

Dear Coaches, Swimmers, and Families,

The excitement is building. Race Day is almost here! We're thrilled to welcome over 30 teams and approximately 300 swimmers to the 24th Annual Dave Parcells Connecticut Open Water Championship on Saturday, June 28, 2025, at beautiful Lake Quassapaug, hosted at Quassy Amusement Park.

LOCATION:

Quassy Amusement Park – Lake Quassapaug

2132 Middlebury Road (Rt. 64)

Middlebury, CT 06762



Important Info & Attachments

Please carefully review all attached documents:

- Psych Sheet
- Race Schedule
- Check-In Procedures

If there are any issues with your entry, notify me by Wednesday, June 25th.



Race Day Logistics & Expectations

- **Start/Finish/Spectator Areas:** All racing and spectating will take place from the beachfront. Be alert to announcements and ensure that swimmers have the right of way as they compete.
- **Sunscreen Reminder:** Swimmers must wait to apply sunscreen until after they've been body marked at check-in.
- **Lanyards:** All swimmers must check in and receive a lanyard in order to access the beach and compete.
- **Nail Check Station:** USA Swimming Officials will inspect finger and toe nails. Long or sharp nails must be clipped to ensure swimmer safety.

- Bullpen Times (by lifeguard building/restrooms on the beach):
 - 2.5K Swimmers: 7:00 – 7:15 AM
 - 5K Swimmers: 7:45 – 8:00 AM
 - Mini (1K-750m): 9:15 – 9:30 AM
 - **Time Limits:** Swimmers must complete their event within ~30 minutes of the first finisher in the 2.5K and 5K. Swimmers not meeting this requirement may be asked to retire from the course.
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Parents & Spectators

Spectators may access designated areas to the right of the rock when facing the water, including the concrete park areas and the restaurant viewing deck.

Access to the start, competition course, and finish zones will be limited to:

- Athletes
 - USA-Swimming Certified Coaches (must show valid card)
 - Officials
 - Event Staff
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Warm-Up & Timing

- Warm-Up: 6:00 – 7:00 AM (limited to the section near the finish area). Swimmers may swim out to the first turn buoy and return clockwise. ***We recommend during warmup on sighting the finish chute.***
 - Time Limits: Swimmers must complete their event within ~30 minutes of the first finisher in the 2.5K and 5K. Swimmers not meeting this requirement may be asked to retire from the course.
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Race Conditions & Course Modifications

This is a freshwater open water swim. Weather and water conditions may change, so use best judgment. The race committee may adjust the course or direction as needed for safety.



Helpful Links & Contacts

- Event Info Page: <https://www.gomotionapp.com/team/cthhac/page/ezct-open-water-champ>
 - To Volunteer as an Open Water Official: [Sign Up Here](#)
 - Meet Referee: Mike Huffman – mhuffman99@gmail.com
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Payment Reminder

If you haven't already mailed your team's payment, please do so ASAP:

Make checks payable to: Hamden Hall

Mail to:

Jen Lyman

PO Box 185051

Hamden, CT 06518

We must clear the park by 10:30 AM, so please plan accordingly.

We look forward to an exciting and safe race day! Thank you for being a part of this championship event and for your cooperation in making it a success.

See you at the lake!

Jen Lyman

Race Director

HHAC Head Coach

Aquatic Director – Hamden Hall Country Day School

Head Varsity Swimming & Diving Coach

jlyman@hamdenhall.org

