

2021 Return to Competition

Indian Valley Family YMCA Breakers v. Farmington Valley YMCA Dual Meet

March 27-28, 2021

11 Pinney Street, Ellington, CT 06029

<https://goo.gl/maps/bBMPheJ9Wf5FaPiPA>

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. #RTC21-31 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, Indian Valley Family YMCA Breakers, 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 Ellington Connecticut guidelines, <https://www.ellington-ct.gov/>

COVID-19 Assumption of Risk Disclaimer

We, Indian Valley Family YMCA Breakers, 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 Indian Valley Family YMCA Breakers v. Farmington Valley YMCA Dual Meet or on site at Indian Valley Family 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 Indian Valley Family YMCA Breakers v. Farmington Valley YMCA Dual Meet and being on site at Indian Valley Family 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: 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 of the swim meet are required to complete the GHYMCA Covid waiver prior to the swim meet.

EVENTS

	Name	Email	Phone
Meet Director:	Travis Morse	travis.morse@ghymca.org	(860)418-7860
Meet Referee:	Mark Wollen	ops@mjwollen.com	
Lead Admin Official:	Jason Niemczyk	jasonrn2000@gmail.com	
Entry Chair:	Travis Morse	travis.morse@ghymca.org	(860)418-7860
Safety Chair:	Travis Morse	travis.morse@ghymca.org	(860)418-7860

MEET HOST: IVY

WEBSITE: <https://www.teamunify.com/Home.jsp?team=ctivfyb>

POOL EMERGENCY NUMBER: 860-871-0008

RETURN TO COMPETITION SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Dual Meet 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. There will be locker rooms available for use. Swimmers should be dropped at the front entrance to the YMCA where they will Temperature screened and asked screening questions. Once inside the Y, they should 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 mask up until the start of their heat and will put the mask back on at the conclusion of their heat. Swimmers will be assigned lanes for warm-up. There will be no more than 4 swimmers per lane during

warmup. One at each end of the pool, one at the flags on each end of the pool, and one swimmer in the middle of the pool. All swimmers will be spaced 5 yards apart.

Planned number of individuals on deck at one time: 30

Planned Number of swimmers per session: 30-40

Planned Number of Coaches per session: 6

Planned Number of Officials per session: 4

Planned Number of meet Personnel per session: 12

FACILITY: Indian Valley Family YMCA competition pool is 8 lanes 25-yard pool. Water depth at start end is: 7ft Water depth at turn end is: 4ft. Select One: 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. Changing into or out of swimsuits is prohibited. Describe if swimmers are to arrive in suits. 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 Y. All areas of the YMCA are handicap accessible.

COURSE: SCY

SESSION TIMES: Subject to Change

March 27th **12/U session** warm up 12:00p, Start 1:00p

13/Over session 3:30p warm up, 4:30p start

March 28th, **12/U session** warm up 12:00p, 1:00p start

13/O session 3:30p warm up 4:30p start

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 4 swimmers per lane. Swimmers will warm-up only in their practice cohorts, as required by the State of Connecticut.

ELIGIBILITY: CT Swimming clubs by invitation. IVY, FVY Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

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. 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](#).

ENTRY LIMITATIONS: Swimmers may enter up to 4 events per day

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is March 19th, 2021. Mail hardcopy and payment to the entry chairperson: Travis Morse, Indian Valley Family YMCA, 11 Pinney St, Ellington CT, 06029. 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 travis.morse@ghymca.org. Please check that your team name, address, and contact information are listed correctly in this file

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: Electronic entries: \$5.00 for individual events, \$5.00 for distance event. Manual entries: \$7.00 for individual events, \$7.00 for distance events.

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: Please make checks payable to Indian Valley Family YMCA Breakers swim Team. mail to: Travis Morse, Indian Valley Family YMCA, 11 Pinney St, Ellington CT, 06029. Payment must be received by 3/19/21.

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: No

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: This Meet will not be scored

AWARDS: No

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: No.

PARKING: Use YMCA side parking lot, overflow park in Arrow Diversify parking lot behind the YMCA

DIRECTIONS: The Indian Valley YMCA is located at 11 Pinney St, Ellington CT, 06029.

<https://goo.gl/maps/zzn9nmJZ4rbUS4Pr5>

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at [Indian Valley Family YMCA] or any [IVY] related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

- 1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) [Indian Valley Family YMCA] and / or [Indian Valley Family YMCA] and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this ____ day of [March], 2021.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

NAMES OF MINOR CHILD(REN), IF ANY: _____

This Meet will have NO spectators. Parents and spectators will have access to a zoom meeting with a secure password.

IVY v FVY Dual Meet March - 3/27/2021

Session Report

Session: 1 Saturday 12/ Under Session

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	103 Mixed 12 & Under 200 Freestyle	0	0	01:00 PM	_____
Finals	104 Mixed 12 & Under 50 Breaststroke	0	0	01:00 PM	_____
Finals	105 Mixed 12 & Under 100 Backstroke	0	0	01:00 PM	_____
Finals	3 Mixed 12 & Under 200 Breaststroke	0	0	01:00 PM	_____
Finals	106 Mixed 12 & Under 50 Freestyle	0	0	01:00 PM	_____
Finals	107 Mixed 12 & Under 100 Butterfly	0	0	01:00 PM	_____
Finals	108 Mixed 12 & Under 100 IM	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

IVY v FVY Dual Meet March - 3/27/2021

Session Report

Session: 2 Saturday - Open

Day of Meet: 2 Starts at 04:30 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Mixed 400 IM	0	0	04:30 PM	_____
Finals	203 Mixed 13 & Over 200 Freestyle	0	0	04:30 PM	_____
Finals	204 Mixed 13 & Over 100 Backstroke	0	0	04:30 PM	_____
Finals	205 Mixed 13 & Over 50 Freestyle	0	0	04:30 PM	_____
Finals	206 Mixed 13 & Over 200 Breaststroke	0	0	04:30 PM	_____
Finals	207 Mixed 13 & Over 100 Butterfly	0	0	04:30 PM	_____
Finals	210 Mixed 13 & Over 1650 Freestyle	0	0	04:30 PM	_____
	Finish Time			04:30 PM	_____

IVY v FVY Dual Meet March - 3/27/2021

Session Report

Session: 3 Sunday 11-12 Session

Day of Meet: 3 Starts at 01:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	2 Mixed 12 & Under 200 Backstroke	0	0	01:00 PM	_____
Finals	304 Mixed 12 & Under 100 Breaststroke	0	0	01:00 PM	_____
Finals	4 Mixed 12 & Under 200 Butterfly	0	0	01:00 PM	_____
Finals	305 Mixed 12 & Under 50 Backstroke	0	0	01:00 PM	_____
Finals	306 Mixed 12 & Under 100 Freestyle	0	0	01:00 PM	_____
Finals	307 Mixed 12 & Under 50 Butterfly	0	0	01:00 PM	_____
Finals	308 Mixed 12 & Under 200 IM	0	0	01:00 PM	_____
Finals	303 Mixed 12 & Under 500 Freestyle	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

IVY v FVY Dual Meet March - 3/27/2021

Session Report

Session: 4 Sunday Open Session

Day of Meet: 3 Starts at 04:30 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	403 Mixed 13 & Over 500 Freestyle	0	0	04:30 PM	_____
Finals	404 Mixed 13 & Over 100 Breaststroke	0	0	04:30 PM	_____
Finals	405 Mixed 13 & Over 200 Backstroke	0	0	04:30 PM	_____
Finals	406 Mixed 13 & Over 100 Freestyle	0	0	04:30 PM	_____
Finals	407 Mixed 13 & Over 200 Butterfly	0	0	04:30 PM	_____
Finals	408 Mixed 13 & Over 200 IM	0	0	04:30 PM	_____
Finals	1 Mixed 1000 Freestyle	0	0	04:30 PM	_____
	Finish Time			04:30 PM	_____