

2020 Return to Competition

Soundview YMCA Stingrays vs. Fairfield YMCA Flyfins Dual Meet Sunday November 1, 2020

Soundview Family YMCA Competition Pool
628 East Main Street, Branford, CT 06405
<https://goo.gl/maps/igAqePLbU4ER8JqX6>

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. #RTC20-28. 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, Soundview YMCA Stingrays, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, The East Shore District Health Department. <http://www.esdhd.org>

COVID-19 Assumption of Risk Disclaimer

We, the Soundview YMCA Stingrays, 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 Soundview YMCA Stingrays vs the Fairfield YMCA Flyfins dual meet or on site at the Soundview 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 the Soundview YMCA Stingrays vs the Fairfield YMCA Flyfins dual meet and being on site at the Soundview 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 will be expected to fully complete the meet waiver and turn it in to the meet manager prior to the start of the meet.

EVENTS

	Name	Email	Phone
Meet Director:	Jennifer Amasino	amasinoj@hotmail.com	(203) 605-6553
Meet Referee:	Dylan Lee	dylantlee@gmail.com	
Lead Admin Official:	John Mayo	johnpmayo@hotmail.com	
Entry Chair:	Susan Lecza	suelecza@gmail.com	
Safety Chair:	Veronica Ahlgrim	veronicaahlgrim@yahoo.com	
Officials Contact:	Holley Claiborn	hclaiborn@comcast.net	

MEET HOST: SYS

WEBSITE: SoundviewYMCAStingrays.org

POOL EMERGENCY NUMBER: 203-481-9622

RETURN TO COMPETITION SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Closed, Dual

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 no locker rooms available for use. Swimmers should be dropped at the front entrance to the YMCA where they will answer screening questions and have their temperature checked. Once inside the Y, they should proceed to the competition pool where they will be assigned a seat for the duration of the meet.

FACILITY RULES:

Social distancing will be enforced for the duration of the meet.
There will be no spectators

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 warm-up. One at each end of the pool and one at the flags on each end of the pool.

Planned number of individuals on deck: 62

Planned number of swimmers: 40

Planned number of coaches: 5

Planned number of officials: 5

Planned number of meet personnel: 12

FACILITY: The Soundview Family YMCA Competition Pool is a 6-lane, 25-yard pool. Water depth at start end is 9 feet. Water depth at turn end is 4 feet. 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. Swimmers should arrive in their suits.

SAFE SPORT POLICIES: There will be no spectators on deck. The meet will be live streamed via Facebook or 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

13 & Over:	Warm-up 7:00 AM	Meet Start 8:05 AM
11/12 year olds:	Warm-up 10:00 AM	Meet Start 10:55 AM
10 & Unders:	Warm-up 12:30 PM	Meet Start 1:25 PM

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Swimmers will be assigned lanes for warm-up and there will be no more than 4 swimmers per lane.

ELIGIBILITY: CT Swimming clubs by invitation. Invited clubs are SYS and FFLY. 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 5 events per day.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is October 29, 2020. Mail hardcopy and payment to the entry chairperson: Sue Lecza, Soundview Family YMCA, 628 East Main Street, Branford, CT, 06405. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries are received on the date the 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 suelecza@gmail.com. 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: 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: Please make checks payable to Soundview Family YMCA and mail to: Sue Lecza, Soundview Family YMCA, 628 East Main Street, Branford, CT, 06405.

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: 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. Amended USA Swimming rules for

TIME TRIALS: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: All meet work assignments will be pre-assigned by the 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: No.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: No.

PARKING: Parking is available in the YMCA parking lot. Park in marked spaces only.

DIRECTIONS: The Soundview YMCA is located at 628 East Main Street, Branford, CT. From I-95 North, Take exit 56. Turn left at the end of the exit ramp. At the 3rd traffic light (US Route 1) turn right. The YMCA is about 1 mile on your left.

From I-95 South, Take exit 56. Turn left at the end of the exit ramp. At the first traffic light turn right onto Leetes Island Road. At the second traffic light turn right (US Route 1). The YMCA is about 1 mile on your left.

SYS vs FFLY Dual Meet - 11/1/2020
Session Report

Session: 1 13 & Overs

Day of Meet: 1 Starts at 08:05 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 13-99 100 Freestyle	0	0	08:05 AM	_____
Finals	2 Boys 13-99 100 Freestyle	0	0	08:05 AM	_____
Finals	3 Girls 13-99 100 Butterfly	0	0	08:05 AM	_____
Finals	4 Boys 13-99 100 Butterfly	0	0	08:05 AM	_____
Finals	5 Girls 13-99 100 Backstroke	0	0	08:05 AM	_____
Finals	6 Boys 13-99 100 Backstroke	0	0	08:05 AM	_____
Finals	7 Girls 13-99 100 Breaststroke	0	0	08:05 AM	_____
Finals	8 Boys 13-99 100 Breaststroke	0	0	08:05 AM	_____
Finals	9 Girls 13-99 200 IM	0	0	08:05 AM	_____
Finals	10 Boys 13-99 200 IM	0	0	08:05 AM	_____
	Finish Time			08:05 AM	_____

Session: 2 11/12 Year Olds

Day of Meet: 1 Starts at 10:55 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	21 Girls 11-12 50 Freestyle	0	0	10:55 AM	_____
Finals	22 Boys 11-12 50 Freestyle	0	0	10:55 AM	_____
Finals	23 Girls 11-12 50 Butterfly	0	0	10:55 AM	_____
Finals	24 Boys 11-12 50 Butterfly	0	0	10:55 AM	_____
Finals	25 Girls 11-12 50 Backstroke	0	0	10:55 AM	_____
Finals	26 Boys 11-12 50 Backstroke	0	0	10:55 AM	_____
Finals	27 Girls 11-12 50 Breaststroke	0	0	10:55 AM	_____
Finals	28 Boys 11-12 50 Breaststroke	0	0	10:55 AM	_____
Finals	29 Girls 11-12 200 IM	0	0	10:55 AM	_____
Finals	30 Boys 11-12 200 IM	0	0	10:55 AM	_____
	Finish Time			10:55 AM	_____

SYS vs FFLY Dual Meet - 11/1/2020
Session Report

Session: 3 10 & Unders

Day of Meet: 1 Starts at 01:25 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	41 Girls 8 & Under 25 Freestyle	0	0	01:25 PM	_____
Finals	42 Boys 8 & Under 25 Freestyle	0	0	01:25 PM	_____
Finals	43 Girls 9-10 50 Freestyle	0	0	01:25 PM	_____
Finals	44 Boys 9-10 50 Freestyle	0	0	01:25 PM	_____
Finals	45 Girls 8 & Under 25 Butterfly	0	0	01:25 PM	_____
Finals	46 Boys 8 & Under 25 Butterfly	0	0	01:25 PM	_____
Finals	47 Girls 9-10 50 Butterfly	0	0	01:25 PM	_____
Finals	48 Boys 9-10 50 Butterfly	0	0	01:25 PM	_____
Finals	49 Girls 8 & Under 25 Backstroke	0	0	01:25 PM	_____
Finals	50 Boys 8 & Under 25 Backstroke	0	0	01:25 PM	_____
Finals	51 Girls 9-10 50 Backstroke	0	0	01:25 PM	_____
Finals	52 Boys 9-10 50 Backstroke	0	0	01:25 PM	_____
Finals	53 Girls 8 & Under 25 Breaststroke	0	0	01:25 PM	_____
Finals	54 Boys 8 & Under 25 Breaststroke	0	0	01:25 PM	_____
Finals	55 Girls 9-10 50 Breaststroke	0	0	01:25 PM	_____
Finals	56 Boys 9-10 50 Breaststroke	0	0	01:25 PM	_____
Finals	57 Girls 10 & Under 100 IM	0	0	01:25 PM	_____
Finals	58 Boys 10 & Under 100 IM	0	0	01:25 PM	_____
	Finish Time			01:25 PM	_____

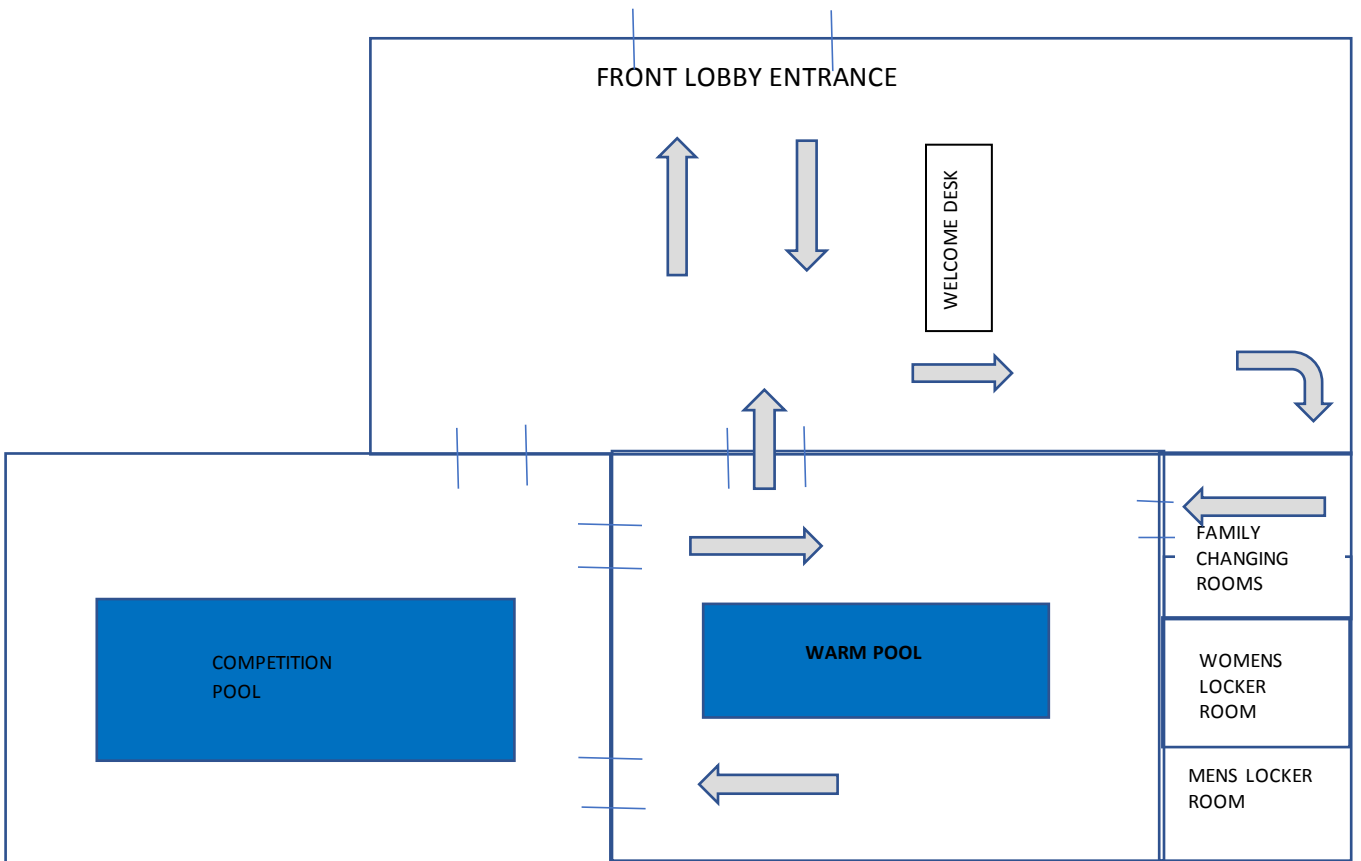
Soundview Family YMCA SYS Dual Meet Plan for Ingress and Egress

Swimmers will enter the YMCA through the Front Lobby Entrance. Upon entrance they will be asked health screening questions and will have their temperature taken.

Swimmers will then move from the front lobby through the hallway near the family changing rooms into the warm pool. SYS swimmers will be assigned seats on the far side (East) of the warm pool. Opposing team swimmers will be assigned seats on the near side (West) of the warm pool.

Swimmers will use the East door to exit the warm pool into the competition pool and will use the West door to exit the competition pool into the warm pool.

Swimmers will exit from the warm pool to the lobby and outside using doors opposite where they entered.



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 [INSERT FACILITY] or any [INSERT CLUB] 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) [INSERT CLUB] and / or [INSERT FACILITY] 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 [INSERT MONTH], 2020.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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