

Greetings coaches and team contacts,

We are happy to be hosting the CT Swimming Senior Invite at the Regional YMCA of Western CT in Brookfield. We have a full meet on the schedule for this weekend and are looking forward to some great competition for our swimmers. Please read through this letter as it includes important info pertaining to the meet.

Please be familiar with the scratch deadlines posted in the meet announcement. If you will not be at the pool on Thursday evening you may email any scratches for Friday directly to me at [jpaige@regionalyymca.org](mailto:jpaige@regionalyymca.org) by the 7:00pm scratch deadline. The time stamp on the email will determine the time the scratch was submitted. Scratches for Friday after the 7:00pm deadline will not be accepted. You may follow this procedure on Friday and Saturday if you won't be at finals on those days as well.

Prelims will be conducted in one course for all sessions. The shallow pool will remain open for warm up and cool down throughout the meet. The gap pool between bulkheads is closed for the duration of the meet. Pre meet warm up times have been assigned and are attached. We will stick to the posted meet timeline so you may have swimmers report later if they are in later events. This will help keep numbers on deck more manageable.

The 400 IM and 500 Free will run in one pool. The 400 IM will run as follows: All heats of women slowest to fastest, with the top two heats being circle seeded, followed by the men's heats, slowest to fastest with the top two heats being circle seeded.

The 500 Free will run in the following manner: The top four heats of women, with the top 2 heats circle seeded, followed by the top four heats of men, with the top 2 heats circle seeded, followed by all remaining heats running fastest to slowest alternating women and men. Only the top 12 swimmers will return to finals for the 400 IM and the 500 Free.

Finals heat sheets will be posted and sent out after the last preliminary event closes. Work assignments for finals will be posted and sent out at this time as well.

**Friday, Saturday and Sunday Finals Time change:**

Warm up will begin at 3:30pm. The meet will start at 5:00pm

Warm up from 3:30-4:00pm will be open general circle swim for all swimmers. 4:00-4:40pm will be general circle swim for swimmers competing in that finals session. 4:40-4:55pm will be specific warm up in the competition pool. The shallow pool will be general circle swim. The shallow pool will remain open throughout finals.

Work assignments for prelims are attached. Swimmers must provide their own timer for the 400 IM and their own timer and counter for the Thursday distance events, the 500 free and the Sunday distance session.

Warm up for the Sunday distance session will begin after the conclusion of the preliminary session and any time trial events. The start time and heat sheet will be published after the positive check in deadline on Saturday evening.

Awards will be presented to the top three finishers in each individual women's and men's event after each individual men's event. The awards for the women's 1650 and men's 1000 will take place before the start of the Friday finals session.

Please be advised of the parking map attached. Please no parking on the grass.

Coaches are responsible for collecting their swimmers' waivers. Please hand them in at team check in.

Swimmers should arrive at the pool in a swimsuit. Locker rooms are open for changing into tech suits.

Masks are optional for swimmers, coaches, officials, and volunteers.

Please do not use duct tape on the air structure walls.

Team seating will be on the pool deck. Seating areas will be assigned. Deck chairs are not permitted on the pool deck. Bleachers and seating on deck will be provided. Overflow seating is available in the heated tent adjacent to the YDAC building. Deck chairs are allowed in the tent.

Teams must provide their own timers for the Thursday evening relays and the 800 Free Relay on Friday night.

Coaches' hospitality will be provided by Twins BBQ in the heated tent. Dinner will be served on Thursday, and breakfast, lunch and dinner will be provided on Friday, Saturday and Sunday.

We will have a coaches' meeting on Friday morning at 7:30am.

If you have any questions, please email me at [ipaige@regionalymca.org](mailto:ipaige@regionalymca.org).

See you on the pool deck,

Jason Paige  
Senior Aquatics Director  
Regional YMCA of Western CT  
(203) 775-1077