

**Regional YMCA of Western Connecticut**  
**Spring Decathlon**  
**May, 3<sup>rd</sup> & 4<sup>th</sup>, 2014**  
[10 Huckleberry Hill Rd, Brookfield, CT, 06804](#)

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L14-4.

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**

**IMPORTABLE MEET EVENTS**

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Jason Paige	<a href="mailto:jpaige@regionalymca.org">jpaige@regionalymca.org</a>	203-775-4444 ext 122
<b>Meet Referee:</b>	Dennis Rodney	<a href="mailto:dlrmdi@msn.com">dlrmdi@msn.com</a>	
<b>Entry Chair:</b>	Gordon Brown	<a href="mailto:gbrown@regionalymca.org">gbrown@regionalymca.org</a>	203-775-4444 ext 129
<b>Safety Chair:</b>	Meaghan Dawley	<a href="mailto:mdawley@regionalymca.org">mdawley@regionalymca.org</a>	203-775-4444 ext 133
<b>Officials Contact:</b>	Dennis Rodney	<a href="mailto:dlrmdi@msn.com">dlrmdi@msn.com</a>	

**WEBSITE:** [www.makoswim.org](http://www.makoswim.org)

**POOL EMERGENCY NUMBER:** 203-775-1113

**MEET TYPE:** Sanctioned

**MEET CLASSIFICATION:** This meet is open to all USA Swimming athletes and clubs

**MEET FORMAT:** The meet will be swum as Timed-Final

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for each session of the meet in their meet packets listing all of their swimmers and events for each session. Scratch sheets will be due to the computer table 30 minutes after the start of warm ups; these must be returned even if a team has no scratches.

**FACILITY:** The Greenknoll Aquatics Center is a 6 lane, 50 meter pool. Water depth at start end is: 6ft. Water depth at turn end is: 3.5ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system with 6 lane display and touch pads at start and turn ends. Team seating is on the east side of the pool near the pond and spectator seating is available under tents on west side. Visiting teams are encouraged to bring tent structures to provide shade and cover for athletes. Athletes should bring deck chairs.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email Meaghan Dawley ([mdawley@regionalymca.org](mailto:mdawley@regionalymca.org)) in advance to make arrangements.

**COURSE:** LCM.

**SESSION TIMES: Subject to Change**

**Session 1&3:** warm-up 7:30am, start 9:00am

**Session 2 & 4:** warm-up 1:00pm, start 2:00pm

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Warm assignments will be made available via email on the team website the Monday before the start of the meet. All six lanes will be dedicated to warm-up during the warm-up period.

**ELIGIBILITY:** 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.

**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 [Mark Kinne](#), Adapted Athlete Committee Chair.

**EVENT INFORMATION:** The decathlon will consist of five events each day. Swimmers do not have to swim all ten events; however to receive a decathlon swim cap swimmers must successfully complete every race.

**ENTRY LIMITATIONS:** Swimmers can swim up to five events each day and ten total events over the course of the meet.

**ENTRY TIMES:** Submit entry times in: LCM. There are no time standards; however NT entries will not be accepted.

**DEADLINES:** Entry deadline is Friday, April 25th. Email a pdf file of entry report to the entry chair: Gordon Brown, [gbrown@regionalmca.org](mailto:gbrown@regionalmca.org). Payment, or a copy of an official check request must be postmarked or time stamped within two business days of the entry submission. See payment instructions. Entries will be accepted on a first come, first served basis, in the order in which they are received, space permitting. Formal entry is determined by the date of email receipt as long as entry fee or check request is postmarked/ time stamped within two business days. Failure to send the payment or proof that payment will be made (check request) will cause entry to lose priority and formal entry will be based on the date that payment is actually received. Hardcopies of the entry can be mailed to the entry chair: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804. All hardcopies must be legible and must use full names and registration numbers from USA Swimming registration.

**CONNECTICUT-ONLY DEADLINE:** None

**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 [gbrown@regionalmca.org](mailto:gbrown@regionalmca.org). Please check that your team name, address, and contact information are listed correctly in this file. Payment, or a copy of an official check request must be postmarked or time stamped within two business days of the entry submission. Entries will be accepted on a first come, first served basis, in the order in which they are received, space permitting. Formal entry is determined by the date of email receipt as long as entry fee or check request is postmarked/ time stamped within two business days. Failure to send the payment or proof that payment will be made (check request) will cause entry to lose priority and formal entry will be based on the date that payment is actually received.

**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.

**ENTRY FEES:** Electronic entries: \$7.00 for individual events. Manual entries: \$10.00 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 the Regional YMCA of Western CT and mail to: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment must be received by 05/03/14.

**CUT PROTOCOL:** Each session meet will be managed to stay within approximately four hours of competition, after warm ups. If the timeline is too lengthy based on entries, cuts will be made in the following order: teams /entries will be cut based on date of receipt. Additional fine-tuning may be achieved by combining lightly enrolled events to mixed gender for the purpose of reducing heats. Clubs will be notified of changes no later than Monday before the meet.

**RESERVE THE RIGHT TO MAKE CHANGES:** 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, with prior approval from Program Operations. 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.

**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.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** All teams will be required to supply timers in proportion to the size of their entry. Watches to be provided by meet host. Participating clubs must be notified of work assignments by the Monday before the meet.

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted in team areas on the pool deck.

**SCORING:** The meet will not be scored.

**AWARDS:** Yes. Ribbons will be awarded to the top 6 finishers in each individual event. Swimmers that successfully complete all ten events will receive a swim cap. Teams are responsible to pick up their awards at the conclusion of the meet. Awards will only be mailed at the expense of the visiting club.

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**MISCELLANEOUS:** The meet is hosted by The Regional YMCA of Western CT Mako Swim Team. The Greenknoll Aquatic Center is an outdoor 50 meter x 6 lane pool located on the YMCA's Camp Greenknoll, adjacent to and just west of the Regional YMCA of Western CT's Greenknoll Branch building. Shade is limited. Visiting teams should bring tents and chairs for their athletes.

**PARKING:** The Greenknoll Aquatic Center at Camp Greenknoll is at 10 Huckleberry Hill Road. Parking is Available on the camp grounds in specified areas. Once the camp ground areas are full overflow parking will be available at the back of the Greenknoll YMCA, located at 2 Huckleberry Hill Rd. Parking instructions may be updated before the meet, in which case all attending teams will be advised.

**DIRECTIONS:** The Greenknoll Aquatic Center at Camp Greenknoll is at 10 Huckleberry Hill Road, Brookfield, CT 06804.

**Spring Decathlon - 5/3/2014 to 5/4/2014****Session Report**

Session: 1 Saturday AM

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Girls 13-14 50 Freestyle	0	0	09:00 AM _____
Finals	2 Boys 13-14 50 Freestyle	0	0	09:00 AM _____
Finals	3 Girls 15 & Over 50 Freestyle	0	0	09:00 AM _____
Finals	4 Boys 15 & Over 50 Freestyle	0	0	09:00 AM _____
Finals	5 Girls 13-14 100 Butterfly	0	0	09:00 AM _____
Finals	6 Boys 13-14 100 Butterfly	0	0	09:00 AM _____
Finals	7 Girls 15 & Over 100 Butterfly	0	0	09:00 AM _____
Finals	8 Boys 15 & Over 100 Butterfly	0	0	09:00 AM _____
Finals	9 Girls 13-14 200 Breaststroke	0	0	09:00 AM _____
Finals	10 Boys 13-14 200 Breaststroke	0	0	09:00 AM _____
Finals	11 Girls 15 & Over 200 Breaststroke	0	0	09:00 AM _____
Finals	12 Boys 15 & Over 200 Breaststroke	0	0	09:00 AM _____
Finals	13 Girls 13-14 100 Backstroke	0	0	09:00 AM _____
Finals	14 Boys 13-14 100 Backstroke	0	0	09:00 AM _____
Finals	15 Girls 15 & Over 100 Backstroke	0	0	09:00 AM _____
Finals	16 Boys 15 & Over 100 Backstroke	0	0	09:00 AM _____
Finals	17 Girls 13-14 200 IM	0	0	09:00 AM _____
Finals	18 Boys 13-14 200 IM	0	0	09:00 AM _____
Finals	19 Girls 15 & Over 200 IM	0	0	09:00 AM _____
Finals	20 Boys 15 & Over 200 IM	0	0	09:00 AM _____
	Finish Time			09:00 AM _____

Session: 2 Saturday 12/U

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	21 Girls 12 & Under 100 Butterfly	0	0	02:00 PM _____
Finals	22 Boys 12 & Under 100 Butterfly	0	0	02:00 PM _____
Finals	23 Girls 12 & Under 50 Breaststroke	0	0	02:00 PM _____
Finals	24 Boys 12 & Under 50 Breaststroke	0	0	02:00 PM _____
Finals	25 Girls 12 & Under 100 Backstroke	0	0	02:00 PM _____
Finals	26 Boys 12 & Under 100 Backstroke	0	0	02:00 PM _____
Finals	27 Girls 12 & Under 50 Freestyle	0	0	02:00 PM _____
Finals	28 Boys 12 & Under 50 Freestyle	0	0	02:00 PM _____
Finals	29 Girls 12 & Under 200 IM	0	0	02:00 PM _____
Finals	30 Boys 12 & Under 200 IM	0	0	02:00 PM _____
	Finish Time			02:00 PM _____

**Spring Decathlon - 5/3/2014 to 5/4/2014****Session Report**

Session: 3 Sunday AM

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	31 Girls 13-14 100 Freestyle	0	0	09:00 AM _____
Finals	32 Boys 13-14 100 Freestyle	0	0	09:00 AM _____
Finals	33 Girls 15 & Over 100 Freestyle	0	0	09:00 AM _____
Finals	34 Boys 15 & Over 100 Freestyle	0	0	09:00 AM _____
Finals	35 Girls 13-14 200 Butterfly	0	0	09:00 AM _____
Finals	36 Boys 13-14 200 Butterfly	0	0	09:00 AM _____
Finals	37 Girls 15 & Over 200 Butterfly	0	0	09:00 AM _____
Finals	38 Boys 15 & Over 200 Butterfly	0	0	09:00 AM _____
Finals	39 Girls 13-14 100 Breaststroke	0	0	09:00 AM _____
Finals	40 Boys 13-14 100 Breaststroke	0	0	09:00 AM _____
Finals	41 Girls 15 & Over 100 Breaststroke	0	0	09:00 AM _____
Finals	42 Boys 15 & Over 100 Breaststroke	0	0	09:00 AM _____
Finals	43 Girls 13-14 200 Backstroke	0	0	09:00 AM _____
Finals	44 Boys 13-14 200 Backstroke	0	0	09:00 AM _____
Finals	45 Girls 15 & Over 200 Backstroke	0	0	09:00 AM _____
Finals	46 Boys 15 & Over 200 Backstroke	0	0	09:00 AM _____
Finals	47 Girls 13-14 200 Freestyle	0	0	09:00 AM _____
Finals	48 Boys 13-14 200 Freestyle	0	0	09:00 AM _____
Finals	49 Girls 15 & Over 200 Freestyle	0	0	09:00 AM _____
Finals	50 Boys 15 & Over 200 Freestyle	0	0	09:00 AM _____
	Finish Time			09:00 AM _____

Session: 4 Sunday 12/U

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	51 Girls 12 & Under 100 Freestyle	0	0	02:00 PM _____
Finals	52 Boys 12 & Under 100 Freestyle	0	0	02:00 PM _____
Finals	53 Girls 12 & Under 50 Butterfly	0	0	02:00 PM _____
Finals	54 Boys 12 & Under 50 Butterfly	0	0	02:00 PM _____
Finals	55 Girls 12 & Under 100 Breaststroke	0	0	02:00 PM _____
Finals	56 Boys 12 & Under 100 Breaststroke	0	0	02:00 PM _____
Finals	57 Girls 12 & Under 50 Backstroke	0	0	02:00 PM _____
Finals	58 Boys 12 & Under 50 Backstroke	0	0	02:00 PM _____
Finals	59 Girls 12 & Under 200 Freestyle	0	0	02:00 PM _____
Finals	60 Boys 12 & Under 200 Freestyle	0	0	02:00 PM _____
	Finish Time			02:00 PM _____