

## 2021 Long Course Season

### GRYM OTQ TIME TRIAL

**Meet Type: Qualifier**

**May 28 & May 30, 2021**

**Wren-Weisenburger Pool, 50 East Putnam Avenue, Greenwich, CT 06830**

**<https://goo.gl/maps/1bcT3dYh8VprysVn6>**

**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](http://ctswim.org) or the host website for any updates.**

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L21-14. 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, Greenwich Marlins, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, the Greenwich Department of Health. <https://www.greenwichct.gov/575/Health-Department>

#### COVID-19 Assumption of Risk Disclaimer

We, Greenwich Marlins, 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 May OT Time Trial or on site at the YMCA of Greenwich. 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 May OT Time Trial and being on site at the YMCA of Greenwich, 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 that do not have a waiver on file with the YMCA of Greenwich will be required to complete on before entering the building.

## EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Yolanda Jahan	Yoli.jahan1@gmail.com	203 278 6712
<b>Meet Referee:</b>	Greg Bedell	greg@bedellmail.com	
<b>Lead Admin Official:</b>	Sophia Todorovic	sophiap@accordia-group.com	914 473 0369
<b>Entry Chair:</b>	Aaron Montgomery	amontgomery@gwymca.org	19143193811
<b>Safety Chair:</b>	Harry Shontz	hshontz@gwymca.org	
<b>Officials Contact:</b>	Yolanda Jahan	Yoli.jahan1@gmail.com	203 278 6712

**MEET HOST:** GRYM.

**WEBSITE:** [www.greenwichmarlins.org](http://www.greenwichmarlins.org).

**POOL EMERGENCY NUMBER:** 203 869 1630

**SANCTIONED OR APPROVED:** Sanctioned

**MEET TYPE:** Intrasquad

**MEET FORMAT:** The meet will be swum as Timed-Final

**SCRATCH PROCEDURES:** No scratches will be taken. The meet will be pre-seeded.

**BEFORE ENTERING FACILITY or WHAT TO BRING:** Heat sheets be digital. The meet will be on Zoom. There will be temperature checks conducted to enter the building, signed waivers are required, showering at home is encouraged.

### FACILITY RULES:

This meet is limited to 24 swimmers. Masks are required for any non-vaccinated members or visitors. Planned number of individuals in spectating area: No spectators.

**FACILITY:** Wren-Weisenburger Pool is an eight lane 50 meter pool. Water depth at start end is 12 feet. Water depth at turn end is: 5ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado Timing System (102.24.2.A), per CSI COVID-19 Officials Guidelines. No spectators will be allowed on deck.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**SAFE SPORT POLICIES:** Zoom links will be sent out to all participating swimmers and their families.

**DISABLED ACCESS:** Limited handicap parking is available. Main entrance on Mason Street has a handicap accessible entrance and an elevator for transport to the pool level. Locker rooms and spectator areas are accessible once inside. Anyone needing access should contact the meet director for assistance before the meet.

**COURSE:** LCM.

**SESSION TIMES: Subject to Change** Session I – Friday 5/28 WU 5:15am Start 6:15am. Session II Sunday 5/30 WU 5:00pm 6:00pm Start.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Open Warmup

**ELIGIBILITY:** USA Swimming clubs by invitation. GRYM. 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](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.

**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 OPENING DATE:** N/A – Intrasquad meet.

**ENTRY LIMITATIONS:** The meet is restricted to 24 swimmers. Swimmers can swim two events per session

**ENTRY TIMES:** Submit entry times in: LCM.

**DEADLINES:** Deadline is 5/27; email only

**CONNECTICUT-ONLY DEADLINE:** N/A – Intrasquad meet.

**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 [grymarlins@gmail.com](mailto:grymarlins@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.

**OUT-OF-STATE SWIMMER SURCHARGE:** Meet host will collect a \$5.00 per out-of-state swimmer surcharge, to be forwarded in full by the host team to CT Swimming.

**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 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 [Outreach Athlete](#) page on [ctswim.org](http://ctswim.org).

**PAYMENT INSTRUCTIONS:** N/A – no fees.

**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 meet will be closed after 24 swimmers have entered.

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.

**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/are 6:00am for morning sessions and 6:00pm for afternoon sessions. There is no fee for Time Trial entries.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** We will need three volunteer timers. Parents of swimmers in the meet will be expected to volunteer if needed. 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 [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:** We encourage all parents to car pool as much as possible. There will be parking at the following locations:

Lower Mason St. parking lot( Across from the bank)

Chase Bank Parking lot.

Municipal parking behind First Presbyterian Church located at the top of Greenwich Avenue on Lafayette Place.

Free parking on Friday after 5 pm.

**DIRECTIONS:** The Greenwich YMCA is located at 50 East Putnam Avenue, Greenwich, Connecticut. 06830. From I-95 North, exit 4, turn right to Indian Field Rd. From I-95 South, exit 4, turn left to Indian Field Rd; Continue approximately 1 mile to traffic light at East Putnam Avenue. Turn left at East Putnam Avenue. Go thru 6 traffic lights. Greenwich YMCA building is on the left.

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 Greenwich YMCA or any GRYM 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) GRYM and / or Greenwich YMCA and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this \_\_\_\_ day of May, 2021.

SIGNATURE: \_\_\_\_\_

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

NAMES OF MINOR CHILD(REN), IF ANY: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**CT 2021 GRYM OT Time Trial - 5/28/2021 to 5/30/2021****Session Report**

Session: 1 Friday Morning

Day of Meet: 1 Starts at 06:15 AM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Meet Qualifying</b>	<b>Starts at</b>	<b>Actual</b>
Finals	1 Mixed 50 Freestyle	0	0		06:15 AM	e06:15 AM
Finals	2 Mixed 100 Breaststroke	0	0		06:15 AM	e06:15 AM
Finals	3 Mixed 400 Freestyle	0	0		06:15 AM	e06:15 AM
Finals	4 Mixed 100 Backstroke	0	0		06:15 AM	e06:15 AM
Finals	5 Mixed 100 Butterfly	0	0		06:15 AM	e06:15 AM
Finals	6 Mixed 200 IM	0	0		06:15 AM	e06:15 AM
Finals	7 Mixed 100 Freestyle	0	0		06:15 AM	e06:15 AM
Finals	8 Mixed 200 Breaststroke	0	0		06:15 AM	e06:15 AM
Finals	9 Mixed 800 Freestyle	0	0		06:15 AM	e06:15 AM
	Finish Time				06:15 AM	e06:15 AM

Session: 2 Sunday Evening

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Meet Qualifying</b>	<b>Starts at</b>	<b>Actual</b>
Finals	10 Mixed 50 Freestyle	0	0		06:00 PM	e06:00 PM
Finals	14 Mixed 100 Backstroke	0	0		06:00 PM	e06:00 PM
Finals	12 Mixed 100 Breaststroke	0	0		06:00 PM	e06:00 PM
Finals	13 Mixed 100 Butterfly	0	0		06:00 PM	e06:00 PM
Finals	11 Mixed 400 Freestyle	0	0		06:00 PM	e06:00 PM
Finals	16 Mixed 100 Freestyle	0	0		06:00 PM	e06:00 PM
Finals	15 Mixed 200 IM	0	0		06:00 PM	e06:00 PM
Finals	17 Mixed 200 Breaststroke	0	0		06:00 PM	e06:00 PM
Finals	18 Mixed 800 Freestyle	0	0		06:00 PM	e06:00 PM
	Finish Time				06:00 PM	e06:00 PM