

2021 Long Course Season

SCM Tournament Invitational RAYS vs RAC vs GWYB June 5-6, 2021

Barlow Mountain Pool, 115 Barlow Mountain Rd, Ridgefield, CT 06879

<https://goo.gl/maps/fw1nDLHjVwpsMAoX8>

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. #L21-8. 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, the Southington RAYS, 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 Ridgefield. <https://www.ridgefieldct.org/health/pages/public-swimming-pools>

COVID-19 Assumption of Risk Disclaimer

We, the Southington RAYS, 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 SCM Tournament or on site at the Barlow Mountain Pool. 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 SCM Tournament and being on site at the Barlow Mountain Pool, 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, coaches and volunteers must bring a signed waiver with them or email a signed copy to bglaude@sccymca.org

EVENTS

	Name	Email	Phone
Meet Director:	Karen Cannata	kmcannata@cox.net	203-910-1257
Meet Referee:	Lisa Whitaker	llwhitaker@mac.com	203-982-6854
Lead Admin Official:	Kathy Gaudio	kgaudio@sbcglobal.net	203-494-8472
Entry Chair:	Rich Niro	Niror797@gmail.com	860-620-2862
Safety Chair:	Ronald Vaughan	swimcoachronnie@gmail.com	
Officials Contact: (optional)	Lisa Whitaker	llwhitaker@mac.com	

MEET HOST: RAYS

WEBSITE: Southingtonrays.com

POOL EMERGENCY NUMBER: 203-431-2378

SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: By Invitation only to 2021 USA Swimming registered swimmers from RAYS, RAC and GWYB, subject to the rules on the CT Swimming [Meet Management](#) page.

MEET FORMAT: The meet will be swum as a Short Course Meter Timed-Final. Events will be swum from slow to fast.

SCRATCH PROCEDURES: Scratches must be provided prior to the first day of the meet. The meet will be pre-seeded. NO DECK ENTRIES WILL BE ALLOWED

BEFORE ENTERING FACILITY or WHAT TO BRING: Swimmers must arrive in their suits and wear masks. Everyone will enter and exit following the Ingress and Egress Descriptions at the end of this document. Everyone will be temperature checked and COVID Question screened to enter the Barlow Mountain Pool. Deck chairs required in addition to sunscreen as swimmers will be sitting outside. Swimmers should bring water bottles and snacks. When leaving the facility you must take all of your trash with you. All swimmers must arrive in their suits, locker rooms are closed for changing.

FACILITY RULES:

- Masks must be worn at all times
- Timers and officials will require masks at all times
- Bathroom usage is restricted to one person at a time.
- Arrive in your racing suit; no changing at the meet is allowed

- Swimmers must remain outside the facility unless they are warming up or racing. Swimmers will need to bring their own chair/tent (umbrella)/blanket and social distance themselves amongst the grass outside of the pool/elementary school. Group interaction will be strictly enforced.
- Announcements will be made periodically as reminders of the events.
- When entering the pool everyone must sanitize their hands at stations provided on the walls
- 1 heat is allowed behind the block at a time the next heat will be staged outside of the pool area
- Swimmers- must walk to their lanes with 6 going first and 1 going last
- Swimmers must walk up to the blocks with masks and leave them with their warmups/sweatshirt etc
- Once the race is complete swimmers will exit the pool, put on masks and return to their areaist all rules i.e. social distancing, when and who must wear a mask, will face masks be provided, touch-free procedures, what to dry off
- Swimmers will exit on the shallow side of the facility
- Timers- designated spots on the ground will be marked for each timer to stand on while waiting for the race to complete and when starting the watch
- Timers- upon completion of the race , timers will record their time, step away from the blocks, swimmers in the water will exit, and walk away from the start end of the pool. Then the next heat will walk over, get ready and the starter will begin the race. Once the swimmers are approaching the finish, timers will step forward from their standing area and record their times.

Planned number of individuals on deck: Swimmers 6-25 on deck/pool depending on warmup or events
4 coaches; 4 officials; 8 timers)6 at lanes and 2 backups
TOTAL: 66

Planned number of individuals in spectating area: NO SPECTATORS ALLOWED

FACILITY: The Barlow Mountain Pool is a 6 -lane, 25-Meter pool. Water depth at start end is: 12 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 6 Timing System in compliance with USA Swimming rules for competition per USA Swimming Rulebook (102.24)

Locker rooms: Showers and Locker rooms are limited to the use of the restroom only. Changing into and out of swimsuits is prohibited. Swimmer must arrive in their swimsuits. 1 Person in the restroom at a time. Showers are off limits. Masks are required.

SAFE SPORT POLICIES: Parents will be able to view the meet- livestream on RAC Facebook Page. Info will be confirmed and sent to families prior to the meet.

DISABLED ACCESS: Barlow Mountain Pool complies with all ADA requirements.

COURSE: SCM

SESSION TIMES: Subject to Change

Session 1, Saturday AM 13 and over 8AM Warm up; 9:30AM Start

Session 2, Saturday PM 12 and under 2:30PM Warm Up; 4PM Start

Session 3, Sunday AM 13 and over 8 AM Warm up; 9:30AM Start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 6 lanes will be used No more than 5 per lane. Warm up procedures will be distributed before the meet once registration is confirmed.

ELIGIBILITY: USA Swimming clubs by invitation. This meet is only open to RAYS, LEHY, and GWYB swimmers registered in CT as USA Swimming athletes. 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.

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 Concession, NO Spectators, NO Heat sheets available for sale (Meet info will be available online)

ENTRY OPENING DATE: Entries will be accepted no earlier than 8:00 pm on **May 17, 2021**.

ENTRY LIMITATIONS: Limit of 3 events per session for swimmers age 13 and over, Limit of 4 events per session for swimmers age 12 and under

ENTRY TIMES: Submit entry times in: SCM

DEADLINES: Deadline is June 1st, 2021. 8PM

CONNECTICUT-ONLY DEADLINE: CT deadline is June 1st, 2021.

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 niror797@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.

PAYMENT INSTRUCTIONS: N/A

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:

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.

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: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet. All volunteers are required to sign the COVID Waiver before being allowed on deck

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: Please park only in designated areas.

DIRECTIONS: The Barlow Mountain Pool is located at 115 Barlow Mountain Rd, Ridgefield, CT
<https://goo.gl/maps/fw1nDLHjVwpsMAoX8>

Directions from 84 West: Take Exit 3 (Left exit) US7S toward Norwalk.

Travel US7 S into Ridgefield

Turn Right onto Bennetts Farm Rd

Turn Right to stay on Bennetts Farm Rd

Turn Right to stay on Bennetts Farm Rd

Turn Left onto Knollwood then continue onto Twixt Hills Rd

Turn Left onto Pierrepont Dr

Continue onto Barlow Mountain Rd

There will be 2 right turns and destination will be on the left.

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT
SCM Tournament RAYS vs RAC vs GWYB 6/5-6/6 2021

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 Barlow Mountain Pool or any RAYS, RAC, GWYB 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) RAYS, RAC, GWYB and / or Barlow Mountain Farms 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 JUNE, 2021.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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

Rays vs. RAC - 6/5/2021 to 6/6/2021
Session Report

Session: 1 13&Over, Saturday Morning
Day of Meet: 1 Starts at 09:30 AM Heat Interval: 60 Seconds / Back +30 Seconds

- Finals 1 Girls 13 & Over 50 Freestyle
- Finals 2 Boys 13 & Over 50 Freestyle
- Finals 3 Girls 13 & Over 200 IM
- Finals 4 Boys 13 & Over 200 IM
- Finals 5 Girls 13 & Over 100 Backstroke
- Finals 6 Boys 13 & Over 100 Backstroke
- Finals 7 Girls 13 & Over 200 Butterfly
- Finals 8 Boys 13 & Over 200 Butterfly
- Finals 9 Girls 13 & Over 100 Breaststroke
- Finals 10 Boys 13 & Over 100 Breaststroke
- Finals 11 Girls 13 & Over 200 Freestyle
- Finals 12 Boys 13 & Over 200 Freestyle
- Finals 13 Girls 13 & Over 50 Butterfly
- Finals 14 Boys 13 & Over 50 Butterfly

Rays vs. RAC - 6/5/2021 to 6/6/2021
Session Report

Session: 2 12&Under

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 60 Seconds / Back +30 Seconds

Finals	15	Girls 12 & Under 50 Freestyle
Finals	16	Boys 12 & Under 50 Freestyle
Finals	17	Girls 12 & Under 200 IM
Finals	18	Boys 12 & Under 200 IM
Finals	19	Girls 12 & Under 100 Breaststroke
Finals	20	Boys 12 & Under 100 Breaststroke
Finals	21	Girls 12 & Under 50 Butterfly
Finals	22	Boys 12 & Under 50 Butterfly
Finals	23	Girls 12 & Under 50 Backstroke
Finals	24	Boys 12 & Under 50 Backstroke
Finals	25	Girls 12 & Under 100 Freestyle
Finals	26	Boys 12 & Under 100 Freestyle
Finals	27	Girls 12 & Under 50 Breaststroke
Finals	28	Boys 12 & Under 50 Breaststroke
Finals	29	Girls 12 & Under 100 Butterfly
Finals	30	Boys 12 & Under 100 Butterfly
Finals	31	Girls 12 & Under 100 Backstroke
Finals	32	Boys 12 & Under 100 Backstroke
Finals	33	Girls 12 & Under 200 Freestyle
Finals	34	Boys 12 & Under 200 Freestyle

Rays vs. RAC - 6/5/2021 to 6/6/2021
Session Report

Session: 3 13&Over, Sunday Morning

Day of Meet: 2 Starts at 09:30 AM Heat Interval: 60 Seconds / Back +30 Seconds

Finals	35	Boys 13 & Over 50 Breaststroke
Finals	36	Girls 13 & Over 50 Breaststroke
Finals	37	Boys 13 & Over 100 Freestyle
Finals	38	Girls 13 & Over 100 Freestyle
Finals	39	Boys 13 & Over 200 Backstroke
Finals	40	Girls 13 & Over 200 Backstroke
Finals	41	Boys 13 & Over 100 Butterfly
Finals	42	Girls 13 & Over 100 Butterfly
Finals	43	Boys 13 & Over 200 Breaststroke
Finals	44	Girls 13 & Over 200 Breaststroke
Finals	45	Boys 13 & Over 50 Backstroke
Finals	46	Girls 13 & Over 50 Backstroke
Finals	47	Boys 13 & Over 400 Freestyle
Finals	48	Girls 13 & Over 400 Freestyle