



**2022 Eastern Zone Open Water Championship
and the
CT Swimming
Dave Parcels Open Water Festival
Saturday, June 25, 2022**



Lake Quassapaug in Middlebury, CT
Hosted by: Hamden Hall Aquatic Club



<p>SANCTION</p>	<p>Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L22-34</p> <p><i>USA Swimming, Eastern Zone Swimming, Connecticut Swimming, Shoreline Aquatic Club, Meet Director, Officials, Race organizers, Committee members, Volunteers and Quassy Amusement Park shall be held free and harmless from all liabilities or claims for damages arising because of injuries to anyone during the conduct of this event.</i></p>
<p>Covid-19 Information <i>Please note that information in this document may be modified to meet current local, state, and federal protocols, including event postponement or cancellation.</i></p>	<p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND THE LOCAL SWIMMING COMMITTEE (LSC) AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.</p> <p>Every club planning to attend this competition must develop a “Return to Competition” plan. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information please consult usaswimming.org and/or your LSC.</p>

Event Staff	Meet Director/Entry Director: Jen Lyman coachlyman@hotmail.com (203) 464-6903 Meet Referee: Mike Huffman mhuffman99@gmail.com Course Referee: Dave Heller Admin Official: Scott Butler Independent Safety Monitor: Dave Kunces
Image Authorization	<p>All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions</p> <p>PHOTOGRAPHY AND VIDEO RECORDING: Meet Management has the full authority to restrict any and all photography and visual recording at the event by spectators. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is prohibited in any “Non-Camera Zones” as 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.</p> <p>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.</p>

Safe Sport Information	<p>The Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.</p> <p>The Minor Athlete Abuse Prevention Policy (“MAAPP”) prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.</p> <p>Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</p> <p>All athletes age 18 and older must complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after 30 days prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.</p> <p>The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.</p> <p>Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other’s property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.</p> <p>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p> <p>Deck changes are prohibited.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p> <p>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.</p>
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Athlete Protection	<p>All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. This requirement applies to all athlete members who will reach their 18th birthday prior June 25, 2022. Any athlete who turns age 18 prior to June 25, 2022 who has not completed Athlete Protection Training by the first day of competition will be prohibited from participating in the competition. Performances achieved by an athlete who turns age 18 prior to June 25, 2022 who competes in a USA Swimming sanctioned event without completing this membership requirement will NOT count for qualification or recognition.</p> <p>Transgender Participants Athletes attending this event must abide by IOC policies that state:</p> <p>Those who transition from male to female are eligible to compete in the female category under the following conditions:</p> <ul style="list-style-type: none">• The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.• The athlete must demonstrate that her total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to her first competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation, considering whether or not 12 months is a sufficient length of time to minimize any advantage in women's competition).• The athlete's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the female category.• Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months. <p>Any athlete who desires to submit medical records to stay in compliance to the IOC rule shall submit to USA Swimming's National Team Managing Director: 1) a signed declaration that the member's gender identity is female, and (2) an attestation from a medical professional that the member's total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to the member's first competition. USA Swimming will not accept actual test results or other medical records from a member and any such documents received by USA Swimming will be destroyed immediately.</p> <p>As a transitioning athlete you may need to utilize a medication/substance that is prohibited and would require approval for use. To ensure compliance with these rules please contact the U.S. Anti-Doping Agency (USADA) at 719-785-2000.</p> <p>USA Swimming follows IOC guidelines for transgender participants, and therefore this information is subject to change as policy surrounding transgender elite athletes evolves. Information and selection criteria will be updated when changes are made.</p>
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<p>FACILITY</p>	<p>Lake Quassapaug is a 296 acre lake situated in Middlebury, CT.</p> <p>Quassy Amusement Park, Lake Quassapaug, Rt. 64 (2132 Middlebury Road) Middlebury, CT 06762 P.O. Box 887 1-800-FOR-PARK or 203-758-2913 Fax: 203-598-7261 info@quassy.com www.quassy.com</p> <p>Quassy was founded as an amusement park in 1908, sitting on the south shore of Lake Quassapaug in Middlebury, Connecticut. On 20 plus acres, it boasts 22 amusement rides, a new Splash Away Bay Water Park and the beautiful Quassy beach. Discounted ride ticket code: swim2022</p> <p>Water Quality Information: http://www.ct.gov/caes/cwp/view.asp?a=2799&q=488556</p> <p>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p> <p>Meet Management may restrict access to specific competition areas, including the start, competition course, and finish areas. Only athletes, coaches, officials, and official meet staff actively participating in the meet shall be permitted in these areas. 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 to enter restricted areas of the race venue.</p>
<p>COURSE DESCRIPTION</p>	<p>This is an open water freshwater lake swim. <i>The weather and water conditions are unpredictable; please use good judgement if you are uncertain about swimming in open water.</i></p> <p>The 5K should NOT be an athlete's first open water experience.</p> <p>The course is set; however, the race committee reserves the right to change the configuration and/or direction of each event due to race day conditions. The details of race with landmarks are attached. Any questions about the course will be addressed at the pre-race meeting.</p> <p>The water temperature is expected to be in the range of 70 – 75 F. Wetsuit rules for 2018: For open water swimming competitions in water with temperature below 20°C (68°F), men and women may use either swimsuits or wetsuits. When the water temperature is below 18°C (64.4°F), the use of wetsuits is compulsory. Wetsuits for both men and women shall completely cover the torso, back, shoulders and knees and shall not extend beyond the neck, wrists or ankles. The thickness of material/s used shall be minimum 3 mm and maximum 5 mm. In addition, the outer surface of the wetsuit shall not include outstanding shapes, such as ridges, fins, etc. FINA rules for swimwear will be used for all events</p> <p><i>All swimmers who do not complete the course during the allotted time limit may be asked to retire from the race. Swimmers must finish within approximately 30 mins. of the first finisher for the 2.5K and 5K.</i></p>
<p>MEET DIRECTOR</p>	<p>Jen Lyman, Hamden Hall Aquatic Club, coachlyman@hotmail.com (203) 464-6903</p>
<p>ELIGIBILITY</p>	<p>Open to all FULL USA Swimming member athletes registered prior to first day of the meet.</p> <ul style="list-style-type: none"> • Must be a registered Full USA Swimming athlete to enter. • A one-day CT Swimming/USA Swimming Membership registration is available for this event, but it MUST be completed prior to event day. No event-day USA/CT Swimming registrations will be permitted. See "Individual Entries" below. 1-day registration is NOT valid for the 5K. • Age on June 25, 2022 will determine age for the meet. <p>Recommended entry standards:</p> <ul style="list-style-type: none"> • For 12 and under events, Minimum of BB time standard in the 500yd freestyle or the 400M freestyle or successfully completed a minimum of a 500M open water swim in a bay, river, lake or at a beach. • For 13 - 14 and 15-18 events: Minimum of an A time standard in the 1000yd, 1650yd, 800M, or 1500M freestyle or successfully completed a minimum of a 1K open water in a bay, river, lake or at a beach. • For Senior/Open Event: Minimum of a AA time standard in the 1000yd, 1650yd, 800M, or 1500M freestyle for 15-18 Age Group or successfully completed a minimum of a 1K open water in a bay, river, lake or at a beach. • Athletes not completing the 5K within 1 hour and 30 minutes may be removed from the course at the discretion of Meet Management.

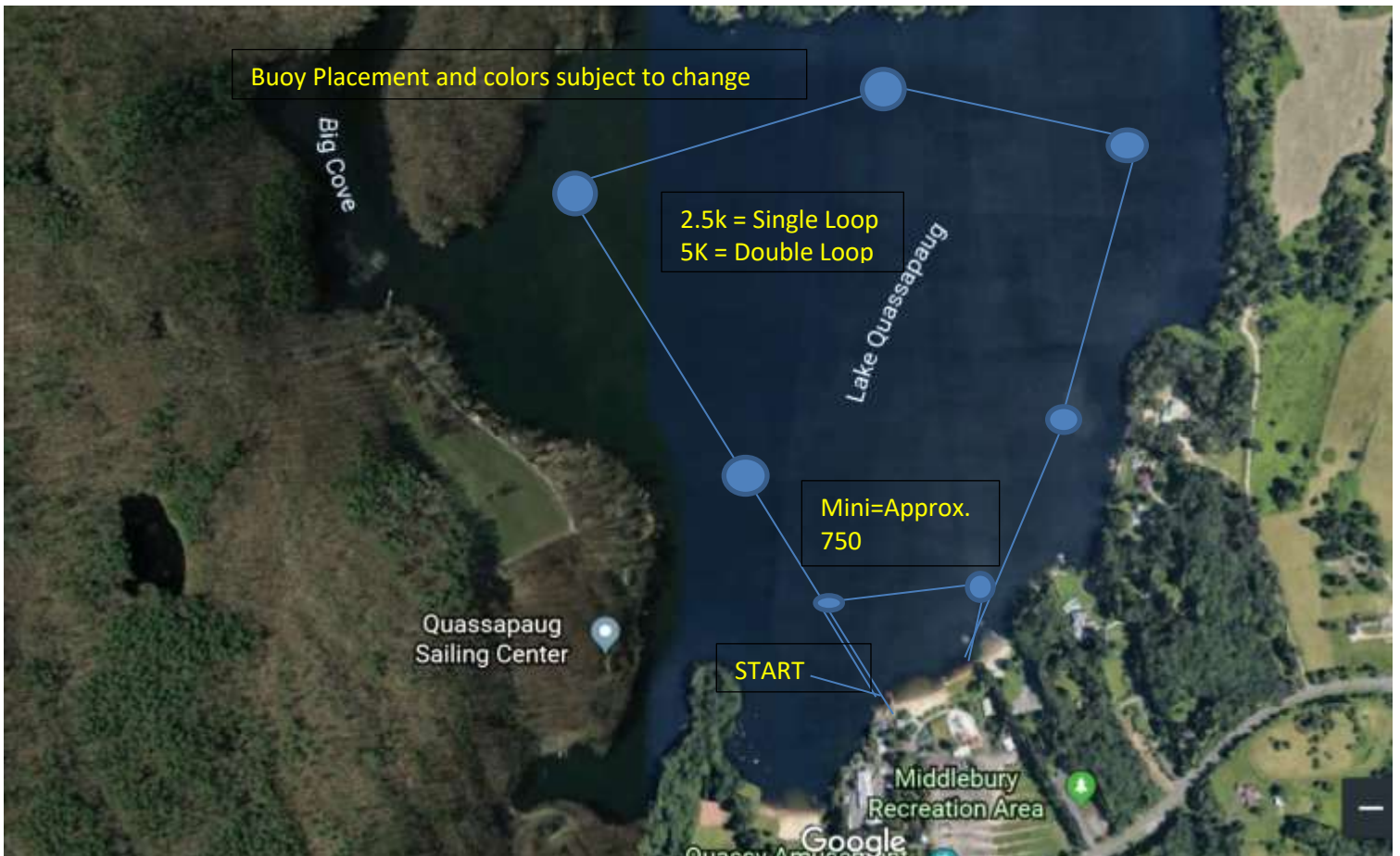
DISABILITY SWIMMERS	Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the Meet Referee of any disability prior to the competition.	
FORMAT (See Race Schedule For Wave Information)	5K (Open)	The 5K race will be a 2.5 K double loop. (<i>see 2.5K/5K map below</i>). Athletes will start at the edge of the water on the Quassy recreational beach. The swim is planned for a clockwise swim on the outside of the turn buoys (buoys to the swimmer's right). The finish will be a beach finish at the eastern end of the Pavilion Beach. Athletes not completing the 5K within 1 hour and 30 minutes may be removed from the course at the discretion of Meet Management.
	Mini (12 & Under)	The Mini Championship race will be a single, two buoy loop of approximately 750 meters. Athletes will start on the beach at the edge of the water on the Quassy recreational beach. Swimmers will turn right at the first buoy and right again at the last buoy to a beach finish at the Pavilion Beach.
	2.5K (11 & Over)	The 2.5K race will be a 2.5K single loop (<i>see 2.5K/5K map below</i>). Athletes will start at the edge of the water on the Quassy recreational beach. The swim is planned for a clockwise swim on the outside of the turn buoys (buys to the swimmer's right). The finish will be a beach finish.
WARM-UPS & WARM-DOWNS	Warm-up will be available on the portion of the racecourse closest to the beach area. 6:00am-7:00am for all participants. No Warm-downs will be offered	
TEAM ENTRIES	<p>USA Swimming clubs can enter as a group by emailing Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format emailed as an attachment to the entry chair at coachlyman@hotmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Meet files are posted on ctswim.org. Mail the print-out and club check to (checks payable to P.A.T):</p> <p style="text-align: center;">Jen Lyman 4B Hamre Lane Branford, CT 06405</p> <p>Entries must be received via email or TM file (teams) by 11:59 PM on 06/10/22.</p>	
INDIVIDUAL ENTRIES	<ul style="list-style-type: none"> • 1 event per person • NO ON-SITE OR SAME DAY MEMBERSHIP REGISTRATION WILL NOT BE PERMITTED! • Individual swimmers can register online through www.active.com. • A one-event CT Swimming/USA Swimming registration is available for this event but MUST be completed prior to event day. This registration is for the Mini and 2.5K • The 1-day registration form is available and must be completed and emailed to the meet director coachlyman@hotmail.com 	
REGISTRATION FEES	<p>USA Swimming Members: \$60.00 for 5K and 2.5K USA Swimming Members: \$50.00 for 750 (Mini) Championship Non-USA Swimming members are required to purchase a One-day membership in advance of the event and must register through www.Active.com</p> <p>No refunds will be given.</p> <p>All payments must be received by 11:59 PM on 06/10/22.</p>	
OFFICIALS	<p>Meet Referee: Mike Huffman, mhuffman99@gmail.com</p> <p>Volunteer Open Water Officials are welcome and encouraged to officiate. To sign-up please visit: https://fast.ctswim.org/CTNet/CFPaintForm.aspx?f=181</p>	
RULES	<p>Current USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the USA Swimming Rules & Regulations for complete list of Open Water Rules.</p> <ul style="list-style-type: none"> • Any swimmer not turning properly at the buoys will be asked to return to the buoy to take the turn properly. Failure to do so will result in the swimmer being disqualified. • No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy. • A maximum of two (2) caps may be used. • FINA rules for swimwear will be used for all events • Follow Covid-19 protocols 	

LIABILITY	Liability USA Swimming, the LSC, the venue, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in these events. Damage to the venue, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to all rules and coaches must supervise their swimmers at all times. Children must be supervised at all times.
SCORING	<p>The meet will be scored. Awards will be given to Eastern Zone LSC and Eastern Zone participants only.</p> <ol style="list-style-type: none"> Age group (2.5K) and senior (5K) scoring will be combined to determine over-all team championships – men’s, women’s and combined. Points: 1st Place- 20 Points, 2nd-17, 3rd- 16, 4th-15, 5th-14, 170 6th-13, 7th-12, 8th-11; 9th-9, 10th-7, 11th-6, 12th-5, 13th-4, 14th-3, 15th-2, and 16th-1. For LSC team scoring, only the points awarded to the top three swimmers from each LSC will be used in team scoring. If any subsequent swimmers from a LSC place ahead of swimmers of other LSCs they will not be included in the scoring and swimmers from the other LSCs move up in the scoring system. For example if an LSC would have swimmers that finish in the top five positions, they would score for only the first three positions (83 Points) the next swimmer in (6th Place) would be awarded the 4th place finish points (15) etc. <p>ZONE TEAM SCORING: The scoring for the Individual events will be combined to determine the Male, Female and Combined Eastern Zone Champion teams.</p>
AWARDS	<p>AWARDS for Eastern ZONE Selection Events: Shall be the same as those used in the Eastern Zone Pool Championships.</p> <ol style="list-style-type: none"> Ribbons will be awarded to individuals placing 1st through 8th places A championship banner will be awarded to the winning Girls', Boys' and Overall EZ OWS Champion teams. This is a traveling award which will be comparable to the “Pool” one provided by the EZ. <p>Mini Championship AWARDS: Mini Championship: Top three Male and Female in the following age groups (10&under, 11-12)</p> <p>2.5k Awards: 1st-3rd Place Male and Female in each of the following age groups (11-12, 13-14, 15-16, 17-18)</p> <p>CT SWIMMING CHAMPIONSHIP AWARDS: Team Awards for the CT LSC will be presented to the top Male, Female, and Combined Team scores. Scoring will be among CT Teams with the scoring indicated above.</p>
NATIONAL QUALIFICATION EVENT	TBA

<p>SAFETY</p> <p>RACE DAY EMERGENCY Number 203-464-6903</p>	<ol style="list-style-type: none"> 1. Finger and Toenails should be neatly trimmed and not extend past the finger/toe, to prevent injury to others. Race Officials may require nail trimming to compete. 2. No shaving is permitted at the competition site. 3. No glass containers are permitted within the facility. 4. Swimmers (Under 18) 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. 6. All participants will be recorded by meet management on the entry to the racecourse and exit of the race course.
<p>VOLUNTEERS</p>	<p>Open Water Officials with certification card are welcomed and encouraged to assist (See OFFICIALS)</p> <p>Each CSI team entering athletes is required to provide one adult volunteer to help with the event. Participating clubs will be notified of work assignments by the Monday before the meet. Additional volunteers are welcome and encouraged. Please contact the Meet Director</p>
<p>DIRECTIONS</p>	<p>From I-84 heading West: (From Boston, Hartford, Bristol, Cheshire, Waterbury) I-84 West to exit 17. Go straight off the exit onto Rt. 64. Continue on Rt. 64 for approximately four miles and the park will be on the right.</p> <p>From I-84 heading East: (From Pennsylvania, Westchester, Danbury, Newtown) I-84 East to exit 16 take a right off the exit and follow Rt. 188 to the Rt. 188 / Rt. 64 intersection (approximately two miles). Take a Left turn onto Rt. 64 and continue for approximately one mile and the park will be on the right.</p> <p>From Rt. 8 North: (Bridgeport, Stratford, Seymour) Rt. 8 North to I-84 West and then follow the directions from I-84 West.</p> <p>From Rt. 8 South: (From Torrington, Winsted, Litchfield) Rt. 8 South to I-84 West and then follow the directions from I-84 West.</p> <p>From New Haven: Take Whalley Avenue. It turns into Rt. 63. Follow Rt. 63 all the way to Middlebury. At the intersection of Rt. 63 and Rt.64 take a left onto Rt. 64 heading West. Continue on Rt. 64 for approximately four miles and the park is on the right side.</p> <p>From New London, Groton, Mystic Rhode Island: 95 South to Rt. 9 North. In Middletown take Rt. 66 West to I-691 West. Then take I-84 West. Follow the directions from I-84 West to the park.</p> <p>From Stamford, Norwalk: 1.) Take Rt.7 North to Danbury. Then follow the directions from I-84 East to the park. 2.) I-95 North to Bridgeport. Then follow the directions from Bridgeport (Rt. 8 North) to the park.</p> <p>From New York City and points south: Hutchinson River Parkway North to I-684 North. Pick up I-84 East toward Danbury. Once on I-84 follow the directions from I-84 East</p>
<p>PARKING</p>	<p>There is ample parking at the amusement park. Please follow Quassy staff instructions when arriving.</p>

LODGING	Wyndham Southbury 1284 Strongtown Road , Southbury, CT 06488 Quassy Amusement Park-2.1miles away
	Heritage Hotel Golf, Spa and Conference Center 522 Heritage Road, Southbury, CT 06488 Quassy Amusement Park-4.5 miles away
	Hampton Inn Waterbury 777 Chase Parkway, Waterbury, CT 06708 Quassy Amusement Park-4.3 miles away
	Courtyard Waterbury Downtown 63 Grand Street , Waterbury, CT 06702 Quassy Amusement Park-6 miles away
	Comfort Inn Naugatuck 716 New Haven Road, Naugatuck, CT 06770 Quassy Amusement Park-6.6 miles away

RACE MAP



RACE SCHEDULE

2.5k Championship

- RACES REQUIRE Check-In between 6:00-7:00am. (participation will be revoked without refund if late to registration).
- Pre-Race Briefing Mandatory will be held at 7:15am held at the start of the race course

5K Championship

- RACE REQUIRE Check-In between 6:00-7:15a.m. (participation will be revoked without refund if late to registration).
- Pre-Race Briefing Mandatory will be held at 7:15am held at the start of the race course

Mini Championship

- RACES REQUIRE Check-In between 7:45-8:30am. (participation will be revoked without refund if late to registration).
- Pre-Race Briefing Mandatory will be held at 9:00am held at the start of the race course

*Schedules and wave assignments are **subject to change** depending on number of entries and local conditions.*

5K Championship (Eastern Zone National Selection Event)

Wave 1: 7:30 am – Male Swimmers Ages 17 & Older

Wave 2: 7:35 am- Male Swimmers Ages 16 & Under

Wave 3: 7:40 am – Female Swimmers Ages 17 & Older

Wave 4: 7:45am- Female Swimmers Ages 16 & Under

2.5K EZ Championship and CT Championship

Wave 1: 7:50 am – Male Swimmers Ages 15 to 29

Wave 2: 7:55am – Female Swimmers Ages 15 to 29

Wave 3: 8:00 am – Female Swimmers Ages 11 to 14

Wave 4: 8:05 am – Male Swimmers Ages 11 to 14

Wave 5: 8:10 am – Female & Male Swimmers Ages 30

750 Mini Championship

Wave 1: 9:15 am-Female Ages 12 and Under

Wave 2: 9:30 am- Male Ages 12 and Under