

August 2020 Return to Competition

Dolphins Back at it Time Trial Meet Type: Intrasquad August 29, 2020

Nick Cavataro Pool, 259 East Putnam Avenue, Greenwich, CT 06830

<https://goo.gl/maps/vG2WfdTtdFy1cwZw7>

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. #RTC20-7. 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, Greenwich Dolphins, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, the Town of Greenwich: <https://www.greenwichct.gov/>

COVID-19 Assumption of Risk Disclaimer

We, YWCA of Greenwich Dolphins, 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 Dolphins Back at it Time Trial or on site at the Nick Cavataro Pool at the Greenwich YWCA. 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 Back at it Time Trial and being on site at the Nick Cavataro Pool at the Greenwich YWCA., 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: All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. All participants will be expected to complete a waiver upon entry to the YMCA of Greenwich from either the Mason Street or Putnam Avenue entrances.

EVENTS

Meet Director:	Nick Cavataro	ncavataro@iona.edu	914-633-2323
Meet Referee:	Cristy Anbar	greg@bedellmail.com	914-588-1603
Lead Admin Official:	Rick Lewis	lewisshark@aol.com	203-912-9385
Entry Chair:	Nick Cavataro	ncavataro@iona.edu	914-633-2323
Safety Chair:	David Fine	davidandrew.fine@gmail.com	203-246-8420
Officials Contact:	David Fine	davidandrew.fine@gmail.com	203-246-8420
Meet Director:	Nick Cavataro	ncavataro@iona.edu	914-633-2323

MEET HOST: GYWD.

WEBSITE: www.greenwichdolphins.com

POOL EMERGENCY NUMBER: 203-863-8802

RETURN TO COMPETITION SANCTIONED

MEET TYPE: Closed.

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

MEET FORMAT: The meet will be swum as a 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: All swimmers will be required to be dropped off, remain on deck in designated spaces. Swimmers are encouraged to bring their own deck chairs. Swimmers will approach the blocks from lane 1, and they will leave the started end from the lane 6 side of the pool.

FACILITY RULES: Individuals on deck will be managed to well under 25% of the facility capacity. Spectators will not be allowed on site, but will be able to watch the event through livestreaming; see Safe Sport, below.

Sessions I and II

Coaches 3

Officials 3

Swimmers 30 (estimated)

Timers 10(6timers, 2 back up, 2 Computer table)

Lifeguards 2

Cleaning staff 1

Total: 60 maximum

Session III

Coaches 3

Officials 3

Swimmers 30 (estimated)

Timers 10

Lifeguards 2

Cleaning staff 1 Total: 60 maximum

FACILITY: The Nick Cavataro Pool is a 6 -lane, 25-yard pool. Water depth at start end is: 10. Water depth at turn end is: 4.5. The competition course has not been certified in accordance with 104.2.2C(4).

TIMING SYSTEM: Colorado Timing System, in compliance with USA Swimming rules for competition, section 102.24.2.A.

LOCKER ROOMS: Showers and locker rooms are limited to use of the restrooms only. Changing into or out of swimsuits is prohibited. Swimmers are to arrive in suits. Deck showers are available.

SAFE SPORT POLICIES: The meet will be livestreamed via Facebook Live or Zoom, and a secure, password protected link will be sent to families the week of the meet. Parents that are members of the YWCA will be able to wait for their child in Parking Lot where socially distant standing and meet viewing will be designated.

DISABLED ACCESS: Limited handicap parking is available. Main entrance on Mason Street has a handicap accessible entrance and an elevator for transport to the pool level. Locker rooms and spectator areas are accessible once inside. Anyone needing access should contact the meet director for assistance before the meet.

COURSE: SCY

SESSION TIMES: Subject to Change

Session I – 8:30AM WU 10:00AM Start

Session II – 12:00PM WU 1:30PM Start

Session III – 3:30PM WU 4:15PM Start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. There will be assigned lanes as well as up to two or three warmup sessions based on the final number of swimmers entered in the meet. We will observe a maximum of four swimmers per lane for warmup, and the number of warmup sessions will be based on that number.

ELIGIBILITY: Intrasquad meet; 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. List any restrictions, such as age, etc. 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. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming [policy for clubs](#) and [policy for meet hosts](#).

Any swimmer entered in the meet must 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 **without the use of the backstroke ledge**. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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](#).

EVENT INFORMATION: NO Concessions, No Spectators on Deck.

ENTRY LIMITATIONS: Two events per session maximum with a five event maximum for the day.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is not applicable.

ELECTRONIC ENTRIES: Not applicable.

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.

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: None.

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

PAYMENT INSTRUCTIONS: NA

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. All relays, if planned, will be eliminated.
3. The distance events (400 meters or yards or greater) may be heat limited to the first 1 heats of entries per gender in the order they were received.
4. 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: 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.

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.

TIME TRIALS: Yes. 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.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Work assignments will be pre-assigned by the meet director, and non-members of the YWCA will be required to complete the YWCA's COVID-19 waiver before being allowed on deck.

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: No.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: No.

PARKING: Park in designated adjacent lot

DIRECTIONS: The Greenwich YWQCA is located at 259 East Putnam Avenue, Greenwich, Connecticut. 06830. From I-95 North, exit 4, turn right to Indian Field Rd. From I-95 South, exit 4, turn left to Indian Field Rd; Continue approximately 1 mile to traffic light at East Putnam Avenue. Turn left at East Putnam Avenue. Go thru 2 traffic lights. Greenwich YWCA building is on the right.



YWCA of Greenwich

Minor 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 and the named minor's 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 the named minor's participation in the YWCA of Greenwich membership, facilities, programs, now or any time in the future.

Acknowledgment of Risk

I, in my legal capacity as the parent/guardian of the minor named below, do hereby acknowledge and agree that participation in the YWCA of Greenwich activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with YWCA of Greenwich 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 YWCA of Greenwich 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. Participating in the YWCA of Greenwich programs or accessing the YWCA of Greenwich facilities could increase the risk of contracting COVID-19.** The YWCA of Greenwich in no way warrants that COVID-19 infection will not occur through participation in the YWCA of Greenwich programs of accessing the YWCA of Greenwich facilities.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of _____'s participation in the YWCA of Greenwich facilities and programs I, _____, the parent/guardian of the minor named above, agree to release and on behalf of myself and the minor named above, my heirs, representatives, executors, administrators, and assigns, HEREBY DO RELEASE the YWCA of Greenwich, 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, the named minor, my heirs, representatives, executors, administrators and assigns may have, now or in the future, against the YWCA of Greenwich 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 the YWCA of Greenwich facilities/equipment or participation in the YWCA of Greenwich programs whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.



In consideration of the named minor's participation in the YWCA of Greenwich, I, the undersigned parent/guardian of the named minor, 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 the named minor's participation.

I hereby certify on behalf of myself and the named minor that I have full knowledge of the nature and extent of the risks inherent in the YWCA of Greenwich facilities and program participation and that I, on behalf of myself and the named minor, am voluntarily assuming said risks. I understand that I and the named minor will be solely responsible for any loss or damage, including personal injury, property damage, or death, the named minor sustains while participating in the YWCA of Greenwich and that by signing this agreement I, on behalf of myself and the named minor, HEREBY RELEASE Releasees of all liability for such loss, damage, or death. I further certify that the named minor is in good health and has no conditions or impairments which would preclude his/her safe participation in the YWCA of Greenwich.

I further certify that my date of birth is _____(MM/DD/YYYY), that my present age is _____, that I am therefore of lawful age (18 years or older) and otherwise legally competent to sign this agreement, and that I have legal capacity to act as the parent/guardian of the named minor. 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.

Participant Name (Print Clearly)

Date

Parent/Guardian Signature

Parent/Guardian Name (Print Clearly)

CT 2020 GYWD Back at it Time Trial Meet - 8/29/2020
Session Report

Session: 1 Morning Session

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 100 Freestyle Break: 5 Minutes:	24	4	08:00 AM	_____
Finals	2 Mixed 200 Backstroke Break: 5 Minutes:	8	2	08:11 AM	_____
Finals	3 Mixed 100 Breaststroke Break: 5 Minutes:	7	2	08:23 AM	_____
Finals	4 Mixed 200 Butterfly Break: 5 Minutes:	4	1	08:32 AM	_____
Finals	5 Mixed 200 IM Swimmers Counts for Warm-ups: 28	18	3	08:40 AM	_____
	Entry / Heat Totals:	61	12		
	Finish Time			08:49 AM	_____

Session: 2 Afternoon Session 1

Day of Meet: 1 Starts at 02:45 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	6 Mixed 200 Freestyle Break: 5 Minutes:	15	3	02:45 PM	_____
Finals	7 Mixed 100 Backstroke Break: 5 Minutes:	10	2	02:59 PM	_____
Finals	8 Mixed 200 Breaststroke Break: 5 Minutes:	7	2	03:08 PM	_____
Finals	9 Mixed 100 Butterfly Break: 5 Minutes:	14	3	03:19 PM	_____
Finals	10 Mixed 50 Freestyle Swimmers Counts for Warm-ups: 28	17	3	03:29 PM	_____
	Entry / Heat Totals:	63	13		
	Finish Time			03:32 PM	_____

Session: 3 Distance Session

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Mixed 500 Freestyle Break: 3 Minutes:	11	2	04:00 PM	_____
Finals	12 Mixed 400 IM	2	1	04:18 PM	_____
Finals	13 Mixed 1650 Freestyle Swimmers Counts for Warm-ups: 13	0	0	04:24 PM	_____
	Entry / Heat Totals:	13	3		
	Finish Time			04:24 PM	_____

1. The YWCA will check every participant's temperature and ask them Covid-19 exposure and symptom related questions.
2. The YWCA has directional guidelines for entry and exit that all team members are already familiar.
3. Swimmers will be seated in a socially distant fashion on the pool deck only and will not be allowed to leave the deck.
4. Swimmers will approach the starting end of the pool from the lane 1 side and leave the starting end of the pool from the lane 6 side.
5. There will be no spectators.
6. There will be access for volunteers to time and work the timing system. Any non-member will be asked to sign a waiver and meet entry requirements currently being established by the YWCA of Greenwich.
7. We are offering this intra-squad time trial to 60 members of the Senior Team. We expect at least 45 athletes and will designate where they can sit as where they can stand behind the blocks.
8. YWCA Staff will wipe the blocks down after every heat enters the water.
9. YWCA Staff will deep clean the entire competition pool surrounding between each of the three sessions.
10. We discourage the use of locker rooms at the YWCA for the swimmers and encourage towel pants and a quick exit after the competition is over.
11. YWCA Staff has been added to ensure social distancing in the building.
12. GYWD Staff has been added to ensure social distancing on the pool deck.