# Regional YMCA of Western Connecticut Middle School Madness June 19 – 21, 2015

10 Huckleberry Hill Rd, Brookfield, CT 06804. https://goo.gl/maps/enzLp

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L15-30. 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**

	Name	Email	Phone
<b>Meet Director:</b>	Gordon Brown	gbrown@regionalymca.org	203-775-4444 ext 122
<b>Meet Referee:</b>	Phillip James	phillip.m.james@gmail.com	
Entry Chair:	Gordon Brown	gbrown@regionalymca.org	203-775-4444 ext 129
Safety Chair:	Jeff Bonaccorso	jbonaccorso@regionalymca.org	203-775-4444 ext 133
Officials Contact:	Phillip James	phillip.m.james@gmail.com	

WEBSITE: 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:** With the exception of the 400M and 800M Freestyles and the 400M IM (see DISTANCE EVENTS), all individual events for swimmers in the 11-12 and 13-14 age groups will be conducted as preliminaries and finals, swum slowest to fastest with the fastest twelve swimmers returning for consolation and championship final heats in the evening session. In the event that there are less than twelve swimmers entered in an event there will be no consolation final heat in the evening session for that specific event.

**Seeding:** Seeding and lane assignments shall be in accordance with USA Swimming Rule 102.5, except as noted below. Order of heats shall be slowest to fastest, except as noted below. In order to determine seeding (i.e. the "psych sheet"), all conforming times (LCM) shall be arranged from fastest to slowest. Swimmers whose entry times are identical shall be seeded by draw. Finals for the 11-12 and 13-14 age groups will be swum in B/A finals order.

**Distance Events:** The 400M and 800M Freestyles and the 400M IM will be swum as timed finals, fastest to slowest and alternating girls and boys. Swimmers need to provide their own timers for all distance events and provide their own counter in addition for the 800M Freestyle. Genders may be heat combined to alleviate the timeline of the sessions for all distance events.

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for each preliminary and timed final 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.

Positive check in is not required for the 800M Freestyle. Scratch sheets will be used but must be submitted to the computer table 20 minutes after the start of warm up for the distance events. Team scratch sheets that are not returned will be considered a scratch from the event and the swimmer(s) from that team will not be seeded in the events.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. Exceptions for Failure to Compete in Finals: No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**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 Jeff Bonaccorso (jbonaccorso@regionalymca.org) in advance to make arrangements.

COURSE: LCM.

### **SESSION TIMES: Subject to Change**

Session 1:	Friday Distance:	warm-up: 4:30pm	start: 5:30pm
<b>Session 2:</b>	Saturday Prelims:	warm-up: 7:30am	start: 9:00am
<b>Session 3:</b>	Saturday:	warm-up: 5:00pm	start: 6:00pm
Session 4:	Sunday Prelims:	warm-up: 8:30am	start: 10:00am
<b>Session 5:</b>	<b>Sunday Distance:</b>	warm-up: 2:00pm	<b>start: 2:30pm</b>
Session 6:	<b>Sunday Finals:</b>	warm-up: 4:30pm	start: 5:30pm

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. All distance and final warm up sessions will be general warm-up with an allotted time for pace and one way sprints. Preliminary warm-up sessions will be assigned and there will be a dedicated time for pace and one way sprints. Warm-up assignments will be distributed on the Monday prior to the start of the meet. All six lanes will be used for warm up.

**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 <u>prior</u> to competition. Adapted athletes may direct questions to <u>Mark Kinne</u>, Adapted Athlete Committee Chair.

#### **EVENT INFORMATION:** No deck entries will be allowed.

**ENTRY LIMITATIONS:** Swimmers may participate in seven events total for the meet. Swimmers are limited to one event on Friday evening and 3 events per day on Saturday and Sunday. The Sunday distance event will count towards the Sunday event total. **DO NOT OVER ENTER SWIMMERS.** 

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

**DEADLINES:** Entry deadline is Friday, June 5th. Email a pdf file of entry report to the entry chair: Gordon Brown, <a href="mailto:gbrown@regionalymca.org">gbrown@regionalymca.org</a>. 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:** CT deadline is May 1<sup>st</sup>, 2015. CT clubs meeting this deadline will be entered before out of state clubs. Only CT Teams will be entered on a first come, first served basis, in order as received, space permitting prior to this deadline. Any non-CT registered team entries received prior to this deadline will be considered to have been received on May 2<sup>nd</sup>, 2015.

**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 <a href="mailto:sbrown@regionalymca.org">sbrown@regionalymca.org</a>. 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: \$8.00 for Timed/Finals individual events, \$8.00 for Prelim/Finals 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 07/19/15.

**CUT PROTOCOL:** Each preliminary and timed final session of the 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: 1). Teams will be asked to reduce their swimmers events from 3 events per day for the Saturday and Sunday sessions to two events per day for the Saturday and Sunday events sessions, 2). Teams /entries will be cut based on date of receipt. In the event that team entries need to be cut swimmers 3<sup>rd</sup> events on Saturday and Sunday will be reinstated if the time line allows. 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:** With prior approval from Program Operations and in accordance with CSI Policies, 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. Clubs will be notified of changes no later than Monday before the meet.

**RELAYS:** There will be no relays at this event.

#### **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. Swimmers competing in the 400 IM, 400M Freestyle, and the 800M Freestyle will need to provide their own timers. Participating clubs will 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 be scored. Places 1-12 will be scored using the following point system:

Place	1	2	3	4	5	6	7	8	9	10	11	12
Points	16	13	12	11	10	9	7	5	4	3	2	1

**AWARDS:** Yes. Ribbons will be awarded to the top 12 finishers for each 11-12 and 13-14 events. Individual awards will be presented for 1st through 3rd place at finals following each event. Event winners for the 11-12 and 13-14 age group events will receive a T-shirt (a swimmer that wins multiple events will only receive one t-shirt). 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 HEATED 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. <a href="https://goo.gl/maps/enzLp">https://goo.gl/maps/enzLp</a>

Session: 1 Friday Evening

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 10 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Finals	1	Girls 11-12 400 IM	0	0	05:30 PM	
Finals	2	Boys 11-12 400 IM	0	0	05:30 PM	
Finals	3	Girls 13-14 400 IM	0	0	05:30 PM	
Finals	4	Boys 13-14 400 IM	0	0	05:30 PM	
Finals	5	Girls 11-12 400 Freestyle	0	0	05:30 PM	
Finals	6	Boys 11-12 400 Freestyle	0	0	05:30 PM	
Finals	7	Girls 13-14 400 Freestyle	0	0	05:30 PM	
Finals	8	Boys 13-14 400 Freestyle	0	0	05:30 PM	
		Finish Time			05:30 PM	

Session: 2 Saturday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Prelims	9	Girls 11-12 200 Freestyle	0	0	09:00 AM
Prelims	10	Boys 11-12 200 Freestyle	0	0	09:00 AM
Prelims	11	Girls 13-14 200 Freestyle	0	0	09:00 AM
Prelims	12	Boys 13-14 200 Freestyle	0	0	09:00 AM
Prelims	13	Girls 11-12 100 Butterfly	0	0	09:00 AM
Prelims	14	Boys 11-12 100 Butterfly	0	0	09:00 AM
Prelims	15	Girls 13-14 100 Butterfly	0	0	09:00 AM
Prelims	16	Boys 13-14 100 Butterfly	0	0	09:00 AM
Prelims	17	Girls 11-12 50 Breaststroke	0	0	09:00 AM
Prelims	18	Boys 11-12 50 Breaststroke	0	0	09:00 AM
Prelims	19	Girls 13-14 200 Breaststroke	0	0	09:00 AM
Prelims	20	Boys 13-14 200 Breaststroke	0	0	09:00 AM
Prelims	21	Girls 11-12 100 Backstroke	0	0	09:00 AM
Prelims	22	Boys 11-12 100 Backstroke	0	0	09:00 AM
Prelims	23	Girls 13-14 100 Backstroke	0	0	09:00 AM
Prelims	24	Boys 13-14 100 Backstroke	0	0	09:00 AM
Prelims	25	Girls 11-12 50 Freestyle	0	0	09:00 AM
Prelims	26	Boys 11-12 50 Freestyle	0	0	09:00 AM
Prelims	27	Girls 13-14 50 Freestyle	0	0	09:00 AM
Prelims	28	Boys 13-14 50 Freestyle	0	0	09:00 AM
		Finish Time			09:00 AM

Session: 3 Saturday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Finals	9	Girls 11-12 200 Freestyle	0	2u	06:00 PM
Finals	10	Boys 11-12 200 Freestyle	0	2u	06:09 PM
Finals	11	Girls 13-14 200 Freestyle	0	2u	06:18 PM
Finals	12	Boys 13-14 200 Freestyle	0	2u	06:26 PM
Finals	13	Girls 11-12 100 Butterfly	0	2u	06:34 PM
Finals	14	Boys 11-12 100 Butterfly	0	2u	06:39 PM
Finals	15	Girls 13-14 100 Butterfly	0	2u	06:45 PM
Finals	16	Boys 13-14 100 Butterfly	0	2u	06:50 PM
Finals	17	Girls 11-12 50 Breaststroke	0	2u	06:55 PM
Finals	18	Boys 11-12 50 Breaststroke	0	2u	06:59 PM
Finals	19	Girls 13-14 200 Breaststroke	0	2u	07:02 PM
Finals	20	Boys 13-14 200 Breaststroke	0	2u	07:12 PM
Finals	21	Girls 11-12 100 Backstroke	0	2u	07:21 PM
Finals	22	Boys 11-12 100 Backstroke	0	2u	07:27 PM
Finals	23	Girls 13-14 100 Backstroke	0	2u	07:33 PM
Finals	24	Boys 13-14 100 Backstroke	0	2u	07:39 PM
Finals	25	Girls 11-12 50 Freestyle	0	2u	07:44 PM
Finals	26	Boys 11-12 50 Freestyle	0	2u	07:48 PM
Finals	27	Girls 13-14 50 Freestyle	0	2u	07:52 PM
Finals	28	Boys 13-14 50 Freestyle	0	2u	07:55 PM
		Entry / Heat Totals:	0	40	
		Finish Time			07:59 PM

Session: 4 Sunday Prelims

Day of Meet: 3 Starts at 10:00 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Prelims	29	Girls 11-12 200 IM	0	0	10:00 AM
Prelims	30	Boys 11-12 200 IM	0	0	10:00 AM
Prelims	31	Girls 13-14 200 IM	0	0	10:00 AM
Prelims	32	Boys 13-14 200 IM	0	0	10:00 AM
Prelims	33	Girls 11-12 50 Butterfly	0	0	10:00 AM
Prelims	34	Boys 11-12 50 Butterfly	0	0	10:00 AM
Prelims	35	Girls 13-14 200 Butterfly	0	0	10:00 AM
Prelims	36	Boys 13-14 200 Butterfly	0	0	10:00 AM
Prelims	37	Girls 11-12 100 Breaststroke	0	0	10:00 AM
Prelims	38	Boys 11-12 100 Breaststroke	0	0	10:00 AM
Prelims	39	Girls 13-14 100 Breaststroke	0	0	10:00 AM
Prelims	40	Boys 13-14 100 Breaststroke	0	0	10:00 AM
Prelims	41	Girls 11-12 50 Backstroke	0	0	10:00 AM
Prelims	42	Boys 11-12 50 Backstroke	0	0	10:00 AM
Prelims	43	Girls 13-14 200 Backstroke	0	0	10:00 AM
Prelims	44	Boys 13-14 200 Backstroke	0	0	10:00 AM
Prelims	45	Girls 11-12 100 Freestyle	0	0	10:00 AM
Prelims	46	Boys 11-12 100 Freestyle	0	0	10:00 AM
Prelims	47	Girls 13-14 100 Freestyle	0	0	10:00 AM
Prelims	48	Boys 13-14 100 Freestyle	0	0	10:00 AM
		Finish Time			10:00 AM

Session: 5 Sunday Distance

Day of Meet: 3 Starts at 02:30 PM Heat Interval: 10 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Finals	49	Girls 11-12 800 Freestyle	0	0	02:30 PM	
Finals	50	Boys 11-12 800 Freestyle	0	0	02:30 PM	
Finals	51	Girls 13-14 800 Freestyle	0	0	02:30 PM	
Finals	52	Boys 13-14 800 Freestyle	0	0	02:30 PM	
		Finish Time			02:30 PM	

Session: 6 Sunday Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at
Finals	29	Girls 11-12 200 IM	0	2u	05:30 PM
Finals	30	Boys 11-12 200 IM	0	2u	05:40 PM
Finals	31	Girls 13-14 200 IM	0	2u	05:49 PM
Finals	32	Boys 13-14 200 IM	0	2u	05:58 PM
Finals	33	Girls 11-12 50 Butterfly	0	2u	06:06 PM
Finals	34	Boys 11-12 50 Butterfly	0	2u	06:10 PM
Finals	35	Girls 13-14 200 Butterfly	0	2u	06:14 PM
Finals	36	Boys 13-14 200 Butterfly	0	2u	06:22 PM
Finals	37	Girls 11-12 100 Breaststroke	0	2u	06:31 PM
Finals	38	Boys 11-12 100 Breaststroke	0	2u	06:36 PM
Finals	39	Girls 13-14 100 Breaststroke	0	2u	06:42 PM
Finals	40	Boys 13-14 100 Breaststroke	0	2u	06:47 PM
Finals	41	Girls 11-12 50 Backstroke	0	2u	06:53 PM
Finals	42	Boys 11-12 50 Backstroke	0	2u	06:57 PM
Finals	43	Girls 13-14 200 Backstroke	0	2u	07:01 PM
Finals	44	Boys 13-14 200 Backstroke	0	2u	07:10 PM
Finals	45	Girls 11-12 100 Freestyle	0	2u	07:19 PM
Finals	46	Boys 11-12 100 Freestyle	0	2u	07:25 PM
Finals	47	Girls 13-14 100 Freestyle	0	2u	07:30 PM
Finals	48	Boys 13-14 100 Freestyle	0	2u	07:35 PM
		Entry / Heat Totals:	0	40	
		Finish Time			07:40 PM