

2021 Return to Competition

The 2021 Greater Hartford YMCA Short Course Finale

April 09th – 11th, 2021

HOSTED BY FARMINGTON VALLEY YMCA

97 Salmon Brook Street, Granby, CT 06053

<https://goo.gl/maps/bBMPPhEj9Wf5FaPiPA>

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit ctswim.org or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #RTC21-40A. 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.

COVID-19 Statement

In applying for this sanction, the Host, FARMINGTON VALLEY YMCA TSUNAMIS, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, Farmington Valley Health District. <http://www.fvhd.org/>

COVID-19 Assumption of Risk Disclaimer

We, FARMINGTON VALLEY YMCA, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at The 2021 Greater Hartford YMCA Short Course Finale or on site at FARMINGTON VALLEY YMCA. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at The 2021 Greater Hartford YMCA Short Course Finale and being on site at FARMINGTON VALLEY YMCA, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING

AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

WAIVER: As members of their respective YMCA branch, all participants entered in this swim meet have signed a waiver for the Greater Hartford YMCA, which is on file at the respective branch. No waivers will need to be collected at the time of the meet.

EVENTS

	Name	Email	Phone
Meet Director:	Mike Beauchene	michael.beauchene@sbcglobal.net	860-485-2474
Meet Referee:	Walt Carroll	wandjcarroll@comcast.net	
Lead Admin Official:	Kaeley Steinnagel	kaeley9@comcast.net	860-614-2008
Entry Chair:	Mario Sobrinho	Mario.francisco@ghymca.org	860-707-5569
Safety Chair:	Mario Sobrinho	Mario.francisco@ghymca.org	860-707-5569
Officials Contact:	Mike Beauchene	michael.beauchene@sbcglobal.net	860-485-2474

MEET HOST: FVYT

WEBSITE: WWW.TEAMUNIFY.COM/YMCA-0964

POOL EMERGENCY NUMBER: [860-653-5524](tel:860-653-5524)

RETURN TO COMPETITION **APPROVED**

MEET TYPE: Closed

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming.

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

SCRATCH PROCEDURES: No scratches will be taken. The meet will be pre-seeded.

NO DECK ENTRIES WILL BE ALLOWED

BEFORE ENTERING FACILITY or WHAT TO BRING: Swimmers should arrive in their swim suits and must wear a mask at all times when not swimming. Swimmers should be dropped at the front entrance to the YMCA where their temperature will be verified and will answer screening questions. Once inside the YMCA, they will proceed to their designated staging area and where they will be assigned a seat for the duration of the meet.

FACILITY RULES:

Social Distancing will be enforced. No spectators allowed on deck. Swimmers will wear masks up until the start of their heat and will put the mask back on at the conclusion of their heat.

Planned number of individuals on deck at one time: 30

Planned Number of swimmers per session: 60 – 80

Planned Number of Coaches per session: 6
Planned Number of Officials per session: 6
Planned Number of meet Personnel per session: 12

ALL SWIMMERS AND COACHES ARE MEMBER OF THE GREATER HARTFORD YMCA AND MUST FOLLOW ALL TO OTHER GH YMCA RETURN TO SWIM GUIDELESS SET FOR ALL OUR FACILITIES.

FACILITY: Farmington Valley YMCA competition pool is 8 lanes 25-yard pool. Water depth at start end is 6.3ft, water depth at turn end is 4ft. The competition course has not been certified in accordance with 104.2.2C(4).

TIMING SYSTEM: Colorado Timing System, in compliance with USA Swimming Rulebook

LOCKER ROOMS: Showers and locker rooms are limited to use of the restrooms only. Swimmers should arrive in their swimsuits and must wear a mask at all times when not swimming. Changing into or out of swimsuits is prohibited. Swimmers must shower at home before there swim session with soap and water.

SAFE SPORT POLICIES: There will be no spectators on deck. The meet will be live streamed via Zoom. A secure password protected link will be sent to families of participating swimmers before the meet.

DISABLED ACCESS: Handicap parking is available near the front entrance of the YMCA. All areas of the YMCA are handicap accessible.

COURSE: SCY

SESSION TIMES: Subject to Change

Friday April, 9 – Senior Open- Distance events – Warm Up 4:45 pm Meet Start 5:50 pm
Saturday April, 10 – 12&U Session – Warm Up 12:00 pm Meet Start 1:30 pm
Saturday April, 10 – 13&O Session – Warm Up – 3:00 pm Meet Start 4:20 pm
Sunday April, 13 – 12&U Session – Warm Up 12:00 pm Meet Start 1:30 pm
Sunday April, 13 – 13&O Session – Warm Up – 3:00 pm Meet Start 4:20 pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect; swimmers will be assigned warm up lanes and there will be no more the 6 swimmers per lane. Swimmers will stage as follows: One at each end of the pool, one at the shallow and deep end flags, one on each 15 mts mark of the pool, and one swimmer in the middle of the pool. All swimmers will be spaced 6 yards apart. **Swimmers will warm up only in their practice cohorts, as required by the State of Connecticut.**

ELIGIBILITY: Members of Greater Hartford YMCA.

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

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 the [Connecticut Swimming office](#).

ENTRY LIMITATIONS: Max of 8 individual events for the swim meet, 3 event per session except for the distance session that will be limited to 2 events. Max of 4 relays per swimmer.

ENTRY TIMES: Submit entry times in SCY

DISTANCE EVENTS: The 1000 Freestyle, 1650 Freestyle, and 400 IM will be limited to 3 total heats and run mixed gender. The top 24 fastest entry times will be seeded slowest to fastest (1000 and 1650) and fastest to slowest (400 IM).

DEADLINES: Entry deadline is April 7, 2021. Mail hardcopy and payment to the entry chairperson: Mario Francisco Sobrinho, Farmington Valley Family YMCA, 97 Salmon Brook St, Granby CT, 06035. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries are received on the date by electronic file or hardcopy is received by the entry chairperson.

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 mario.francisco@ghymca.org. Please check that your team name, address, and contact information are listed correctly in this file

MAAPP: All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

ENTRY FEES: Electronic entries: \$6.00 for individual events, \$6.00 for distance event, \$20.00 for relays. Manual entries: \$6.00 for individual events, \$6.00 for distance events, \$20.00 for relays.

PAYMENT INSTRUCTIONS: Please make checks payable to Farmington Valley YMCA. mail to: Mario Francisco, Farmington Valley YMCA, 97 Salmon Brook St, Granby, CT, 06035. Payment must be received by 04/09/2021.

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. The maximum number of events allowed per day may be reduced by one (1).

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: 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. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: Yes. All relay swimmers must be officially entered in the meet.

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.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. 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.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming

- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training

- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

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.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition. Amended USA Swimming rules for

TIME TRIALS: Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The

deadline for Time Trial entries is/are 30 minutes prior to the end of the session. The fee for Time Trial entries are \$10.00 for individual events.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: All meet working assignments will be pre-assigned by meet director

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

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

SCORING: The meet will not be scored.

AWARDS: Ribbons will be awarded to the top 8 finishers in each individual event, and top 4 finishers in each relay event.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Use YMCA parking lot.

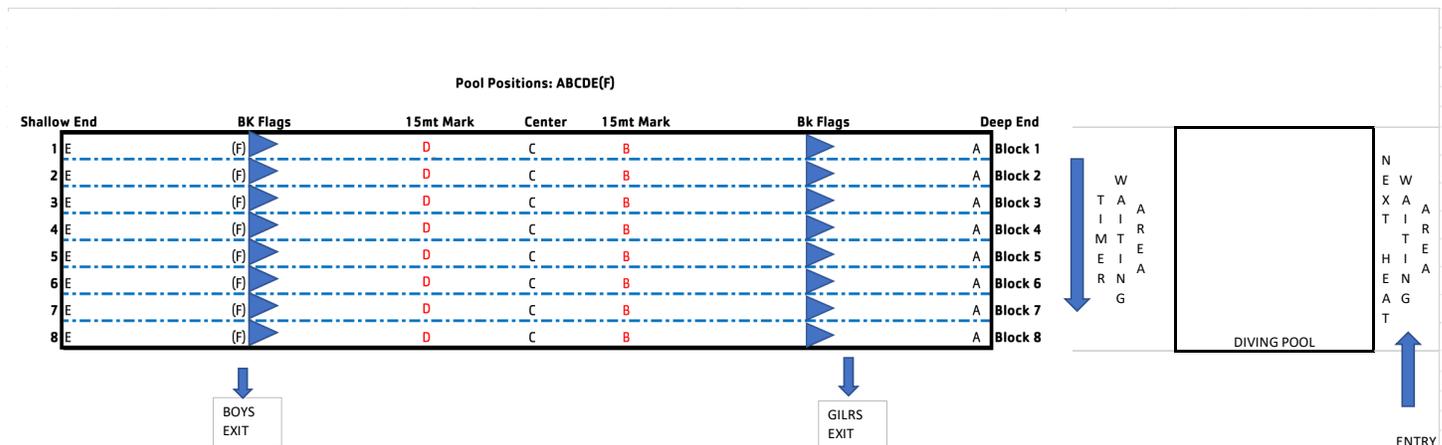
DIRECTIONS: 97 Salmon Brook Street, Granby, CT 06053

<https://goo.gl/maps/bBMPhej9Wf5FaPiP>

ATHLETE, COACHES, VOLUNTER, OFFICIAL AND SPECTATOR INGRESS AND EGRESS:

This Meet will have NO spectators. Parents and spectators will have access to a zoom meeting with a secure password. Swimmers will enter the pool through the right main pool door, walk along the pool deck and proceed to the blocks. After the race swimmers will exit the pool through the boys and girls lock room.

Swimmers will enter the YMCA through the front doors get temperature checked/ screened. A coach will then tell them which staging room they will be in.



Participant Waiver, Release, Indemnification of All Claims & Covenant Not to Sue

NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. Read this document carefully and in entirety. By signing this agreement, you give up your right to bring a court action to recover compensation or obtain any other remedy for any personal injury or property damage however caused arising out of your participation in the YMCA of Greater Hartford (YMCA) Programs, now or at any time in the future.

Acknowledgment of Risk

I hereby acknowledge and agree that participation in any YMCA activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with any YMCA participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with YMCA participation and that said list in no way limits the operation of this Agreement.

Coronavirus / COVID-19 Warning & Disclaimer

Coronavirus, COVID-19 is an **extremely contagious** virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a mean to prevent the spread of the virus. **COVID-19 can lead to severe illness, personal injury, permanent disability, and death.**

Initial

Participating in YMCA programs or accessing YMCA facilities could increase the risk of contracting COVID-19. The YMCA in no way warrants that COVID-19 infection will not occur through participation in YMCA programs or accessing YMCA facilities.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of my participation in YMCA programs, I,

_____, the undersigned participant, agree to release and on behalf of myself, my heirs, representatives, executors, administrators, and assigns, HEREBY DO RELEASE the YMCA of Greater Hartford, its officers, directors, employees, volunteers, agents, representatives and insurers ("Releasees") from any causes of action, claims, or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I, my heirs, representatives, executors, administrators and assigns may have, now or in the future, against YMCA of Greater Hartford on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to the use of YMCA of Greater Hartford facilities/equipment or participation in YMCA of Greater Hartford programs whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

Initial

In consideration of my participation in any YMCA program, I, the undersigned participant, agree to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, or costs of any nature whatsoever arising out of or in any way related to my participation.

I hereby certify that I have full knowledge of the nature and extent of the risks inherent in participation and that I am voluntarily assuming said risks. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, or death, I sustain while participating and that by signing this agreement I HEREBY RELEASE Releasees from all liability for such loss, damage, or death.

I further certify that I am in good health and that I have no conditions or impairments which would preclude my safe participation.

I further certify that I am therefore of lawful age and otherwise legally competent to sign this agreement. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after having carefully read it, of my own free will.

IN WITNESS WHEREOF, this instrument is duly executed this day ____ / ____ / ____ .
mm/dd/yyyy

Participant Signature

Participant Name (Print Clearly)

Minor Participant Waiver, Release, Indemnification of All Claims & Covenant Not to Sue

This Minor Waiver incorporates the same language from above for the Acknowledgment of Risk, COVID-19 Warning & Disclaimer, and Waiver, Release, Indemnification & Covenant Not to Sue

I, in my legal capacity as the parent/guardian of the minor(s) named below, do hereby acknowledge and agree that participation in YMCA activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with any YMCA participation. Coronavirus, COVID-19 is an **extremely contagious** virus that spreads easily through person-to-person contact. The YMCA in no way warrants that COVID-19 infection will not occur through participation in YMCA programs or accessing YMCA facilities.

In consideration of the minor(s) named below participation in YMCA programs, I,

_____, agree to release and on behalf of myself and the minor named above, my heirs, representatives, executors, administrators, and assigns, HEREBY DO RELEASE YMCA's employees, volunteers, agents, representatives and insurers ("Releasees") from any causes of action, claims, or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I, the named minor, my heirs, representatives, executors, administrators and assigns may have, now or in the future, against YMCA on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to the use of YMCA facilities/equipment or participation in YMCA Hartford programs

Printed Name

Date of Birth

THE 2021 GREATER HARTFORD YMCA SHORT COURSE FINALE - 4/9/2021 to 4/11/2021**Session Report**

Session: 1 Friday Long Distance Events

Day of Meet: 1 Starts at 05:50 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round		Event
Finals	1	Mixed 1000 Freestyle
Finals	2	Mixed 12 & Under 200 Backstroke
Finals	3	Mixed 12 & Under 200 Breaststroke
Finals	4	Mixed 12 & Under 200 Butterfly
Finals	5	Mixed 400 IM

Session: 2 Saturday 12 & Under Session

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round		Event
Finals	101	Girls 12 & Under 200 Medley Relay
Finals	102	Boys 12 & Under 200 Medley Relay
Finals	103	Mixed 12 & Under 200 Freestyle
Finals	104	Mixed 12 & Under 50 Breaststroke
Finals	105	Mixed 12 & Under 100 Backstroke
Finals	106	Mixed 12 & Under 50 Freestyle
Finals	107	Mixed 12 & Under 100 Butterfly
Finals	108	Mixed 12 & Under 100 IM
Finals	109	Girls 12 & Under 400 Freestyle Relay
Finals	110	Boys 12 & Under 400 Freestyle Relay

Session: 3 Saturday - Open

Day of Meet: 2 Starts at 04:20 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round		Event
Finals	201	Girls 13 & Over 200 Medley Relay
Finals	202	Boys 13 & Over 200 Medley Relay
Finals	203	Mixed 13 & Over 200 Freestyle
Finals	204	Mixed 13 & Over 100 Backstroke
Finals	205	Mixed 13 & Over 50 Freestyle
Finals	206	Mixed 13 & Over 200 Breaststroke
Finals	207	Mixed 13 & Over 100 Butterfly
Finals	208	Girls 13 & Over 400 Freestyle Relay
Finals	209	Boys 13 & Over 400 Freestyle Relay
Finals	210	Mixed 12 & Over 1650 Freestyle

Session: 4 Sunday 12 & Under Session

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round		Event
Finals	301	Girls 12 & Under 200 Freestyle Relay
Finals	302	Boys 12 & Under 200 Freestyle Relay
Finals	303	Mixed 12 & Under 500 Freestyle
Finals	304	Mixed 12 & Under 100 Breaststroke
Finals	305	Mixed 12 & Under 50 Backstroke
Finals	306	Mixed 12 & Under 100 Freestyle
Finals	307	Mixed 12 & Under 50 Butterfly
Finals	308	Mixed 12 & Under 200 IM
Finals	309	Girls 12 & Under 400 Medley Relay
Finals	310	Boys 12 & Under 400 Medley Relay

Session: 5 Sunday Open Session

Day of Meet: 3 Starts at 04:20 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round		Event
Finals	401	Girls 13 & Over 200 Freestyle Relay
Finals	402	Boys 13 & Over 200 Freestyle Relay
Finals	403	Mixed 13 & Over 500 Freestyle
Finals	404	Mixed 13 & Over 100 Breaststroke
Finals	405	Mixed 13 & Over 200 Backstroke
Finals	406	Mixed 13 & Over 100 Freestyle
Finals	407	Mixed 13 & Over 200 Butterfly
Finals	408	Mixed 13 & Over 200 IM
Finals	409	Girls 13 & Over 400 Medley Relay
Finals	410	Boys 13 & Over 400 Medley Relay