. Handicap accessibility is available into the spectator area. An elevator is conveniently located just off the lobby to access the youth locker rooms on the lower level.

COURSE: SCY

SESSION TIMES: Subject to Change upon receipt of entries.

Warm-up: 12:30pm Meet Starts: 2pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Ten (10) lanes will be used for warm-up.

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 [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.

ADULT ATHLETES: All athletes who will be 18 years of age or older 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](#).

EVENT INFORMATION: Pentathlon – Scoring is based on cumulative times for all five events. The Referee may make changes as deemed necessary.

- **The meet will be capped at 275 swimmers.**

ENTRY LIMITATIONS: Swimmers may enter all individual events offered. This meet is for swimmers ages 9-12 only.

ENTRY TIMES: Submit entry times in: SCY. No Times (NT) will not be accepted

DEADLINES: Entry deadline is Wednesday, September 25 via email. Mail hardcopy and payment to the entry chairperson: Ellen Johnston – Water Rat Swim Team; Westport Weston Family Y; 14 Allen Raymond Lane – Westport, CT 06880. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. *Accepted entries are on a first come first serve basis via email. Payment must be received by Thursday, October 3rd.*

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 johnston@westport.org. Please check that your team name, address, and contact information are listed correctly in this file. Uploadable files on a first come, first serve basis will be accepted into the meet. Payment is to be received by Thursday, October 3RD.

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](#).

ENTRY FEES: Electronic entries: \$10.00 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

PAYMENT INSTRUCTIONS: : Please make checks payable to WRAT Parents Club and mail to: Ellen Johnston – Water Rat Swim Team; Westport Weston Family Y; 14 Allen Raymond Lane – Westport, CT 06880

CUT PROTOCOL: If the session is oversubscribed 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.

Every effort will be made to accommodate all entries received provided the sessions are timed out in accordance with USA Swimming. Clubs will be notified of cuts no later than Monday before the meet. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. 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:

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.

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 all competition.

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Should timers from visiting clubs be needed, 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: Scoring is based on cumulative time for all five events.

AWARDS: Trophies will be awarded to the Top 10 overall finishers – combined score from all five (5) events. There will be heat winners

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS: Please refer to the “Event Information” section of this meet announcement for swimmer limitations per session.

PARKING: Is available onsite. Visitors will be directed to park in the Red Barn Parking lot located on the Y’s property. A shuttle will be available for pick and drop off at the Y’s front door.

DIRECTIONS: The Westport Weston Family Y at Mahackeno is located directly off Exit 41 – northbound – of the Merritt Parkway.

I-95: From north or south, left turn off exit ramp. Follow up to the Merritt Parkway – Route 15. Get in the

2019 Water Rat Fall 12 & Under Pentathlon - 10/5/2019**Session Report**

Session: 1 2019 Water Rat 12 & Under Pentathlon

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 9-10 50 Butterfly	0	0	02:00 PM	_____
Finals	2 Boys 9-10 50 Butterfly	0	0	02:00 PM	_____
Finals	3 Girls 11-12 50 Butterfly	0	0	02:00 PM	_____
Finals	4 Boys 11-12 50 Butterfly	0	0	02:00 PM	_____
Finals	5 Girls 9-10 50 Backstroke	0	0	02:00 PM	_____
Finals	6 Boys 9-10 50 Backstroke	0	0	02:00 PM	_____
Finals	7 Girls 11-12 50 Backstroke	0	0	02:00 PM	_____
Finals	8 Boys 11-12 50 Backstroke	0	0	02:00 PM	_____
Finals	9 Girls 9-10 50 Breaststroke	0	0	02:00 PM	_____
Finals	10 Boys 9-10 50 Breaststroke	0	0	02:00 PM	_____
Finals	11 Girls 11-12 50 Breaststroke	0	0	02:00 PM	_____
Finals	12 Boys 11-12 50 Breaststroke	0	0	02:00 PM	_____
Finals	13 Girls 9-10 50 Freestyle	0	0	02:00 PM	_____
Finals	14 Boys 9-10 50 Freestyle	0	0	02:00 PM	_____
Finals	15 Girls 11-12 50 Freestyle	0	0	02:00 PM	_____
Finals	16 Boys 11-12 50 Freestyle	0	0	02:00 PM	_____
Finals	17 Girls 9-10 100 IM	0	0	02:00 PM	_____
Finals	18 Boys 9-10 100 IM	0	0	02:00 PM	_____
Finals	19 Girls 11-12 100 IM	0	0	02:00 PM	_____
Finals	20 Boys 11-12 100 IM	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____