

2021 Return to Competition

GRYM-WRAT 13 & Over Spring Splash - 2021
Meet Type: DUAL
Friday and Saturday: April 2-3, 2021
Strittmatter Natatorium – Westport Weston Family Y
14 Allen Raymond Lane – Westport, CT 06880
Click [here](#) for map

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. #RTC21-41. 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, Westport Weston Family Y Swim Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, [Town of Westport, CT](#).

COVID-19 Assumption of Risk Disclaimer

We, Westport Weston Family Y Swim Team, 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 13 & Over Spring Splash, or on site at the Westport Weston Family Y, 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 13 & Over Spring Splash and being on site at the Westport Weston Family Y, 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 in prior to the start of the meet

EVENTS

	Name	Email	Phone
Meet Director:	Ellen Johnston	ejohnston@westporty.org	203-209-0198
Meet Referee:	Dave Guzik	dcguzik@gmail.com	
Lead Admin Official:	Adrienne Williams	awilliams@westporty.org	
Entry Chair:	Ellen Johnston	ejohnston@westporty.org	
Safety Chair:	Rob Urban	rurban@westporty.org	

MEET HOST: WRAT.

WEBSITE: www.wrat.org

POOL EMERGENCY NUMBER: 203-226-8981

RETURN TO COMPETITION: 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 Finals. Events will be combined Male/Female for depth of racing purposes.

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 and will be dropped in the front circle of the Y. Proceed to natatorium observation deck, walk through and take

stairs directly to pool deck. Swimmers will be assigned a seat for the duration of the meet socially distanced apart.

FACILITY RULES:

- **Upon entering the building, the swimmers and meet volunteers will have a temperature check and question screening.**
- **ALL will wear masks. Swimmers will wear mask to the starting block. Prior to the whistle command to step on the block, they will remove mask and place in Ziploc plastic bag and place on the edge of the pool.**
- **On deck capacity will fall within the 50% as noted by the Fire Marshall.**
- **No in building spectators will be allowed. The meet will be live streamed.**
- **Sessions I, II & III:**
 - **Coaches = 6**
 - **Officials = Minimum 4**
 - **Swimmers = 60 (Best “guestimate”)**
 - **Swimmers will be assigned designated seating on the pool deck and observation area.**
 - **Timers = 11 – One (1) per lane and one (1) watch back-up**
 - **Lane timers will wear mask**
 - **Meet/Computer Table: 2**
 - **Lifeguards: 2**
 - **Cleaning Staff: On-site**

FACILITY: The Strittmatter Family Aquatic Center houses a 10 lane x 25 yard competition pool. Water depth at start end is: 9’. Water depth at turn end is: 4’. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIMING SYSTEM: Colorado Timing System, in compliance with USA Swimming Rulebook (102.24).

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

SAFE SPORT POLICIES: The meet will be livestreamed via Zoom. A secure Zoom invite will be sent to families of participating swimmers only prior to the start of the meet.

DISABLED ACCESS: Handicap parking is available near the front of the facility. Handicap accessibility is available into the spectator area. An elevator is conveniently located just off the lobby and may access the pool deck through the family locker room.

COURSE: SCY

SESSION TIMES: *Subject to Change/Adjustment*

- Session I: Warm-up: 315pm Meet Start: 430pm
- Session II: Warm-up: 730am Meet Start: 9am
- Session III: Warm-up: 3pm Meet Start: 415pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in line with the current State of Connecticut guidelines. Swimmers will warm-up only in their practice cohorts, as required by the State of Connecticut. Assigned lanes for warm-ups.

ELIGIBILITY: Dual Meet open to WRAT and GRYM athletes who are 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. Only Water Rat registered swimmers are eligible to participate. 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:

- The meet will be run in five (5) lanes with an empty lane between

ENTRY LIMITATIONS: Three events per session – maximum of eight (8) for the meet

- The 400IM will be limited to two (2) heats
- The 1650 Freestyle will be limited to one (1) heat

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Meet entry deadline is Wednesday, March 31

ELECTRONIC ENTRIES: Not applicable

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Not applicable. – Westport Weston Family Y Water Swim Team and Greenwich YMCA Marlins registered swimmers only.

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: NO Entry Fees

OUTREACH ENTRY FEE REIMBURSEMENT: Not applicable

PAYMENT INSTRUCTIONS: Not applicable

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted:

- The maximum number of events will be adjusted if necessary

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

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: 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: 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 awards

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: No

PARKING: Available in the Y parking lot

DIRECTIONS: The Westport Weston Family Y at Mahackeno is located directly off Exit 41 – northbound – of the Merritt Parkway.

I-95: From north or south, left turn off exit ramp. Follow up to the Merritt Parkway – Route 15. Get in the right lane and drive straight onto the Y property. Parking is located on your right.

GRYM-WRAT 13 & Over 2021 Spring Splash - 4/2/2021 to 4/3/2021**Session Report**

Session: 1 Session I: Friday PM

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 13 & Over 50 Freestyle	0	0	04:30 PM	_____
Finals	2 Men 13 & Over 50 Freestyle	0	0	04:30 PM	_____
	Break: 10 Minutes:				
Finals	3 Women 13 & Over 200 Backstroke	0	0	04:40 PM	_____
Finals	4 Men 13 & Over 200 Backstroke	0	0	04:40 PM	_____
	Break: 10 Minutes:				
Finals	5 Women 13 & Over 100 Breaststroke	0	0	04:50 PM	_____
Finals	6 Men 13 & Over 100 Breaststroke	0	0	04:50 PM	_____
Finals	7 Women 13 & Over 500 Freestyle	0	0	04:50 PM	_____
Finals	8 Men 13 & Over 500 Freestyle	0	0	04:50 PM	_____
	Break: 15 Minutes:				
Finals	9 Women 13 & Over 200 Freestyle Relay	0	0	05:05 PM	_____
Finals	10 Men 13 & Over 200 Freestyle Relay	0	0	05:05 PM	_____
	Finish Time			05:05 PM	_____

GRYM-WRAT 13 & Over 2021 Spring Splash - 4/2/2021 to 4/3/2021**Session Report**

Session: 2 Session II: Saturday Morning

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Women 13 & Over 100 Freestyle	0	0	09:00 AM	_____
Finals	24 Men 13 & Over 100 Freestyle	0	0	09:00 AM	_____
	Break: 10 Minutes:				
Finals	25 Women 13 & Over 200 Butterfly	0	0	09:10 AM	_____
Finals	26 Men 13 & Over 200 Butterfly	0	0	09:10 AM	_____
	Break: 10 Minutes:				
Finals	27 Women 13 & Over 100 Backstroke	0	0	09:20 AM	_____
Finals	28 Men 13 & Over 100 Backstroke	0	0	09:20 AM	_____
	Break: 10 Minutes:				
Finals	29 Women 13 & Over 200 IM	0	0	09:30 AM	_____
Finals	30 Men 13 & Over 200 IM	0	0	09:30 AM	_____
	Break: 10 Minutes:				
Finals	31 Women 13 & Over 1650 Freestyle	0	0	09:40 AM	_____
Finals	32 Men 13 & Over 1650 Freestyle	0	0	09:40 AM	_____
Finals	33 Women 13 & Over 400 Freestyle Relay	0	0	09:40 AM	_____
Finals	34 Men 13 & Over 400 Freestyle Relay	0	0	09:40 AM	_____
	Finish Time			09:40 AM	_____

GRYM-WRAT 13 & Over 2021 Spring Splash - 4/2/2021 to 4/3/2021**Session Report**

Session: 3 Session III: Saturday Afternoon

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

Round	Event	Entries	Heats	Starts at	
Finals	11 Women 13 & Over 100 Backstroke	0	0	04:15 PM	_____
Finals	12 Men 13 & Over 100 Backstroke	0	0	04:15 PM	_____
	Break: 10 Minutes:				
Finals	13 Women 13 & Over 200 Freestyle	0	0	04:25 PM	_____
Finals	14 Men 13 & Over 200 Freestyle	0	0	04:25 PM	_____
	Break: 10 Minutes:				
Finals	15 Women 13 & Over 200 Breaststroke	0	0	04:35 PM	_____
Finals	16 Men 13 & Over 200 Breaststroke	0	0	04:35 PM	_____
	Break: 10 Minutes:				
Finals	17 Women 13 & Over 100 Butterfly	0	0	04:45 PM	_____
Finals	18 Men 13 & Over 100 Butterfly	0	0	04:45 PM	_____
Finals	19 Women 13 & Over 400 IM	0	0	04:45 PM	_____
Finals	20 Men 13 & Over 400 IM	0	0	04:45 PM	_____
	Break: 15 Minutes:				
Finals	21 Women 13 & Over 200 Medley Relay	0	0	05:00 PM	_____
Finals	22 Men 13 & Over 200 Medley Relay	0	0	05:00 PM	_____
	Finish Time			05:00 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 Westport Weston Family Y or any Westport Weston Family Y Water Rat Swim Team 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) Westport Weston Family Y Water Rat Swim Team and / or the Westport Weston Family Y 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 26TH day of September, 2020.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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