

Connecticut Masters' Games Swim Meet
Sunday, September 21, 2025



Location: Middletown Recreation Center – 140 Wilderman's Way, Middletown, CT 06457

Check-In and Warm-Ups: 9:00am – 9:50am

Start Time: 10:00am

Online Entry: <https://event.racereach.com/cmg-swimming>

Registration Deadline: Monday, September 15th

Online Registration ONLY!

Entry Fee:

- \$35 for one or two events
- \$40 for 3 events
- \$45 for 4, 5, or 6 events

Course Description: The Middletown Recreation Center Pool is an indoor, 6 lane 25 yard pool with ample seating in the stands and plenty of deck space. There will be 5 lanes used for competition and at least One (1) lane(s) for constant warmup/warm down. The length of the competition course is in compliance and on file with USMS articles 105.1.7 and 106.2.1. Times will be submitted for USMS Top 10 and Records.

Water depth at the start end of competition pool is: 12ft. Water depth at turn end is: 3.5ft. Colorado timing system with 6 lane display and touch pads at the turn end. Team seating is available.

Meet Director: Rob Duguay (Bobbydoogs@gmail.com)

Meet Referee: Rob Duguay

Meet Registrar: Peter Swain

USMS Sanction Number: Pending

Continuous Warm-Up: We will have one lane open for warm up/cool down.

Timing System: The primary Timing system will be an Automatic Timing System. We will be using a Colorado Timing System, System 6 console with touch pads on the start and turn ends, one button as a semi-automatic back up and at least one watch per lane as a manual back up. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

2 To a Lane Criteria: No 2 people will share a lane. Each person will have a lane to themselves.

Rules & Eligibility: Current USMS rules will govern the meet. All participants must be age 18 or older as of the last day of the meet and be currently registered members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Master Swimming governing body. Swimmers' ages will be determined as the swimmer's age as of September 21, 2025.

See website for One Event USMS Registration Form

WARMUP: Feet first entry into the pool in a cautious and controlled manner during warm-up. Diving will be permitted at the discretion of the meet referee, but only in designated one-way sprint lane(s).

Record Times: A swimmer who intends to post a USMS National Record during the meet should bring it to the attention of the Meet Referee **PRIOR TO YOUR EVENT**

Age Determination Date: Day of Meet 9/21/2025

Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94

Events Order

- 400 Individual Medley
- 100 Freestyle
- 50 Fly
- 100 Breaststroke

Break- Medals

- 200 Freestyle
- 50 Backstroke
- 200 Individual Medley
- 200 Breaststroke

Break- Medals

- 500 Freestyle
- 50 Breaststroke
- 100 Fly
- 200 Backstroke

Break-Medals

- 50 Freestyle
- 200 Fly
- 100 Back
- 100 Individual Medley

SEEDING: Events will be run in heats, slowest to fastest, regardless of age or sex.

Heat Sheets and Results: Heat sheets and Results will be available on the website prior to and following the event. Results will also be available on Meet Mobile

Awards: Medals will be awarded to the top 3 finishers in each age group by event.

PHOTOGRAPHY RESTRICTIONS: In accordance with USMS Rule 102.16 the following photography restrictions will be STRICTLY ENFORCED:

The use of cameras, including cellphone cameras and/or other recording devices, is prohibited behind the starting platforms during the start of races, including relay starts.

The use of audio or visual recording devices, including cellphone cameras, is prohibited in changing areas, restrooms, and locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. USMS-credentialed media personnel may be exempted from these restrictions.

The meet referee may further restrict the use of cameras and video equipment during competition.

Any individual in violation of these restrictions may be barred from the venue by the meet referee or meet director.

Concessions: No concessions will be available at the meet.

Parking - Parking available in the Middletown Recreation Center lot as well as the connected Beman Middle School parking lot.