

## Long Course 2021

### Piranhas, Sharks, Orcas Tri-Meet June 9, 2021

2420 Post Road, Darien, CT 06820

<https://goo.gl/cp5PCg>

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. #L21-12. 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, Piranha Swimming @ Darien YMCA, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and the town of Darien, <http://darienct.gov>.

#### COVID-19 Assumption of Risk Disclaimer

We, Piranha Swimming @ Darien YMCA, 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 Piranhas Tri-Meet or on site at Darien 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 Piranhas Tri-Meet and being on site at Darien 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. Waivers will be sent via email to Henk, [Piranha@darien-ymca.org](mailto:Piranha@darien-ymca.org) or can be handed back any time before entering the pool for warm-up.

## EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Henk Jansen	<a href="mailto:Piranha@darien-ymca.org">Piranha@darien-ymca.org</a>	203.655.8228 x1397
<b>Meet Referee:</b>	Greg Bedell	<a href="mailto:Piranha@darien-ymca.org">Piranha@darien-ymca.org</a>	
<b>Lead Admin Official:</b>	Henk Jansen	<a href="mailto:Piranha@darien-ymca.org">Piranha@darien-ymca.org</a>	203.655.8228 x1397
<b>Entry Chair:</b>	Henk Jansen	<a href="mailto:Piranha@darien-ymca.org">Piranha@darien-ymca.org</a>	203.655.8228 x1397
<b>Safety Chair:</b>	Henk Jansen	<a href="mailto:Piranha@darien-ymca.org">Piranha@darien-ymca.org</a>	203.655.8228 x1397
<b>Officials Contact:</b>	Henk Jansen	<a href="mailto:Piranha@darien-ymca.org">Piranha@darien-ymca.org</a>	203.655.8228 x1397

**MEET HOST:** PSDY

**WEBSITE:** <https://darien-ymca-piranhas.org>

**POOL EMERGENCY NUMBER:** 203.655.8228

**SANCTIONED OR APPROVED:** Sanctioned

**MEET TYPE:** By invitation only to PSDY, SHKS and ORCA.

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

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

**DECK ENTRIES WILL BE ALLOWED**

**BEFORE ENTERING FACILITY:** Anyone entering the YMCA must stop at the kiosk. Those who are NOT fully vaccinated must wear a face covering.

**FACILITY RULES:** Everyone will enter through the family locker room. Everyone will be required to wear a face covering while on deck. Swimmers must wear face coverings to the block and which can be left on the back of the block while competing. I recommend bringing a zip lock bag. No deck chairs required; all swimmers will be seated on bleachers. Social distancing of 6 feet at all times will be enforced by coaches and lifeguards.

Planned number of individuals on deck: Maximum of 100

5 – COACHES, 75 – ATHLETES, 12 – TIMERS, 6 – OFFICIALS, 2 – LIFEGUARDS, 0 - SPECTATORS, 100 TOTAL

Planned number of individuals in spectating area: 0 – no spectators allowed

**FACILITY:** The Henry Ziegler Pool at the Darien YMCA is a 6 -lane, 25-yard pool. Water depth at start end is: 10 feet. Water depth at turn end is: 3.5 feet. Select One: The competition course has not been certified in accordance with 104.2.2C(4).

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

**SAFE SPORT POLICIES:** The meet will be livestreamed via Zoom, and a secure, password protected link will be sent to families of swimmer entered in the meet the week of the meet.

**DISABLED ACCESS:** The Darien YMCA is handicapped accessible with a handicapped locker room. Please contact Britt Daniels, 203.655.8228 x1358 for more information and special arrangements.

**COURSE:** SCY

**SESSION TIMES: Subject to Change**

Session I – Wednesday 4:30p Warm-up, 5:30p Start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. There will be assigned lanes as well as up to two warm-up sessions based on the final number of swimmers entered in the meet. We will observe a maximum of four swimmers per lane for warm-up, and the number of warmup sessions will be based on that number.

**ELIGIBILITY:** USA Swimming clubs by invitation: PSDY, SHKS and ORCA. 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](#).

**EVENT INFORMATION:** No Spectators on Deck. A Zoom link will be emailed to parents. Meet will not last more than 2.25 hours.

**ENTRY OPENING DATE:** Entries will be accepted no earlier than 8:00 pm on **May 24, 2021**.

**ENTRY LIMITATIONS:** Session I - Swimmer may swim a maximum of 3 events.

**ENTRY TIMES:** Submit entry times in: SCY

**DEADLINES:** Deadline is 11:59p on 6/7/21.

**CONNECTICUT-ONLY DEADLINE:** Not applicable.

**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 [piranha@darrien-ymca.org](mailto:piranha@darrien-ymca.org). 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:** NO FEES

**OUT-OF-STATE SWIMMER SURCHARGE:** Not applicable

**OUTREACH ENTRY FEE REIMBURSEMENT:** Not applicable.

**PAYMENT INSTRUCTIONS:** Not needed.

**CUT PROTOCOL:**

There shouldn't be any need to for cut protocols as I will be allowing each Team a set number of athletes they can enter. This is due to the deck capacity restrictions at the Y. If needed:

1. Swimmers events will be reduced to 2 per swimmer.

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.

**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 relays.

**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:** We will need a total of 12 timers. Piranhas will try and cover all timers. If timers are need from other Teams, I will send out an email at least 10 days before the meet. Anyone who wishes to officiate please contact the Official's contact listed on the first page of the announcement. Please note, unless I need officials, I will not be allowing any additional officials on deck. I am under a strict deck capacity and would prefer to allow more athletes into the meet than officials.

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:** Heat winners for all and top 6 ribbons for 11-12 year olds.

**CONCESSIONS:** The Darien YMCA Little Bite Café will be open for part of the meet.

**HOSPITALITY FOR COACHES AND OFFICIALS:** A small hospitality will be available to coaches, officials and timers.

**PARKING:** Parking is available at the YMCA. Overflow parking can be found on Saltbox Lane (the side street next to the church across the street from the Y). **NO PARKING AT THE CHURCH OR ON SEAVIEW AVE OR LIGHTHOUSE ROAD.**

**DIRECTIONS:**

**I-95 Southbound:** Exit 11, US 1 (Post Rd.) Darien. Take left at bottom of ramp onto US 1 South (West). Go under I-95. Go through 5 stop lights. The YMCA will be on your left (small sign). If you enter Stamford, you've traveled too far.

**I-95 Northbound:** Exit 9. Take left at end of ramp. Take right at light onto US 1 North (East). Follow US 1 into Darien. YMCA will be on your right (small sign). If you hit a stop light, in Darien, you've traveled too far.

**Merritt Parkway (Route 15):** Exit 37, New Canaan & Darien. At the end of ramp, take a right onto CT 124. Follow CT 124 into Darien to intersection with US 1 (Post Rd.). Turn right onto US 1. Go through downtown Darien under RR truss and I-95. Go through 5 stop lights. The YMCA will be on your left (small sign). If you end up in Stamford, you've traveled too far.

## 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 Darien YMCA or any Darien YMCA 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) Darien YMCA and / or Darien 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 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 9<sup>th</sup> day of June 2021.

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

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

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

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

**Piranha June Tri-Meet - 6/9/2021**

**Session Report**

Session: 1 Session I

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 25 Seconds / Back +25 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Girls 11 & Over 100 Freestyle	0	0	05:30 PM _____
Finals	2 Boys 11 & Over 100 Freestyle	0	0	05:30 PM _____
Finals	3 Mixed 12 & Over 200 Freestyle	0	0	05:30 PM _____
	Break: 10 Minutes			
Finals	4 Girls 11-12 50 Breaststroke	0	0	05:40 PM _____
Finals	5 Boys 11-12 50 Breaststroke	0	0	05:40 PM _____
Finals	6 Girls 11 & Over 100 Breaststroke	0	0	05:40 PM _____
Finals	7 Boys 11 & Over 100 Breaststroke	0	0	05:40 PM _____
Finals	8 Mixed 13 & Over 50 Freestyle	0	0	05:40 PM _____
	Break: 10 Minutes			
Finals	9 Mixed 13 & Over 200 Breaststroke	0	0	05:50 PM _____
Finals	10 Girls 11-12 50 Backstroke	0	0	05:50 PM _____
Finals	11 Boys 11-12 50 Backstroke	0	0	05:50 PM _____
Finals	12 Girls 11 & Over 100 Backstroke	0	0	05:50 PM _____
Finals	13 Boys 11 & Over 100 Backstroke	0	0	05:50 PM _____
	Break: 10 Minutes			
Finals	14 Mixed 13 & Over 200 Backstroke	0	0	06:00 PM _____
Finals	15 Girls 11-12 100 IM	0	0	06:00 PM _____
Finals	16 Boys 11-12 100 IM	0	0	06:00 PM _____
Finals	17 Girls 11 & Over 200 IM	0	0	06:00 PM _____
Finals	18 Boys 11 & Over 200 IM	0	0	06:00 PM _____
	Break: 10 Minutes			
Finals	19 Mixed 13 & Over 400 IM	0	0	06:10 PM _____
Finals	20 Girls 11-12 50 Freestyle	0	0	06:10 PM _____
Finals	21 Boys 11-12 50 Freestyle	0	0	06:10 PM _____
	Finish Time			06:10 PM _____