

Return to Competition 2021
RYWC/ ZEUS/ RAYS Long Course Invite
April 30th – May 2nd, 2021

10 Huckleberry Hill Rd, Brookfield, CT 06804.

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

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. #RTC21-48. 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, Regional YMCA of Western CT, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and the Brookfield, CT health department (<https://www.brookfieldct.gov/health-department>)

COVID-19 Assumption of Risk Disclaimer

We, Regional YMCA of Western CT, 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 RYWC/ZEUS/ RAYS LC Invite or on site at Regional YMCA of Western CT. 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 RYWC/ ZEUS/ RAYS LC Invite and being on site at Regional YMCA of Western CT, 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. Swimmers must bring attached waiver with them or email a signed copy to [Sarah Basile](#)

EVENTS

	Name	Email	Phone
Meet Director:	Jason Paige	jpaige@regionalmca.org	203-775-1077
Meet Referee:	Tom Horan	thehoranfamily@yahoo.com	
Lead Admin Official:	Beth Falder	beth@falder.com	
Entry Chair:	Jason Paige	jpaige@regionalmca.org	203-775-1077
Safety Chair:	Sarah Basile	sbasile@regionalmca.org	203-775-1077
Officials Contact:	Tom Horan	thehoranfamily@yahoo.com	

MEET HOST: RYWC

WEBSITE: www.makoswim.org

POOL EMERGENCY NUMBER: 203-775-1077

RETURN TO COMPETITION SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Closed Tri Meet - 2021 USA Swimming RYWC, ZEUS and RAYS Registered Swimmers Only

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

MEET FORMAT: The meet will be long course meters and swum as Timed-Finals. Sessions are set up by age groups 15-18, 13-14 and 12 and Under. Swimmers must be at least 12 years old to compete in the Friday evening open distance events. Events will be swum slow to fast, with the exception of the 400IM and 800 freestyle which will run fast to slow. See Distance events for more information.

The total swimmer count per session cannot exceed 80 athletes. The swimmer count will determine when the session/meet is full. Sessions may be modified or split up to accommodate additional swimmers if need be. Only athletes, coaches, and volunteers assisting with meet operations will be permitted on deck. The meet will be streamed either via Facebook live or on the Regional YMCA You-Tube Channel.

SCRATCH PROCEDURES: Scratches will only be accepted via email. Scratches may be sent at any time after the meet entry has been submitted and up until 15 minutes after the start of the specific athletes warm up session. All scratches must be sent to the meet director. There is no penalty for failing to scratch.

NO DECK ENTRIES WILL BE ALLOWED

BEFORE ENTERING FACILITY or WHAT TO BRING: Swimmers must arrive prepared to race. Swimmers will enter and exit the YDAC facility through the main building doors and enter and exit the pool area through the revolving doors. Swimmers must sanitize their hands upon entering the pool deck. Hand sanitizer will be made available. Officials, Volunteers, Coaches and assisting parents/guardians will adhere to these same rules. Any swimmer, coach, official, volunteer or spectator that is experiencing COVID-19 symptoms or been in contact with anyone who has in the 14 days prior to the meet may not enter the facility. Athletes will need a plastic zip lock bag for their masks when competing.

FACILITY RULES:

Swimmers will be required to wear a face covering when not swimming at all times. Only swimmers will be allowed to bring in deck chairs and they must place their own chair socially distanced from others in the team staging area. For racing, swimmers are to bring their plastic bag to the block for mask storage during their race. Only one heat of athletes will be permitted behind the blocks at a time. All swimmers will be required to swim down to exit the pool at the opposite end after each race. There will be a designated spaces for Lane Timers to stand prior to and during each race.

All Coaches, Officials, Timers, and other Essential Meet Staff will be required to wear a face covering at all times, no exceptions. Spectators may view the meet online through the RYWC Facebook page or RYWC YOU TUBE Channel. Swimmers that need assistance from a parent or guardian must notify the coaching staff in advance. All assisting parents/guardians must wear a face covering at all times and stay 6' from others.

Planned number of individuals on deck: 100

Athletes – 80

Volunteers – 12

Coaches – 6

Lifeguards - 2

Spectators – 0

(Normal pool capacity is 460)

FACILITY: The Greenknoll Aquatics Center offers two 6 lane, 50m pool for warm up and competition. Water depth at start end of competition pool 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 end. Team seating is available. The Greenknoll Aquatics Center is covered by an air structure during the early spring months.

TIMING SYSTEM: Automatic timing (102.24.2.A), per [CSI COVID-19 Officials Guidelines](#).

LOCKER ROOMS: Swimmers may change if needed (ie. ripped suit, done competing) in the locker rooms. Showers and toilets are available. Swimmers must wear a mask in the locker rooms, except for when showering. Coaches, officials and spectators are to use the single use multipurpose bathroom only.

SAFE SPORT POLICIES: The meet will be streamed on either the RYWC Makos Facebook page or the Regional YMCA's You-Tube Channel.

DISABLED ACCESS: Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email Sarah Basile at sbasile@regionallymca.org in advance to make arrangements.

COURSE: LCM.

SESSION TIMES: (Subject to Change)

Friday:

Open: 4:30pm Warm Up/ 5:30pm Start

Saturday and Sunday:

15 and Over – 7:30am Warm Up/ 8:30am Start

13-14's – 11:30am Warm Up/ 12:30pm Start

12 and Under's – 3:30pm Warm Up/ 4:30pm Start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 6-lanes will be used for warm-ups. Each team will have access to the pool for a team warm up. Warm up sessions will be created after the entry deadline. Each team will keep record of lane assignments for swimmers within their warm up block. If time allows for short warm up breaks during the meet each team will be assigned specific lanes for usage. Swimmers must be instructed to observe social distancing guidelines.

ELIGIBILITY: This meet is open to only RYWC, ZEUS and RAYS swimmers registered in CT as USA Swimming athletes. 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 compete in a maximum number of 10 events overall and up to 4 events per session.

ENTRY TIMES: Submit entry times in: LCM.

DISTANCE EVENTS: The 400IM and 800 Free will run fast to slow. The 800 Free will alternate girls and boys. Swimmers need to provide their own timer for the 400IM and their own timer and counter for the 800 Freestyle. Counters and Timers must wear masks. Swimmers must be at least 12yrs old to enter the 400IM and 800 Free. There will be short warm up period between the 400IM and the 800 Free. Each event will be limited to five heats per gender. Heats may be combined if necessary.

DEADLINES: Entry deadline is 04/23/21.

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

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Not applicable; however if it were: 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: \$7.00 for individual 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 Regional YMCA of Western CT and mail to: ATTN: Jason Paige, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment, or a copy of an official check request must be postmarked or time stamped within **two business days** of the entry submission. Payment must be received by 4/30/2021.

CUT PROTOCOL:

In the event that a session is oversubscribed in regards to deck capacity or in the event that time lines need to be reduced, the following protocol will be instituted **IN THE ORDER PRESENTED:**

1. Sessions will be modified to keep the allowable numbers of individuals on deck under the capacity limits. Possible modifications include:
 - Restructuring the order of events into a one day format with modified age groups in each session and reducing the number of total entries to four events per swimmer for the meet. (ie. 14/over, 13yrs, 11-12's, 9-10's)
 - Running tiered sessions of male and female swimmers.

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 Thursday before the meet.

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: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: The RYWC Mako Swim Club will provide all the volunteers (with the exception of officials if needed and timers for the Friday night distance session). Swimmers need to provide their own timer for the 400IM and their own timer and counter for the 800 Freestyle.

Any officials interested in working a session must contact Tom Horan at thehoranfamily@yahoo.com

- Timers:
- For the start of the race, they will be 6 feet behind the starting swimmer.
 - When the race begins, the timers will step forward, staying in between their two lanes, so that they are 7 feet from each other (because our lanes are 7 feet wide), they will have a button and Stopwatch for an accurate time.
 - When the race concludes, they step back to their original position, the next heat walks up to the block
 - Timers must work the full session and may not pair up with a replacement timer.

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 in the athlete area on the pool deck.

SCORING: The meet will not be scored.

AWARDS: No.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Water/ Soda/ Keurig Coffee and prepackaged snacks.

PARKING: All athlete and spectator parking will be in the lower and side lot of the YMCA Main Building. Coaches and officials may park in the VIP Parking area adjacent to the YDAC building and camp lodge.

DIRECTIONS: The Greenknoll Aquatic Center is located at 10 Huckleberry Hill Road, Brookfield, CT 06804.
<https://goo.gl/maps/enzLp>

RTC LC Invite - 4/30/2021 to 5/2/2021
Session Report

Session: 1 Friday

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	1 Girls 400 IM	0	0		05:30 PM	e05:30 PM
Finals	2 Boys 400 IM	0	0		05:30 PM	e05:30 PM
Finals	3 Girls 800 Freestyle	0	0		05:30 PM	e05:30 PM
Finals	4 Boys 800 Freestyle	0	0		05:30 PM	e05:30 PM
	Finish Time				05:30 PM	e05:30 PM

RTC LC Invite - 4/30/2021 to 5/2/2021
Session Report

Session: 2 Saturday 15&0

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	5 Girls 15 & Over 50 Freestyle	0	0		08:30 AM	e08:30 AM
Finals	6 Boys 15 & Over 50 Freestyle	0	0		08:30 AM	e08:30 AM
Finals	7 Girls 15 & Over 200 IM	0	0		08:30 AM	e08:30 AM
Finals	8 Boys 15 & Over 200 IM	0	0		08:30 AM	e08:30 AM
Finals	9 Girls 15 & Over 100 Backstroke	0	0		08:30 AM	e08:30 AM
Finals	10 Boys 15 & Over 100 Backstroke	0	0		08:30 AM	e08:30 AM
Finals	11 Girls 15 & Over 200 Butterfly	0	0		08:30 AM	e08:30 AM
Finals	12 Boys 15 & Over 200 Butterfly	0	0		08:30 AM	e08:30 AM
Finals	13 Girls 15 & Over 100 Breaststroke	0	0		08:30 AM	e08:30 AM
Finals	14 Boys 15 & Over 100 Breaststroke	0	0		08:30 AM	e08:30 AM
Finals	15 Girls 15 & Over 200 Freestyle	0	0		08:30 AM	e08:30 AM
Finals	16 Boys 15 & Over 200 Freestyle	0	0		08:30 AM	e08:30 AM
Finals	17 Girls 15 & Over 50 Butterfly	0	0		08:30 AM	e08:30 AM
Finals	18 Boys 15 & Over 50 Butterfly	0	0		08:30 AM	e08:30 AM
	Finish Time				08:30 AM	e08:30 AM

RTC LC Invite - 4/30/2021 to 5/2/2021
Session Report

Session: 3 Saturday 13-14's

Day of Meet: 2 Starts at 12:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	19 Girls 13-14 50 Freestyle	0	0		12:30 PM	e12:30 PM
Finals	20 Boys 13-14 50 Freestyle	0	0		12:30 PM	e12:30 PM
Finals	21 Girls 13-14 200 IM	0	0		12:30 PM	e12:30 PM
Finals	22 Boys 13-14 200 IM	0	0		12:30 PM	e12:30 PM
Finals	23 Girls 13-14 100 Backstroke	0	0		12:30 PM	e12:30 PM
Finals	24 Boys 13-14 100 Backstroke	0	0		12:30 PM	e12:30 PM
Finals	25 Girls 13-14 200 Butterfly	0	0		12:30 PM	e12:30 PM
Finals	26 Boys 13-14 200 Butterfly	0	0		12:30 PM	e12:30 PM
Finals	27 Girls 13-14 100 Breaststroke	0	0		12:30 PM	e12:30 PM
Finals	28 Boys 13-14 100 Breaststroke	0	0		12:30 PM	e12:30 PM
Finals	29 Girls 13-14 200 Freestyle	0	0		12:30 PM	e12:30 PM
Finals	30 Boys 13-14 200 Freestyle	0	0		12:30 PM	e12:30 PM
Finals	31 Girls 13-14 50 Butterfly	0	0		12:30 PM	e12:30 PM
Finals	32 Boys 13-14 50 Butterfly	0	0		12:30 PM	e12:30 PM
	Finish Time				12:30 PM	e12:30 PM

RTC LC Invite - 4/30/2021 to 5/2/2021
Session Report

Session: 4 Saturday 12&U

Day of Meet: 2 Starts at 04:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	33 Girls 12 & Under 50 Freestyle	0	0		04:30 PM	e04:30 PM
Finals	34 Boys 12 & Under 50 Freestyle	0	0		04:30 PM	e04:30 PM
Finals	35 Girls 12 & Under 100 Breaststroke	0	0		04:30 PM	e04:30 PM
Finals	36 Boys 12 & Under 100 Breaststroke	0	0		04:30 PM	e04:30 PM
Finals	37 Girls 12 & Under 50 Backstroke	0	0		04:30 PM	e04:30 PM
Finals	38 Boys 12 & Under 50 Backstroke	0	0		04:30 PM	e04:30 PM
Finals	39 Girls 12 & Under 200 Freestyle	0	0		04:30 PM	e04:30 PM
Finals	40 Boys 12 & Under 200 Freestyle	0	0		04:30 PM	e04:30 PM
Finals	41 Girls 12 & Under 50 Butterfly	0	0		04:30 PM	e04:30 PM
Finals	42 Boys 12 & Under 50 Butterfly	0	0		04:30 PM	e04:30 PM
	Finish Time				04:30 PM	e04:30 PM

RTC LC Invite - 4/30/2021 to 5/2/2021
Session Report

Session: 5 Sunday 15&0

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	43 Boys 15 & Over 50 Breaststroke	0	0		08:30 AM	e08:30 AM
Finals	44 Girls 15 & Over 50 Breaststroke	0	0		08:30 AM	e08:30 AM
Finals	45 Boys 15 & Over 100 Freestyle	0	0		08:30 AM	e08:30 AM
Finals	46 Girls 15 & Over 100 Freestyle	0	0		08:30 AM	e08:30 AM
Finals	47 Boys 15 & Over 200 Backstroke	0	0		08:30 AM	e08:30 AM
Finals	48 Girls 15 & Over 200 Backstroke	0	0		08:30 AM	e08:30 AM
Finals	49 Boys 15 & Over 100 Butterfly	0	0		08:30 AM	e08:30 AM
Finals	50 Girls 15 & Over 100 Butterfly	0	0		08:30 AM	e08:30 AM
Finals	51 Boys 15 & Over 200 Breaststroke	0	0		08:30 AM	e08:30 AM
Finals	52 Girls 15 & Over 200 Breaststroke	0	0		08:30 AM	e08:30 AM
Finals	53 Boys 15 & Over 50 Backstroke	0	0		08:30 AM	e08:30 AM
Finals	54 Girls 15 & Over 50 Backstroke	0	0		08:30 AM	e08:30 AM
Finals	55 Boys 15 & Over 400 Freestyle	0	0		08:30 AM	e08:30 AM
Finals	56 Girls 15 & Over 400 Freestyle	0	0		08:30 AM	e08:30 AM
	Finish Time				08:30 AM	e08:30 AM

RTC LC Invite - 4/30/2021 to 5/2/2021
Session Report

Session: 6 Sunday 13-14's

Day of Meet: 3 Starts at 12:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	57 Boys 13-14 50 Breaststroke	0	0		12:30 PM	e12:30 PM
Finals	58 Girls 13-14 50 Breaststroke	0	0		12:30 PM	e12:30 PM
Finals	59 Boys 13-14 100 Freestyle	0	0		12:30 PM	e12:30 PM
Finals	60 Girls 13-14 100 Freestyle	0	0		12:30 PM	e12:30 PM
Finals	61 Boys 13-14 200 Backstroke	0	0		12:30 PM	e12:30 PM
Finals	62 Girls 13-14 200 Backstroke	0	0		12:30 PM	e12:30 PM
Finals	63 Boys 13-14 100 Butterfly	0	0		12:30 PM	e12:30 PM
Finals	64 Girls 13-14 100 Butterfly	0	0		12:30 PM	e12:30 PM
Finals	65 Boys 13-14 200 Breaststroke	0	0		12:30 PM	e12:30 PM
Finals	66 Girls 13-14 200 Breaststroke	0	0		12:30 PM	e12:30 PM
Finals	67 Boys 13-14 50 Backstroke	0	0		12:30 PM	e12:30 PM
Finals	68 Girls 13-14 50 Backstroke	0	0		12:30 PM	e12:30 PM
Finals	69 Boys 13-14 400 Freestyle	0	0		12:30 PM	e12:30 PM
Finals	70 Girls 13-14 400 Freestyle	0	0		12:30 PM	e12:30 PM
	Finish Time				12:30 PM	e12:30 PM

RTC LC Invite - 4/30/2021 to 5/2/2021
Session Report

Session: 7 Sunday 12&U

Day of Meet: 3 Starts at 04:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	71 Boys 12 & Under 100 Freestyle	0	0		04:30 PM	e04:30 PM
Finals	72 Girls 12 & Under 100 Freestyle	0	0		04:30 PM	e04:30 PM
Finals	73 Boys 12 & Under 200 IM	0	0		04:30 PM	e04:30 PM
Finals	74 Girls 12 & Under 200 IM	0	0		04:30 PM	e04:30 PM
Finals	75 Boys 12 & Under 100 Backstroke	0	0		04:30 PM	e04:30 PM
Finals	76 Girls 12 & Under 100 Backstroke	0	0		04:30 PM	e04:30 PM
Finals	77 Boys 12 & Under 50 Breaststroke	0	0		04:30 PM	e04:30 PM
Finals	78 Girls 12 & Under 50 Breaststroke	0	0		04:30 PM	e04:30 PM
Finals	79 Boys 12 & Under 100 Butterfly	0	0		04:30 PM	e04:30 PM
Finals	80 Girls 12 & Under 100 Butterfly	0	0		04:30 PM	e04:30 PM
	Finish Time				04:30 PM	e04:30 PM

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 REGIONAL YMCA OF WESTERN CT or any RYWC 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) RYWC and / or REGIONAL YMCA OF WESTERN CT 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 COVENANT 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 April, 2021.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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

