

2026 GRYM May LCM Invite Invitational May, 1-3, 2026

Wren-Weisenberger Pool, Greenwich, CT, 06830
50 E Putnam Ave Greenwich, CT 06830

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L26-TBA. 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.

	GRYM
Meet Director	Bill Walsh wwalsh@gwymca.org
Entry Chair	Bill Walsh grymentries@gmail.com
Referee	Yolanda Jahan yoli.jahan1@gmail.com
Safety Chair	Patrick Kennedy pkennedy@gwymca.org Phone
Official's Contact	Bill Walsh grymentries@gmail.com
FACILITY INFORMATION	
Location	50 E Putnam Ave, Greenwich, CT 06830
Facilities	The Wren- Weisenburger Pool is an 8 lane, 25 yard pool. Water depth at the start end is 13 ft. Water depth at the turn end is 6.7 ft. The competition course has not been certified in accordance with 104.2.2C(4). There is an Omega Timing System and video board. There will be limited spectator seating. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Course	LCM
Emergency Phone	(203) 869-1630
Website	www.greenwichmarlins.org
Wifi Access	Wifi is available with a Good Connection
Medical Supervision	Lifeguards on duty and AED is available on deck.
Safe Sport	WiFi will be available to spectators, and the meet will be livestreamed. Limited spectator seating will be available on the pool deck. Viewing arrangements are subject to change
Handicapped/Disabled Access	Handicap parking is available and there is an elevator to the pool level
Parking	There will be parking at the following locations: Lower Mason St. Parking Lot (across from bank) Chase Bank Parking Lot. Municipal Parking behind the First Presbyterian Church located at the top of Greenwich Ave. on Lafayette Place. Free parking on Friday after 5 pm, Saturday after 12 noon and Sunday all day

ENTRY INFORMATION	
Entry Open Date	Entries will be accepted no earlier than April 10 at 7:00pm
CT ONLY Deadline	There are no CT ONLY deadlines for any meet at any time this LC season
Entry Deadline	Deadline is 4/22/26
Entry Fees	Individual: \$15.00 Distance: \$15.00 Manual Entry Fees: \$20.00 will be added to the amounts above ** No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.
Swimmer Surcharge	Teams that are charged pool rental for running a regularly scheduled non CSI Championship meet during the LC season (4/1-8/31), can charge a per swimmer facility fee not to exceed \$10. This charge will NOT be subject to CSI surcharges.
Send Payment to	Patrick Kennedy 50 East Putnam Avenue Greenwich, CT, 06830 Payment must be received by 5/1/26 .
Makes checks payable to	YMCA Of Greenwich
MEET INFORMATION	
Meet Format	The meet will be swum as Timed-Final. ALL Friday Distance Events will be swum Fast to Slow, Alternating Female/Male.
Entry Limitations	2 Events Maximum Friday. Saturday and Sunday-13&Over Session 4 Events Max(4 th event must be a 500) Saturday and Sunday 12&U Session-3 Events per Session
Meet Duration	Full meet with time limits as defined by CT/USA Swimming.
Sanction Type	Sanctioned
Rules	Current USA Swimming rules will govern all competition.
Relays	No
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. . The deadline for Time Trial entries is 10:30am for morning sessions and 2 : 30 for afternoon sessions. The fee for Time Trial entries are \$25.00 for individual events.
SCHEDULE	
Friday	Distance Session Warm up:4:00pm Start:5:00pm
Saturday	13&Over/Open 200s Warm up:7:00am Start:8:00am 12&U Session Warm up:12:30pm Start: 1:30pm
Sunday	13&Over/Open 200s Warm up:7:00am Start:8:00am 12&U Session Warm up:12:30pm Start:1:30pm
CT Swimming Warm-Up Procedures will be in effect.	
MISCELLANEOUS	
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 <u>prior</u> to competition. Adapted athletes may direct questions to the <u>Connecticut Swimming office</u> .
Outreach	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 CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the <u>Outreach Athlete</u> page on ctswim.org.
Adult Athletes	All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the <u>Minor Athlete Abuse Prevention Policy</u> .
Hospitality	Yes
Concession	No
Awards	No.
Work Assignments	All Friday event swimmers need to provide their own timer. Participating clubs will be notified of work assignments by the Monday before the meet. All volunteers will be required to attest to reading and understanding the <u>Minor Athlete Abuse Prevention Policy</u> .
Registration Reporting	The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction USA/CT Swimming meet.
Deck Access	Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.
Meet Changes	Once the meet has begun, the Meet Referee may make adjustments to the conduct of competition in accordance with USA Swimming Rule 102.11. Any pre-meet changes to the provisions of this meet announcement may only be made with approval of CT Swim Program Operations, unless specifically authorized by CT Swim policy.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for each team, listing their swimmers and events for that session. Coaches must indicate all scratches on these sheets and turn them into the computer table no later than 30 minutes after the start of the warm up.

ELIGIBILITY: All USA Swimming clubs and individuals; 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 meet policies:

<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>

and

https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf

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.

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 grymentries@gmail.com Please check that

your team name, address, and contact information are listed correctly in this file. [Payment must be received by 5/1/26](#)

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.

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. Athletes aged 7 and Under will be cut from the meet.
2. The distance events (400 meters or yards or greater) may be heat limited to the first 2 heats of entries per gender in the order they were received.
3. 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).

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.

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.

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

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.

2026 CT GRYM May LCM Invite - 5/1/2026 to 5/3/2026**Session Report**

Session: 1 Friday Distance

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 13 & Over 400 Freestyle	0	0	05:00 PM	_____
Finals	2 Mixed 13 & Over 400 Freestyle	0	0	05:00 PM	_____
Finals	3 Girls 12 & Under 400 Freestyle	0	0	05:00 PM	_____
Finals	4 Boys 12 & Under 400 Freestyle	0	0	05:00 PM	_____
Finals	5 Girls 400 IM	0	0	05:00 PM	_____
Finals	6 Boys 400 IM	0	0	05:00 PM	_____
Finals	7 Girls 13 & Over 800 Freestyle	0	0	05:00 PM	_____
Finals	8 Boys 13 & Over 800 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____

Session: 2 Saturday 13&Over AM

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Girls 13 & Over 200 IM	0	0	08:00 AM	_____
Finals	10 Boys 13 & Over 200 IM	0	0	08:00 AM	_____
Finals	11 Girls 13 & Over 100 Butterfly	0	0	08:00 AM	_____
Finals	12 Boys 13 & Over 100 Butterfly	0	0	08:00 AM	_____
Finals	13 Girls 200 Breaststroke	0	0	08:00 AM	_____
Finals	14 Boys 200 Breaststroke	0	0	08:00 AM	_____
Finals	15 Girls 13 & Over 100 Freestyle	0	0	08:00 AM	_____
Finals	16 Boys 13 & Over 100 Freestyle	0	0	08:00 AM	_____
Finals	17 Girls 200 Backstroke	0	0	08:00 AM	_____
Finals	18 Boys 200 Backstroke	0	0	08:00 AM	_____
Finals	19 Girls 13 & Over 50 Butterfly	0	0	08:00 AM	_____
Finals	20 Boys 13 & Over 50 Butterfly	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

2026 CT GRYM May LCM Invite - 5/1/2026 to 5/3/2026**Session Report**

Session: 3 Saturday 12&Under PM

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	21 Girls 12 & Under 200 Freestyle	0	0	01:30 PM	_____
Finals	22 Boys 12 & Under 200 Freestyle	0	0	01:30 PM	_____
Finals	23 Girls 10 & Under 100 Butterfly	0	0	01:30 PM	_____
Finals	24 Boys 10 & Under 100 Butterfly	0	0	01:30 PM	_____
Finals	25 Girls 11-12 100 Butterfly	0	0	01:30 PM	_____
Finals	26 Boys 11-12 100 Butterfly	0	0	01:30 PM	_____
	Break: 3 Minutes: Timers Change Ends				
Finals	27 Girls 10 & Under 50 Freestyle	0	0	01:33 PM	_____
Finals	28 Boys 10 & Under 50 Freestyle	0	0	01:33 PM	_____
Finals	29 Girls 11-12 50 Freestyle	0	0	01:33 PM	_____
Finals	30 Boys 11-12 50 Freestyle	0	0	01:33 PM	_____
Finals	31 Girls 10 & Under 50 Backstroke	0	0	01:33 PM	_____
Finals	32 Boys 10 & Under 50 Backstroke	0	0	01:33 PM	_____
Finals	33 Girls 11-12 50 Backstroke	0	0	01:33 PM	_____
Finals	34 Boys 11-12 50 Backstroke	0	0	01:33 PM	_____
	Break: 3 Minutes: Timers Change Ends				
Finals	35 Girls 10 & Under 100 Breaststroke	0	0	01:36 PM	_____
Finals	36 Boys 10 & Under 100 Breaststroke	0	0	01:36 PM	_____
Finals	37 Girls 11-12 100 Breaststroke	0	0	01:36 PM	_____
Finals	38 Boys 11-12 100 Breaststroke	0	0	01:36 PM	_____
	Finish Time			01:36 PM	_____

2026 CT GRYM May LCM Invite - 5/1/2026 to 5/3/2026**Session Report**

Session: 4 Sunday 13&Over AM

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	39 Girls 13 & Over 200 Freestyle	0	0	08:00 AM	_____
Finals	40 Boys 13 & Over 200 Freestyle	0	0	08:00 AM	_____
	Break: 5 Minutes: Timers Change Ends				
Finals	41 Girls 13 & Over 50 Backstroke	0	0	08:05 AM	_____
Finals	42 Boys 13 & Over 50 Backstroke	0	0	08:05 AM	_____
	Break: 5 Minutes: Timers Change Ends				
Finals	43 Girls 13 & Over 100 Breaststroke	0	0	08:10 AM	_____
Finals	44 Boys 13 & Over 100 Breaststroke	0	0	08:10 AM	_____
Finals	45 Girls 200 Butterfly	0	0	08:10 AM	_____
Finals	46 Boys 200 Butterfly	0	0	08:10 AM	_____
	Break: 5 Minutes: Timers Change Ends				
Finals	47 Girls 13 & Over 50 Freestyle	0	0	08:15 AM	_____
Finals	48 Boys 13 & Over 50 Freestyle	0	0	08:15 AM	_____
	Break: 5 Minutes: Timers Change Ends				
Finals	49 Girls 13 & Over 50 Breaststroke	0	0	08:20 AM	_____
Finals	50 Boys 13 & Over 50 Breaststroke	0	0	08:20 AM	_____
Finals	51 Girls 13 & Over 100 Backstroke	0	0	08:20 AM	_____
Finals	52 Boys 13 & Over 100 Backstroke	0	0	08:20 AM	_____
	Finish Time			08:20 AM	_____

2026 CT GRYM May LCM Invite - 5/1/2026 to 5/3/2026**Session Report**

Session: 5 Sunday 12&Under PM

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	53 Girls 12 & Under 200 IM	0	0	01:30 PM	_____
Finals	54 Boys 12 & Under 200 IM	0	0	01:30 PM	_____
	Break: 3 Minutes: Timers Change Ends				
Finals	55 Girls 10 & Under 50 Butterfly	0	0	01:33 PM	_____
Finals	56 Boys 10 & Under 50 Butterfly	0	0	01:33 PM	_____
Finals	57 Girls 11-12 50 Butterfly	0	0	01:33 PM	_____
Finals	58 Boys 11-12 50 Butterfly	0	0	01:33 PM	_____
Finals	59 Girls 10 & Under 50 Breaststroke	0	0	01:33 PM	_____
Finals	60 Boys 10 & Under 50 Breaststroke	0	0	01:33 PM	_____
Finals	61 Girls 11-12 50 Breaststroke	0	0	01:33 PM	_____
Finals	62 Boys 11-12 50 Breaststroke	0	0	01:33 PM	_____
	Break: 3 Minutes: Timers Change Ends				
Finals	63 Girls 10 & Under 100 Freestyle	0	0	01:36 PM	_____
Finals	64 Boys 10 & Under 100 Freestyle	0	0	01:36 PM	_____
Finals	65 Girls 11-12 100 Freestyle	0	0	01:36 PM	_____
Finals	66 Boys 11-12 100 Freestyle	0	0	01:36 PM	_____
Finals	67 Girls 10 & Under 100 Backstroke	0	0	01:36 PM	_____
Finals	68 Boys 10 & Under 100 Backstroke	0	0	01:36 PM	_____
Finals	69 Girls 11-12 100 Backstroke	0	0	01:36 PM	_____
Finals	70 Boys 11-12 100 Backstroke	0	0	01:36 PM	_____
	Finish Time			01:36 PM	_____