

2021 Long Course Season

RYWC LCM Senior Invitational June 25th – 27th, 2021

10 Huckleberry Hill Rd, Brookfield, CT 06804.

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

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. #L21-19. 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, Regional YMCA of Western CT, 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 Brookfield CT. <https://www.brookfieldct.gov/health-department>.

COVID-19 Assumption of Risk Disclaimer

We, Regional YMCA of Western CT 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 RYWC LCM Senior Invitational or on site at Greenknoll 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 the RYWC LCM Senior Invitational and being on site at the Greenknoll 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: Waivers with signatures are required. All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Visiting teams must collect the waivers from their swimmers and submit them to the meet safety chair on the first day of the meet. Waivers may be scanned and emailed to the safety chair as well.

EVENTS

	Name	Email	Phone
Meet Director:	Jason Paige	jpaige@regionalmca.org	203-775-1077
Meet Referee:	Tom Horan	thehoranfamily@yahoo.com	
Lead Admin Official:	Beth Falder	beth@falder.com	
Entry Chair:	Sarah Basile	sbasile@regionalmca.org	203-775-1077
Safety Chair:	Sarah Basile	sbasile@regionalmca.org	203-775-1077
Officials Contact:	Tom Horan	thehoranfamily@yahoo.com	

MEET HOST: RYWC.

WEBSITE: www.makoswim.org

POOL EMERGENCY NUMBER: 203-775-1077

SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: USA Swimming clubs by invitation. Invited teams include: RYWC, CDOG, ZEUS, GYWD PAC and AD-SCHE. The meet is also open for additional entries from USA registered teams on a first come first serve basis if space allows.

MEET FORMAT: The meet will be swum as Timed-Finals on Friday evening. A Prelim-Final format for will be run on Saturday and Sunday. The 400 IM and the 400 Freestyle on Friday evening will be run fastest to slowest alternating women and men. Bonus events will be allowed at the following qualified event to bonus event ratio: 1-3, 2-2, 3-1, 4 or more qualified events – no bonuses.

SCRATCH PROCEDURES: Coaches will receive an informational envelope containing entry reports for each swimmer's events upon team check in. All scratches are to be submitted to the computer table by the appropriate scratch deadlines. Swimmers are automatically seeded in the meet if a scratch is NOT turned in. This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. Scratches from finals can only be done directly with the Administrative Referee.

Scratch and Positive Check in deadlines for Individual events are as follows:

Scratches and Positive Check In for Friday Individual and Relay Events: Friday, 5:00pm

Scratches for Saturday Preliminary Individual Events: Saturday 7:45am

Scratches for Saturday Relay Events: Saturday 5:30pm

Scratches for Sunday Preliminary Events: Sunday 7:45am.

Scratches for Saturday Relay Events: Sunday 5:30pm

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals, who fails to compete and who has not been scratched, will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. **Exceptions for Failure to Compete in Finals:** No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

BEFORE ENTERING FACILITY or WHAT TO BRING: Swimmers must arrive prepared to swim. Teams will be instructed on the best times for their swimmers to arrive to better control traffic into the facility. Swimmers will enter and exit the YDAC facility pool area through the gate on the south or the east end of the pool. Access to the locker rooms in the main building is through the airlock vestibule located on the north end of the pool deck. Swimmers must sanitize their hands upon entering the pool area and the building. Hand sanitizer will be made available. Officials, Volunteers, Coaches and assisting parents/guardians will adhere to these same rules. Any swimmer, coach, official, volunteer or spectator that is experiencing COVID-19 symptoms or been in contact with anyone who has in the 14 days prior to the meet may not enter the facility.

Athletes, coaches, volunteers and spectators are not required to wear a mask when outside. All swimmers and any individual that is not vaccinated must wear a mask inside the building, bathroom or locker room. Swimmers and coaches need to bring their own deck chairs as there is no seating on the pool deck. Teams may bring tents for shade and may set them up in the team areas. We ask that teams observe social distancing requirements.

Heat sheets will be distributed to coaches and officials and will also be posted on meet mobile and on the Makos website for spectators and or team viewing. They will not be posted on the pool deck. One spectator per swimmer will be permitted in the spectator area along the west side of the pool. All spectators must stay outside of the pool area and observe social distancing requirements. Spectators should bring their own chairs as no seating will be provided.

FACILITY RULES:

The RYWC will follow the current CT State guidelines for outdoor events. Swimmers, Coaches, Volunteers and Spectators are not required to wear a face covering when not swimming at all times. Swimmers will be allowed to bring deck chairs and they must place their own chair socially distanced from others in the team staging area. Only one heat of athletes will be permitted behind the blocks at a time. There will be a designated space for Lane Timers to stand prior to and during each race.

Swimmers that need assistance from a parent or guardian must notify the coaching staff in advance.

Additional information will be provided from the meet director in regards to facility rules and procedures prior to the first day of the meet.

Planned number of individuals on deck: 250

Athletes – 220

Volunteers – 16

Coaches – 12

Lifeguards - 2

Spectators – 220 (outside of pool area)

(Normal pool capacity inside fenced area is 460)

FACILITY: The Greenknoll Youth Development and Aquatics Center offers a 6 lane, 50m heated pool for warm up and competition. Water depth at start end of competition pool is: 6ft. Water depth at turn end is: 3.5ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system with 6 lane display and touch pads at start and turn end. Team seating is available. **The Greenknoll Youth Development and Aquatics Center is an outdoor facility.**

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Swimmers may change if needed (ie. ripped suit, done competing) in the locker rooms. Locker rooms may be used for toilet use and changing, showers are not available. Swimmers must wear a mask in the locker rooms.

Coaches, and officials are to use the single use multipurpose bathroom in the YDAC facility or the bathroom in the camp nurses office only.

SAFE SPORT POLICIES: Spectator seating will be made available on the west side of the pool (outside of the pool area). Spectators will need to bring their own chairs and observe social distancing requirements. In an effort to control numbers please adhere to the one spectator per swimmer policy. Spectators may use the single use multi-purpose bathroom or any port-a-potty on the campground.

DISABLED ACCESS: Fully ADA Compliant. Any individuals requiring handicapped parking please email Sarah Basile at sbasile@regionalmca.org in advance to make arrangements.

COURSE: LCM.

SESSION TIMES: Subject to Change

Friday:	Timed Finals –	4:30pm Warm Up/ 5:30pm Start
Saturday and Sunday:	Prelims –	7:00am Warm Up/ 8:30am Start
	Finals –	5:30pm Warm Up/ 6:30pm Start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 6-lanes will be used for warm-ups. Each team will have access to the pool for a team warm up. Warm up sessions will be created after the entry deadline. Each team will keep record of lane assignments for swimmers within their warm up block. If time allows for short warm up breaks during the meet will be added.

ELIGIBILITY: USA Swimming clubs by invitation. Invited teams include: RYWC, CDOG, ZEUS, GYWD PAC and AD-SCHE. The meet is also open for additional entries from USA registered teams on a first come first serve basis if space allows. 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 at least 11yrs old on the first day of competition and 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: Swimmers must be at least 11 yrs old on the first day of competition to compete. Friday evening's events will be timed finals. Saturday and Sunday will be prelims/finals. All relays are timed finals. There will be three heats of 6 at finals run in a C/B/A final format. In the event there are less than 18 swimmers in an event there will only be two heats (B/A) at finals. In the event that there are less than 12 swimmers in an event there will only be one heat (A) at finals. Athletes will be announced at finals, but there will be no ready room or parade. Entry times are in LCM. SCM and SCY times may be converted to LCM. The fastest three heats in the preliminary sessions will be circle seeded. Non CT Teams will be subject to a \$5.00 surcharge per swimmer in addition to their meet entry fees.

ENTRY OPENING DATE: Invited team entries are due by June 3rd, 2021. Entries from other CT/USA Registered Swim Teams will be accepted no earlier than 8:00 pm on **June 4th, 2021**. Entries from other USA Registered Swim Teams outside of CT will be accepted no earlier than 12:00am on **June 8th, 2021**.

ENTRY LIMITATIONS: Swimmers may swim a total of 7 individual events and 3 relay events throughout the meet. Swimmers may only compete in a maximum of one individual event on Friday and three individual events and one relay event per day on Saturday and Sunday.

ENTRY TIMES: Submit entry times in: LCM.

DEADLINES: Invited team entries are due by June 3rd, 2021. Invited teams that do not submit their entry by that deadline will lose their priority and jeopardize their team's participation in the meet. The deadline for all other team entries is June, 18th, 2021. Mail payment to the entry chairperson: Jason Paige, 2 Huckleberry Hill Rd, Brookfield, CT 06804. All entries must be legible and must use full names and registration numbers from USA Swimming registration.

All other Connecticut team entries will be accepted on a first come first serve basis beginning on **June 4, 2021**. Entries must be emailed to the entry chair and the time stamp on the email will determine the date and time the entry is received. Teams submitting an entry are responsible for the entry fees affiliated with their entry. No space holder entries will be accepted. Entries from teams that have balances due from past meet entries will not be accepted until any fees owed are paid.

All other entries from teams outside of Connecticut will be accepted on a first come first serve basis beginning on June 8, 2021. Entries must be emailed to the entry chair and the time stamp on the email will determine the date and time the entry is received. Teams submitting an entry are responsible for the entry fees affiliated with their entry. No space holder entries will be accepted. Entries from teams that have balances due from past meet entries will not be accepted until any fees owed are paid.

CONNECTICUT-ONLY DEADLINE: **CT Only deadline is 11:59pm, June 7th, 2021.** Only entries for CT teams will be accepted before June 8th, 2021 (with the exception of non-CT invited teams). Entries must be emailed to the entry chair and the time stamp on the email will determine the date and time the entry is received. Teams submitting an entry are responsible for the entry fees affiliated with their entry. No space holder entries will be accepted. Entries from teams that have balances due from past meet entries will not be accepted until any fees owed are paid. CT clubs meeting this deadline will be entered before out of state clubs (with the exception of any invited non-CT clubs).

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 sbasile@regionalmca.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: Electronic entries: \$8.00 for individual events, \$8.00 for distance event, \$16.00 for relay events. Manual entries: \$10.00 for individual events, \$10.00 for distance events, \$20.00 for relay events.

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: Please make checks payable to Regional YMCA of Western CT and mail to: ATTN: Jason Paige, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment, or a copy of an official check request must be postmarked or time stamped within **two business days** of the entry submission. Payment must be received by 6/25/21.

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. Any swimmers 12 years old or younger will be cut
2. The maximum number of events allowed per day may be reduced by one (1).
3. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

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: Yes. Teams may enter up to three relays per event. All relays will swim in the evening finals session and run slowest to fastest. All relay swimmers must be officially entered in the meet. No relay only swimmers are permitted.

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: Teams will be responsible for providing volunteers as assigned by the meet director. Teams will be responsible to provide their own timers for the relay events on Friday evening. 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 be scored. Individual events will be scored 1-12th: 16,13,12,11,10,9,7,5,4,3,2,1. Relays will be scored 1-12th place: 32,26,24,22,20,18,14,10,8,6,4,2.

AWARDS: No.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: All parking is at 2 Huckleberry Hill Rd, on the west side of the YMCA main Building.

DIRECTIONS: The Greenknoll Aquatic Center is located at 10 Huckleberry Hill Road, Brookfield, CT 06804. <https://goo.gl/maps/enzLp>

LODGING:

Hampton Inn, 81 Newtown Rd, Danbury CT: (203)748-6677

Maron Hotel and Suites, 42 Lake Ave Ext, Danbury CT: (203) 791-2200

RYWC LCM Senior Invite - 6/25/2021 to 6/27/2021
Session Report

Session: 1 Friday

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	1 Women 400 IM	0	0	5:41.29	05:30 PM	e05:30 PM
Finals	2 Men 400 IM	0	0	5:22.59	05:30 PM	e05:30 PM
Finals	3 Women 400 Freestyle	0	0	5:01.29	05:30 PM	e05:30 PM
Finals	4 Men 400 Freestyle	0	0	4:46.69	05:30 PM	e05:30 PM
Finals	5 Women 800 Freestyle Relay	0	0		05:30 PM	e05:30 PM
Finals	6 Men 800 Freestyle Relay	0	0		05:30 PM	e05:30 PM
	Finish Time				05:30 PM	e05:30 PM

RYWC LCM Senior Invite - 6/25/2021 to 6/27/2021
Session Report

Session: 2 Saturday Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Prelims	7 Women 200 Butterfly	0	0	2:38.59	08:30 AM	e08:30 AM
Prelims	8 Men 200 Butterfly	0	0	2:28.59	08:30 AM	e08:30 AM
Prelims	9 Women 100 Freestyle	0	0	1:06.19	08:30 AM	e08:30 AM
Prelims	10 Men 100 Freestyle	0	0	1:01.79	08:30 AM	e08:30 AM
Prelims	11 Women 200 Breaststroke	0	0	3:00.49	08:30 AM	e08:30 AM
Prelims	12 Men 200 Breaststroke	0	0	2:48.79	08:30 AM	e08:30 AM
Prelims	13 Women 100 Backstroke	0	0	1:13.89	08:30 AM	e08:30 AM
Prelims	14 Men 100 Backstroke	0	0	1:08.89	08:30 AM	e08:30 AM
Prelims	15 Women 200 IM	0	0	2:40.79	08:30 AM	e08:30 AM
Prelims	16 Men 200 IM	0	0	2:31.69	08:30 AM	e08:30 AM
	Finish Time				08:30 AM	e08:30 AM

RYWC LCM Senior Invite - 6/25/2021 to 6/27/2021
Session Report

Session: 3 Saturday Finals

Day of Meet: 2 Starts at 06:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	7 Women 200 Butterfly	0	3u	2:38.59	06:30 PM	e06:30 PM
Finals	8 Men 200 Butterfly	0	3u	2:28.59	06:42 PM	e06:42 PM
Finals	9 Women 100 Freestyle	0	3u	1:06.19	06:53 PM	e06:53 PM
Finals	10 Men 100 Freestyle	0	3u	1:01.79	06:59 PM	e06:59 PM
Finals	11 Women 200 Breaststroke	0	3u	3:00.49	07:05 PM	e07:05 PM
Finals	12 Men 200 Breaststroke	0	3u	2:48.79	07:18 PM	e07:18 PM
Finals	13 Women 100 Backstroke	0	3u	1:13.89	07:30 PM	e07:30 PM
Finals	14 Men 100 Backstroke	0	3u	1:08.89	07:37 PM	e07:37 PM
Finals	15 Women 200 IM	0	3u	2:40.79	07:44 PM	e07:44 PM
Finals	16 Men 200 IM	0	3u	2:31.69	07:56 PM	e07:56 PM
Finals	17 Women 400 Medley Relay	0	0		08:07 PM	e08:07 PM
Finals	18 Men 400 Medley Relay	0	0		08:07 PM	e08:07 PM
	Entry / Heat Totals:	0	30			
	Finish Time				08:07 PM	e08:07 PM

RYWC LCM Senior Invite - 6/25/2021 to 6/27/2021
Session Report

Session: 4 Sunday Prelims

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Prelims	19 Women 50 Freestyle	0	0	30.49	08:30 AM	e08:30 AM
Prelims	20 Men 50 Freestyle	0	0	28.29	08:30 AM	e08:30 AM
Prelims	21 Women 200 Backstroke	0	0	2:38.09	08:30 AM	e08:30 AM
Prelims	22 Men 200 Backstroke	0	0	2:29.59	08:30 AM	e08:30 AM
Prelims	23 Women 100 Butterfly	0	0	1:11.19	08:30 AM	e08:30 AM
Prelims	24 Men 100 Butterfly	0	0	1:06.79	08:30 AM	e08:30 AM
Prelims	25 Women 100 Breaststroke	0	0	1:23.89	08:30 AM	e08:30 AM
Prelims	26 Men 100 Breaststroke	0	0	1:17.89	08:30 AM	e08:30 AM
Prelims	27 Women 200 Freestyle	0	0	2:23.19	08:30 AM	e08:30 AM
Prelims	28 Men 200 Freestyle	0	0	2:14.79	08:30 AM	e08:30 AM
	Finish Time				08:30 AM	e08:30 AM

RYWC LCM Senior Invite - 6/25/2021 to 6/27/2021
Session Report

Session: 5 Sunday Finals

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	19 Women 50 Freestyle	0	3u	30.49	06:30 PM	e06:30 PM
Finals	20 Men 50 Freestyle	0	3u	28.29	06:34 PM	e06:34 PM
Finals	21 Women 200 Backstroke	0	3u	2:38.09	06:38 PM	e06:38 PM
Finals	22 Men 200 Backstroke	0	3u	2:29.59	06:50 PM	e06:50 PM
Finals	23 Women 100 Butterfly	0	3u	1:11.19	07:02 PM	e07:02 PM
Finals	24 Men 100 Butterfly	0	3u	1:06.79	07:08 PM	e07:08 PM
Finals	25 Women 100 Breaststroke	0	3u	1:23.89	07:15 PM	e07:15 PM
Finals	26 Men 100 Breaststroke	0	3u	1:17.89	07:21 PM	e07:21 PM
Finals	27 Women 200 Freestyle	0	3u	2:23.19	07:28 PM	e07:28 PM
Finals	28 Men 200 Freestyle	0	3u	2:14.79	07:38 PM	e07:38 PM
Finals	29 Women 400 Freestyle Relay	0	0		07:49 PM	e07:49 PM
Finals	30 Men 400 Freestyle Relay	0	0		07:49 PM	e07:49 PM
	Entry / Heat Totals:	0	30			
	Finish Time				07:49 PM	e07:49 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 [Greenknoll YMCA] or any [RYWC] 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) [RYWC] and / or [Greenknoll 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 [JUNE], 2021.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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

BEFORE ENTERING FACILITY or WHAT TO BRING: Swimmers must arrive prepared to swim. Teams will be instructed on the best times for their swimmers to arrive to better control traffic into the facility. Swimmers will enter and exit the YDAC facility pool area through the gate on the south or the east end of the pool. Access to the locker rooms in the main building is through the airlock vestibule located on the north end of the pool deck. Swimmers must sanitize their hands upon entering the pool area and the building. Hand sanitizer will be made available. Officials, Volunteers, Coaches and assisting parents/guardians will adhere to these same rules. Any swimmer, coach, official, volunteer or spectator that is experiencing COVID-19 symptoms or been in contact with anyone who has in the 14 days prior to the meet may not enter the facility.

Athletes, coaches, volunteers and spectators are not required to wear a mask when outside. All swimmers and any individual that is not vaccinated must wear a mask inside the building, bathroom or locker room. Swimmers and coaches need to bring their own deck chairs as there is no seating on the pool deck. Teams may bring tents for shade and may set them up in the team areas. We ask that teams observe social distancing requirements.

Heat sheets will be distributed to coaches and officials and will also be posted on meet mobile and on the Makos website for spectators and or team viewing. They will not be posted on the pool deck. One spectator per swimmer will be permitted in the spectator area along the west side of the pool. All spectators must stay outside of the pool area and observe social distancing requirements. Spectators should bring their own chairs as no seating will be provided.

FACILITY RULES:

The RYWC will follow the current CT State guidelines for outdoor events. Swimmers, Coaches, Volunteers and Spectators are not required to wear a face covering. Swimmers will be allowed to bring deck chairs and they must place their own chair socially distanced from others in the team staging area. Only one heat of athletes will be permitted behind the blocks at a time. There will be a designated space for Lane Timers to stand prior to and during each race.

Swimmers that need assistance from a parent or guardian must notify the coaching staff in advance.

Additional information will be provided from the meet director in regards to facility rules and procedures prior to the first day of the meet.

Planned number of individuals on deck: 250

Athletes – 220

Volunteers – 16

Coaches – 12

Lifeguards - 2

Spectators – 220 (outside of pool area)

(Normal pool capacity is 460 within fenced area)