

YMCA Connecticut Cup
Hosted by the Regional YMCA of Western Connecticut
June 25-26th, 2016

10 Huckleberry Hill Rd, Brookfield, CT 06804.

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

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #LA16-1. 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
Meet Director:	Gordon Brown	gbrown@regionalymca.org	203-775-4444 ext 129
Meet Referee:	Phillip James	phillip.m.james@gmail.com	
Entry Chair:	Gordon Brown	gbrown@regionalymca.org	203-775-4444 Ext 129
Safety Chair:	Laurie Houseknecht	houseknecht@regionalymca.org	203-775-4444 ext 133
Officials Contact:	Phillip James	phillip.m.james@gmail.com	

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

POOL EMERGENCY NUMBER: 203-775-1113

MEET TYPE: USA Swimming Approved, YMCA of USA Sanctioned

Please Note: This Connecticut Swimming approved meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championships). This meet does not count toward the eligibility requirement of Connecticut Swimming Scholar Athlete, Athlete Travel Assistance, or other CSI recognition programs with meet eligibility requirements. This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CT Zone Team selection. Times attained at this meet cannot be used for Short Course Zone Team qualification or selection.

MEET CLASSIFICATION: This is a closed, inter-association YMCA meet as defined by the YMCA of USA. Swimmers must be full members of the YMCA they are representing.

2016 USA Swimming Technical Rules will govern this meet. 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. Meet management reserves the right to limit heats, adjust warm-up and/or start times or make other changes to ensure a quality meet. Changes will be communicated as far in advance as possible.

MEET FORMAT: The meet will be swum as timed-finals. The age limit is 18 years of age – no lower age limits; swimmers will be separated by seed times and gender based on traditional age groups. Results will be reported for 8 & Under, 9/10, 11/12, 13/14 and 15-18 age groups. Swimmers age will be determined by the first day of the meet (3/18/16).

SCRATCH PROCEDURES: 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@regionalmca.org in advance to make arrangements.

COURSE: LCM.

SESSION TIMES: Subject to Change

Saturday

Session 1: 10&Under	Warm-up: 8:30am	Start: 10:00am
Session 2: 11-12	Warm-up: 12:30pm	Start: 2:00pm

Sunday

Session 3: 13&Over	Warm-up: 8:30am	Start: 10:00am
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WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 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 meet the standards regarding Swimmer Eligibility as stated in the YMCA of the USA Competitive Swimming Black Book. All teams must be currently registered through the YMCA Online Team Registration system in order to participate in the meet

Only YMCA Registered coaches with current certifications in the following safety courses will be permitted on deck at a YMCA Sanctioned Meet:

- **First Aid**
- **CPR**
- **Safety Training for Swim Coaches OR Lifeguarding**
- **Principles of YMCA Swimming and Diving**

Coaches may show their current YMCA coach credential, current USA Swimming coach credential or the individual current certification cards

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.

ENTRY LIMITATIONS: Swimmers may participate in 3 individual and 2 relay events. Teams are allowed to enter up to 3 relays per event.

ENTRY TIMES: Submit entry times in: LCM. **No Times (NT) will not be accepted.**

DEADLINES: Entry deadline is June 15th, 2016. Mail hardcopy and payment to the entry chairperson: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804. All non-electronic entries must be typed or printed legibly, and must use full names and include each athlete's correct date of birth. Entries will be accepted on a first-come, first-serve basis, space permitting. Formal team entry date is determined by date of email receipt as long as the entry fee and hard copy are post marked within five business days. Be aware the meet may close prior to the entry deadline. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than June 20th, 2016. The meet director reserves the right to deny any or all changes to the entry after it is received. Any entry received after the entry deadline will be returned, unless the meet is undersubscribed.

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@regionalymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Entries will be accepted on a first-come, first-serve basis, space permitting. Please send original entry sheets, sorted by swimmer, along with payment to the meet director, Gordon Brown, at 2 Huckleberry Hill Rd, Brookfield CT 06804. **A statement, signed by each competing YMCA's executive director, verifying that all athletes have met the membership requirements and that all coaches have met the coach certification requirements must be submitted with payment and post marked within five business days of the email receipt of the electronic entry.** Official acceptance may be waived if the payment is not submitted within this time period. In case of dispute, the original entry file will be considered the only official document of entry.

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, \$15.00 for relays. Manual entries: \$10.00 for individual events, \$20.00 for relays. No refunds will be given for entries that are accepted, for entries that are rejected due to improper entry, or for events that may be canceled due to conditions outside of the control of the Regional YMCA. Relay only swimmers: \$2.00.

PAYMENT INSTRUCTIONS: Please make checks payable to The Regional YMCA of Western Connecticut and mail to: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment must be received by 06/20/16.

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. Team's relays will be limited to one (1) entry per event.
2. 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: 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: Teams may enter a maximum of three relays per relay event. All relay swimmers must be officially entered in the meet and be full members of their YMCA.

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. No electronic audio or visual recording devices, including cell phones, are 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.

WORK ASSIGNMENTS: All teams will be required to supply timers in proportion to the size of their entry. Teams providing a list of officials by June 17th, 2016 will be credited in their timing assignments. Watches to be provided by meet host. Participating clubs will be notified of work assignments by the Monday before the meet.

OFFICIALS: YMCA Sanctioned Championship Meets must be run under USA Swimming Technical Rules. It is recommended that they also follow the USA-S Administrative Regulations of Competition in Part Two of the Rulebook, modified to adapt to local conditions.

officiated by YMCA certified officials. USA-S certified officials may assist in the officiating and should be encouraged to do so. However, the Meet Referee must be YMCA certified and two additional YMCA certified officials must be on deck at all times, one of whom must be the deck referee. A copy of the Meet Referee's YMCA Certified Official's card must be submitted with the sanction request.

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

AWARDS & SCORING:

- Awards will be awarded for 1-3 place in individual and relay events
- Events will be scored to 8 places. Individual Events: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2
- A Team Champion award will be awarded to the combined team that earns the most points across all ages.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

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>

CT YMCA Long Course Championships 16 - 6/25/2016 to 6/26/2016
Session Report

Session: 1 10 & Under

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 9-10 200 Medley Relay	0	0	10:00 AM _____
Finals	2 Boys 9-10 200 Medley Relay	0	0	10:00 AM _____
	Break: 5 Minutes			
Finals	3 Girls 9-10 100 Backstroke	0	0	10:05 AM _____
Finals	4 Boys 9-10 100 Backstroke	0	0	10:05 AM _____
Finals	5 Girls 8 & Under 50 Breaststroke	0	0	10:05 AM _____
Finals	6 Boys 8 & Under 50 Breaststroke	0	0	10:05 AM _____
Finals	7 Girls 9-10 50 Breaststroke	0	0	10:05 AM _____
Finals	8 Boys 9-10 50 Breaststroke	0	0	10:05 AM _____
Finals	9 Girls 9-10 100 Butterfly	0	0	10:05 AM _____
Finals	10 Boys 9-10 100 Butterfly	0	0	10:05 AM _____
Finals	11 Girls 8 & Under 50 Freestyle	0	0	10:05 AM _____
Finals	12 Boys 8 & Under 50 Freestyle	0	0	10:05 AM _____
Finals	13 Girls 9-10 50 Freestyle	0	0	10:05 AM _____
Finals	14 Boys 9-10 50 Freestyle	0	0	10:05 AM _____
Finals	15 Girls 9-10 200 IM	0	0	10:05 AM _____
Finals	16 Boys 9-10 200 IM	0	0	10:05 AM _____
Finals	17 Girls 8 & Under 50 Backstroke	0	0	10:05 AM _____
Finals	18 Boys 8 & Under 50 Backstroke	0	0	10:05 AM _____
Finals	19 Girls 9-10 50 Backstroke	0	0	10:05 AM _____
Finals	20 Boys 9-10 50 Backstroke	0	0	10:05 AM _____
Finals	21 Girls 9-10 100 Breaststroke	0	0	10:05 AM _____
Finals	22 Boys 9-10 100 Breaststroke	0	0	10:05 AM _____
Finals	23 Girls 8 & Under 50 Butterfly	0	0	10:05 AM _____
Finals	24 Boys 8 & Under 50 Butterfly	0	0	10:05 AM _____
Finals	25 Girls 9-10 50 Butterfly	0	0	10:05 AM _____
Finals	26 Boys 9-10 50 Butterfly	0	0	10:05 AM _____
Finals	27 Girls 9-10 100 Freestyle	0	0	10:05 AM _____
Finals	28 Boys 9-10 100 Freestyle	0	0	10:05 AM _____
Finals	29 Girls 9-10 200 Freestyle Relay	0	0	10:05 AM _____
Finals	30 Boys 9-10 200 Freestyle Relay	0	0	10:05 AM _____
	Finish Time			10:05 AM _____

CT YMCA Long Course Championships 16 - 6/25/2016 to 6/26/2016**Session Report**

Session: 2 11-12

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

Round	Event	Entries	Heats	Starts at
Finals	31 Girls 11-12 400 Medley Relay	0	0	02:00 PM _____
Finals	32 Boys 11-12 400 Medley Relay	0	0	02:00 PM _____
	Break: 5 Minutes			
Finals	33 Girls 11-12 100 Backstroke	0	0	02:05 PM _____
Finals	34 Boys 11-12 100 Backstroke	0	0	02:05 PM _____
Finals	35 Girls 11-12 50 Breaststroke	0	0	02:05 PM _____
Finals	36 Boys 11-12 50 Breaststroke	0	0	02:05 PM _____
Finals	37 Girls 11-12 100 Butterfly	0	0	02:05 PM _____
Finals	38 Boys 11-12 100 Butterfly	0	0	02:05 PM _____
Finals	39 Girls 11-12 50 Freestyle	0	0	02:05 PM _____
Finals	40 Boys 11-12 50 Freestyle	0	0	02:05 PM _____
Finals	41 Girls 11-12 200 IM	0	0	02:05 PM _____
Finals	42 Boys 11-12 200 IM	0	0	02:05 PM _____
Finals	43 Girls 11-12 50 Backstroke	0	0	02:05 PM _____
Finals	44 Boys 11-12 50 Backstroke	0	0	02:05 PM _____
Finals	45 Girls 11-12 100 Breaststroke	0	0	02:05 PM _____
Finals	46 Boys 11-12 100 Breaststroke	0	0	02:05 PM _____
Finals	47 Girls 11-12 50 Butterfly	0	0	02:05 PM _____
Finals	48 Boys 11-12 50 Butterfly	0	0	02:05 PM _____
Finals	49 Girls 11-12 100 Freestyle	0	0	02:05 PM _____
Finals	50 Boys 11-12 100 Freestyle	0	0	02:05 PM _____
	Break: 5 Minutes			
Finals	51 Girls 11-12 400 Freestyle Relay	0	0	02:10 PM _____
Finals	52 Boys 11-12 400 Freestyle Relay	0	0	02:10 PM _____
	Finish Time			02:10 PM _____

CT YMCA Long Course Championships 16 - 6/25/2016 to 6/26/2016**Session Report**

Session: 3 13&Over

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

Round	Event	Entries	Heats	Starts at	
Finals	53 Girls 13-14 400 Medley Relay	0	0	10:00 AM	_____
Finals	54 Boys 13-14 400 Medley Relay	0	0	10:00 AM	_____
Finals	55 Girls 15 & Over 400 Medley Relay	0	0	10:00 AM	_____
Finals	56 Boys 15 & Over 400 Medley Relay	0	0	10:00 AM	_____
	Break: 5 Minutes				
Finals	57 Girls 13-14 100 Freestyle	0	0	10:05 AM	_____
Finals	58 Boys 13-14 100 Freestyle	0	0	10:05 AM	_____
Finals	59 Girls 15 & Over 100 Freestyle	0	0	10:05 AM	_____
Finals	60 Boys 15 & Over 100 Freestyle	0	0	10:05 AM	_____
Finals	61 Girls 13-14 200 Backstroke	0	0	10:05 AM	_____
Finals	62 Boys 13-14 200 Backstroke	0	0	10:05 AM	_____
Finals	63 Girls 15 & Over 200 Backstroke	0	0	10:05 AM	_____
Finals	64 Boys 15 & Over 200 Backstroke	0	0	10:05 AM	_____
Finals	65 Girls 13-14 100 Breaststroke	0	0	10:05 AM	_____
Finals	66 Boys 13-14 100 Breaststroke	0	0	10:05 AM	_____
Finals	67 Girls 15 & Over 100 Breaststroke	0	0	10:05 AM	_____
Finals	68 Boys 15 & Over 100 Breaststroke	0	0	10:05 AM	_____
Finals	69 Girls 13-14 200 Butterfly	0	0	10:05 AM	_____
Finals	70 Boys 13-14 200 Butterfly	0	0	10:05 AM	_____
Finals	71 Girls 15 & Over 200 Butterfly	0	0	10:05 AM	_____
Finals	72 Boys 15 & Over 200 Butterfly	0	0	10:05 AM	_____
Finals	73 Girls 13-14 50 Freestyle	0	0	10:05 AM	_____
Finals	74 Boys 13-14 50 Freestyle	0	0	10:05 AM	_____
Finals	75 Girls 15 & Over 50 Freestyle	0	0	10:05 AM	_____
Finals	76 Boys 15 & Over 50 Freestyle	0	0	10:05 AM	_____
Finals	77 Girls 13-14 200 IM	0	0	10:05 AM	_____
Finals	78 Boys 13-14 200 IM	0	0	10:05 AM	_____
Finals	79 Girls 15 & Over 200 IM	0	0	10:05 AM	_____
Finals	80 Boys 15 & Over 200 IM	0	0	10:05 AM	_____
Finals	81 Girls 13-14 100 Backstroke	0	0	10:05 AM	_____
Finals	82 Boys 13-14 100 Backstroke	0	0	10:05 AM	_____
Finals	83 Girls 15 & Over 100 Backstroke	0	0	10:05 AM	_____
Finals	84 Boys 15 & Over 100 Backstroke	0	0	10:05 AM	_____
Finals	85 Girls 13-14 200 Breaststroke	0	0	10:05 AM	_____
Finals	86 Boys 13-14 200 Breaststroke	0	0	10:05 AM	_____
Finals	87 Girls 15 & Over 200 Breaststroke	0	0	10:05 AM	_____
Finals	88 Boys 15 & Over 200 Breaststroke	0	0	10:05 AM	_____
Finals	89 Girls 13-14 100 Butterfly	0	0	10:05 AM	_____
Finals	90 Boys 13-14 100 Butterfly	0	0	10:05 AM	_____
Finals	91 Girls 15 & Over 100 Butterfly	0	0	10:05 AM	_____
Finals	92 Boys 15 & Over 100 Butterfly	0	0	10:05 AM	_____
Finals	93 Girls 13-14 200 Freestyle	0	0	10:05 AM	_____
Finals	94 Boys 13-14 200 Freestyle	0	0	10:05 AM	_____
Finals	95 Girls 15 & Over 200 Freestyle	0	0	10:05 AM	_____
Finals	96 Boys 15 & Over 200 Freestyle	0	0	10:05 AM	_____

CT YMCA Long Course Championships 16 - 6/25/2016 to 6/26/2016**Session Report**

Session: 3 13&Over

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

Round	Event	Entries	Heats	Starts at
Finals	97 Girls 13-14 400 Freestyle Relay	0	0	10:05 AM _____
Finals	98 Boys 13-14 400 Freestyle Relay	0	0	10:05 AM _____
Finals	99 Girls 15 & Over 400 Freestyle Relay	0	0	10:05 AM _____
Finals	100 Boys 15 & Over 400 Freestyle Relay	0	0	10:05 AM _____
	Finish Time			10:05 AM _____