

**May Invite**  
**Hosted by the Regional YMCA of Western CT**  
**May, 13-15, 2016**

10 Huckleberry Hill Rd, Brookfield, CT 06804.

<https://goo.gl/maps/enzLp>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L16-4. 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**

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
Meet Director:	Gordon Brown	<a href="mailto:gbrown@regionalymca.org">gbrown@regionalymca.org</a>	203-775-4444 ext 129
Meet Referee:	Phillip James	<a href="mailto:Phillip.m.james@gmail.com">Phillip.m.james@gmail.com</a>	
Entry Chair:	Gordon Brown	<a href="mailto:gbrown@regionalymca.org">gbrown@regionalymca.org</a>	203-775-4444 ext 129
Safety Chair:	Laurie Houseknecht	<a href="mailto:lhouseknecht@regionalymca.org">lhouseknecht@regionalymca.org</a>	203-775-4444 ext 133
Officials Contact:	Phillip James	<a href="mailto:Phillip.m.james@gmail.com">Phillip.m.james@gmail.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 Laurie Houseknecht at [lhouseknecht@regionalymca.org](mailto:lhouseknecht@regionalymca.org) in advance to make arrangements.

**COURSE:** LCM.

**SESSION TIMES: Subject to Change**

Session 1: Friday	Warm-up 3:30pm	Start 4:45pm
Session 2 & 4: Saturday/Sunday	Warm-up 8:30am	Start 10:00am
Session 3 & 5: Saturday/ Sunday	Warm-up 2:00pm	Start 3:30pm

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Warm-ups on Friday will be assigned as two 30-minute team sessions with a 15-minute specific session or three 20-minute team sessions with a 15-minute specific session. Warm-up sessions on Saturday and Sunday will be assigned as three 25-minute team sessions with a 15-minute specific session or four 20-minute team sessions with a 10-minute specific session depending on the number of athletes. 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 prior to competition. Adapted athletes may direct questions to [Mark Kinne](#), Adapted Athlete Committee Chair.

**EVENT INFORMATION:** No deck entries will be allowed. Swimmers need to provide their own timers for the 400 freestyle. The 400IM and the 400 Free will be swum fastest to slowest and will alternate girls and boys.

**ENTRY LIMITATIONS:** Swimmers are limited to three events per day and eight total events over the course of the meet. Swimmers must be at least 11 years old to participate in senior/open events.

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

**DEADLINES:** Deadline is April 29, 2016. 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.

**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 at [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: \$8.00 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 05/06/16.

**CUT PROTOCOL:** If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. Athletes aged 7 and Under will be cut from the meet.
2. The distance events (400 meters or yards or greater) may be heat limited to the top 6 heats of entries per gender.
3. The maximum number of events allowed per day may be reduced by one (1).
4. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

**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:** 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 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 not be scored.

**AWARDS:** Yes, Ribbons will be awarded to the top 6 finishers in each 12 and under individual event. 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 Club. 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. <https://goo.gl/maps/enzLp>

**2016 Mako May Invite - 5/13/2016 to 5/15/2016****Session Report**

Session: 1 Friday Evening

Day of Meet: 1 Starts at 04:45 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	1 Girls 400 IM	0	0	04:45 PM _____
Finals	2 Boys 400 IM	0	0	04:45 PM _____
Finals	3 Girls 12 & Under 200 Backstroke	0	0	04:45 PM _____
Finals	4 Boys 12 & Under 200 Backstroke	0	0	04:45 PM _____
Finals	5 Girls 12 & Under 200 Breaststroke	0	0	04:45 PM _____
Finals	6 Boys 12 & Under 200 Breaststroke	0	0	04:45 PM _____
Finals	7 Girls 12 & Under 200 Butterfly	0	0	04:45 PM _____
Finals	8 Boys 12 & Under 200 Butterfly	0	0	04:45 PM _____
Finals	9 Girls 400 Freestyle	0	0	04:45 PM _____
Finals	10 Boys 400 Freestyle	0	0	04:45 PM _____
	Finish Time			04:45 PM _____

Session: 2 Saturday Morning - 12/ Under

Day of Meet: 2 Starts at 10:00 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	11 Girls 12 & Under 100 Butterfly	0	0	10:00 AM _____
Finals	12 Boys 12 & Under 100 Butterfly	0	0	10:00 AM _____
Finals	13 Girls 12 & Under 50 Freestyle	0	0	10:00 AM _____
Finals	14 Boys 12 & Under 50 Freestyle	0	0	10:00 AM _____
Finals	15 Girls 12 & Under 100 Breaststroke	0	0	10:00 AM _____
Finals	16 Boys 12 & Under 100 Breaststroke	0	0	10:00 AM _____
Finals	17 Girls 12 & Under 50 Backstroke	0	0	10:00 AM _____
Finals	18 Boys 12 & Under 50 Backstroke	0	0	10:00 AM _____
Finals	19 Girls 12 & Under 200 Freestyle	0	0	10:00 AM _____
Finals	20 Boys 12 & Under 200 Freestyle	0	0	10:00 AM _____
	Finish Time			10:00 AM _____

Session: 3 Saturday Afternoon - 13/ Overs

Day of Meet: 2 Starts at 03:30 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 13 & Over 200 Breaststroke	0	0	03:30 PM _____
Finals	22 Boys 13 & Over 200 Breaststroke	0	0	03:30 PM _____
Finals	23 Girls 13 & Over 50 Freestyle	0	0	03:30 PM _____
Finals	24 Boys 13 & Over 50 Freestyle	0	0	03:30 PM _____
Finals	25 Girls 13 & Over 200 Butterfly	0	0	03:30 PM _____
Finals	26 Boys 13 & Over 200 Butterfly	0	0	03:30 PM _____
Finals	27 Girls 13 & Over 100 Backstroke	0	0	03:30 PM _____
Finals	28 Boys 13 & Over 100 Backstroke	0	0	03:30 PM _____
Finals	29 Girls 13 & Over 200 Freestyle	0	0	03:30 PM _____
Finals	30 Boys 13 & Over 200 Freestyle	0	0	03:30 PM _____
	Finish Time			03:30 PM _____

**2016 Mako May Invite - 5/13/2016 to 5/15/2016****Session Report**

Session: 4 Sunday Morning - 12/ Under

Day of Meet: 3 Starts at 10:00 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 12 & Under 200 IM	0	0	10:00 AM _____
Finals	32 Boys 12 & Under 200 IM	0	0	10:00 AM _____
Finals	33 Girls 12 & Under 50 Butterfly	0	0	10:00 AM _____
Finals	34 Boys 12 & Under 50 Butterfly	0	0	10:00 AM _____
Finals	35 Girls 12 & Under 100 Backstroke	0	0	10:00 AM _____
Finals	36 Boys 12 & Under 100 Backstroke	0	0	10:00 AM _____
Finals	37 Girls 12 & Under 50 Breaststroke	0	0	10:00 AM _____
Finals	38 Boys 12 & Under 50 Breaststroke	0	0	10:00 AM _____
Finals	39 Girls 12 & Under 100 Freestyle	0	0	10:00 AM _____
Finals	40 Boys 12 & Under 100 Freestyle	0	0	10:00 AM _____
	Finish Time			10:00 AM _____

Session: 5 Sunday Afternoon - 13/ Over

Day of Meet: 3 Starts at 03:30 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	41 Girls 13 & Over 100 Breaststroke	0	0	03:30 PM _____
Finals	42 Boys 13 & Over 100 Breaststroke	0	0	03:30 PM _____
Finals	43 Girls 13 & Over 200 Backstroke	0	0	03:30 PM _____
Finals	44 Boys 13 & Over 200 Backstroke	0	0	03:30 PM _____
Finals	45 Girls 13 & Over 100 Butterfly	0	0	03:30 PM _____
Finals	46 Boys 13 & Over 100 Butterfly	0	0	03:30 PM _____
Finals	47 Girls 13 & Over 200 IM	0	0	03:30 PM _____
Finals	48 Boys 13 & Over 200 IM	0	0	03:30 PM _____
Finals	49 Girls 13 & Over 100 Freestyle	0	0	03:30 PM _____
Finals	50 Boys 13 & Over 100 Freestyle	0	0	03:30 PM _____
	Finish Time			03:30 PM _____