

## 2021 Long Course Season

### 2021 Wilton Wahoo June Invitational Meet Wilton Family YMCA

**June 24-27, 2021**

Wilton Family YMCA  
Melissa & Mark Nickel Pool  
404 Danbury Road  
Wilton, CT 06987

<https://goo.gl/maps/zBZWL8N6iDpgnqGg6>

By invite to GSC (Greater Somerset County YMCA), Weymouth Waves, and CT --WHAT, WRAT, WYW

**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- 26. 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, Wilton Y Wahoos, 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 Wilton: [www.wiltonct.org/](http://www.wiltonct.org/)

#### COVID-19 Assumption of Risk Disclaimer

We, Wilton Family 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 2021 Wilton Wahoo June Invitational Meet or on site at Melissa & Mark Nickel Pool at the Wilton Family 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 2021 Wilton Wahoo June Invitational Meet and being on site at Melissa & Mark Nickel Pool at the Wilton Family 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. All participants will be expected to complete a waiver before entry to the Wilton Family YMCA from the main lobby entrance. Waivers will be mailed to coaches as a google doc to mail to their swimmers. WYW will retain the signed documents for teams. NO SIGNED WAIVER...NO SWIMS

## EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	JoAnn McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384 x 249
<b>Meet Referee:</b>	Liza Heller	<a href="mailto:Liza.j.heller@gmail.com">Liza.j.heller@gmail.com</a>	
<b>Lead Admin Official:</b>	JoAnn McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384 x249
<b>Entry Chair:</b>	JoAnn McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	
<b>Safety Chair:</b>	Mary Norman	<a href="mailto:marynorman@optonline.net">marynorman@optonline.net</a>	
<b>Officials Contact:</b>	Liza Heller	<a href="mailto:Liza.j.heller@gmail.com">Liza.j.heller@gmail.com</a>	

**MEET HOST:** WYW

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

**POOL EMERGENCY NUMBER:** 203-762-8384

**RETURN TO COMPETITION SANCTIONED OR APPROVED:** Sanctioned

**MEET TYPE:** By Invitation to GSC, Weymouth Waves, WHAT, WRAT and WYW.

**At 8 pm on June 6, 2021**, the meet will be opened for additional entries from Connecticut registered teams on a first come first serve basis if space allows. *Invited Teams are encouraged to send in a meet entry no later than June 11, 2021 to [jmccaffrey@riverbrookymca.org](mailto:jmccaffrey@riverbrookymca.org)*

**MEET FORMAT:** The meet will be swum as Prelim/ Finals for 11 and over. Time Finals for 10 & under 10 & under events will be swum mixed.

11/12, 13/14 and 15/over will be swum girls/boys. The 400 free on Friday night for 12 and under will be limited to 4 heats unless time permits more.

13/14 and 15/over 400 free will be limited to the top 4 fastest heats unless time permits more with the top heat of 13/14, 15/ over Girls and Boys swimming at night.

13 & over 400 Free/400 IM will be swum fastest to slowest. 400 IM will alternate girls/boys by heats

The **13/Over 400 freestyle (Sunday) and 13/Over 200 IM (Saturday)** will be swum as timed finals using this schedule:

- The fastest heat per gender will swim during the evening finals session on Saturday 200 IM, Sunday 400 FR;
- The next 4-8 heats per gender will swim during the morning preliminary session on their respective day Saturday (200 IM) or Sunday (400 FR). The exact number of heats will be determined by the timeline of the preliminary session; 400 FR Heats will be swum alternating fast to slow, girls and boys.
- Additional heats of both events, if any, will be swum on Thursday evening. 400 FR Fast to slow, alternating girls and boys. 200 IM will be swum fastest to slowest alternating girls, then boys.

Psych sheets for THURSDAY the 13/over 400 free and 200 IM will be posted on <http://www.wywahoos.org/>.

**SCRATCH PROCEDURES: PRELIMS will be preseeded and heat sheets will be emailed to all coaches and posted on the team website [www.wywahoos.org](http://www.wywahoos.org)**

**SCRATCHES for Finals: Prelim results will be posted around the deck and COACHES are to handle scratches at the scratch table. Once a session is Seeded for finals it will be posted on our team website for parents. If there are any issues, parents are to contact their coach!**

#### **FAILURE TO COMPETE IN FINALS:**

**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.

#### **NO DECK ENTRIES/CHANGES WILL BE ALLOWED**

**BEFORE ENTERING FACILITY or WHAT TO BRING:** Swimmers must arrive in their suits and wear masks into the building. Once on deck, they may remove them as it is NOT REQUIRED. **THEY WILL NEED TO BRING CHAIRS! THERE WILL BE NO BLEACHERS ON DECK** They will enter through the main entrance at the YMCA after Covid questions asked. They will follow to 50 meter pool through the appropriate locker room and go to the marked areas on the deck. All swim bags are to be brought on deck. 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 that choose to wear a mask on deck will need a plastic zip lock bag for their masks when competing.

#### **FACILITY RULES:**

All swimmers, officials, meet managers must maintain social distancing, must wear a mask. Chairs are to be brought on deck to be put on the marked areas on deck. **THERE WILL BE NO BLEACHERS.** Swimmers will be required to wear a face upon entry into the building, but not on deck. *If you decide to wear a mask,* for racing, swimmers are to bring their plastic bag to the block for mask storage during their race. 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. Masks are NOT required on deck for Coaches, Officials, Timers, and other Essential Meet Staff are required to wear a face covering at all times, no exceptions. Spectators may view the meet online through the Wilton Y Wahoos Facebook page.

## Sessions 1-10

- **Swimmers:** 200 (estimate)
- **Coaches:** 15
- **Officials:** 8
- **Timers:** 8 (6 at lanes, 2 back-up timers)
- **Computer/Meet Workers:** 5 (1 AO, 2 Computer Operators, 2 Marshals/Runners)
- **Lifeguards/Sanitation Staff:** 3
- **TOTAL:** 240 People Maximum (estimate)

**FACILITY:** Wilton Family YMCA, 404 Danbury Rd., Wilton, CT. The Wilton YMCA pool is a 6 lane by 50 meter facility with a dividing bulkhead and Daktronics electronic timing. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool is 50 meters x 15 yards with a north end (dive end) pool depth of 6 ½ ft and south end (turn end) pool depth of 4.7 ft. When the pool is divided into the 2 SCY pools, the North course is 6 .7 Ft. at the dive end and 6 .7 ft at turn end. The South Course is 6 .7 ft at the dive end and 4.7 ft at the turn end. When the pool is set up for SCY, there is a section that is 5 yards x 15 yards across between the two courses and its depth is 6.7 ft. This portion of the pool is not used during competition.

**TIMING SYSTEM:** Daktronic timing system, in compliance with USA Swimming rules for Competition (102.24.2.A), per [CSI COVID-19 Officials Guidelines](#).

**LOCKER ROOMS:** Locker rooms are limited changing out of wet bathing suits (while always wearing a mask) and to use of the restrooms only. Swimmers **MUST** arrive in suits. **No showers are available.**

**SAFE SPORT POLICIES:** There will be no spectators on deck. Meet will be live streamed via Wilton Y Wahos Facebook page.

**DISABLED ACCESS:** There is handicap parking at the entrance to the pool and locker rooms are handicap accessible

**COURSE:** LCM

**SESSION TIMES:** **Subject to Change**

**Thursday:** 13/O 400 Free/13 over 200 IM (WYW) Warm up: 5:30 PM Start: 6:30 PM

**Friday** 13 & over Session Warmup 3:30pm start 4:15pm  
12 & under session Warmup 6:30 pm- start 7:00pm

### **Saturday and Sunday:**

13/O Morning Sessions	Warm-up: 6:00AM	Start: 7:30 AM
12 & under Afternoon Sessions	Warm-up: 12:30PM	Start 1:30 PM
Finals Session	Warm-up: 5:00 PM	Start: 6:00 PM

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Teams will be separated for warmups. Depending on swimmer # warm ups will be adjusted accordingly into Tiers

**ELIGIBILITY:** By invitation to GSC, Weymouth Waves, WHAT, WRAT and WYW; other teams will be entered 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 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 [policy for clubs](#) and [policy for meet hosts](#).

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 on deck, No Heat sheets for sale.

**ENTRY OPENING DATE:** Invited team entries are due by June 11th, 2021. **Entries from other Connecticut Swimming Registered Swim Teams will be accepted no earlier than 8:00 pm on June 6, 2021; the Connecticut Only deadline is June 13, 2021.** Entries from other USA Registered Swim Teams outside of CT will be accepted no earlier than 12:00am on June 14, 2021.

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

**DEADLINES:** Invited team entries are due by June 11th, 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 hardcopy and payment to the entry chairperson: JoAnn McCaffrey, Wilton Y Wahoos, 404 Danbury Road, Wilton CT. 06897. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be determined by the date an email entry is received.

**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 [jmccaffrey@riverbrookymca.org](mailto:jmccaffrey@riverbrookymca.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

**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 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:** Mail payment to the entry chairperson: JoAnn McCaffrey, Wilton Y Wahoos, 404 Danbury Road, Wilton CT. 06897

#### **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:

- Distance events will be limited to the fastest swimmers in heat as stated above to maximum number of heats per session
- The maximum number of events allowed per day may be reduced by one (1).

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

**NOTE:** If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

**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. Amended USA Swimming rules for

**TIME TRIALS:** NO

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Work Assignments will be pre-assigned by the meet director. All members and non-members of the YMCA will be required to complete the YMCA's COVID-19 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:** NO

**AWARDS** No

**CONCESSIONS:** NO

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** There is adequate parking on premises. Overflow parking needs to park at Wilton High School across the street from the YMCA. The parking lot closest to the pool is for Wilton YY MEMBERS ONLY

**DIRECTIONS: DIRECTIONS: From New York:** Take the Merritt Parkway to Exit 39B Follow the Route 7 North freeway to its end and turn right at the light. Turn left onto Rt. 7 North. Go 4.4 miles and turn right into the Y parking lot. The Wilton Family Y is on the right, and the Wilton High School is on the left.

**From New Haven:** Take the Merritt Parkway to exit 41(Rt 33). At the end of the ramp, turn left (north) onto Rt 33. Go North along Rt.33 for 2.5 miles. Rt 33 merges with Rt. 7. Stay on Rt. 7 for 2.6 miles to the Y. The Wilton Y is on the right and the Wilton High School is on the left.

**From I 95:** Take exit 15 to Rt. 7 North. Follow Rt 7 freeway to the end and turn right at the light. At the end of the road turn left onto old Rt. 7 North. Proceed to the Wilton Y as above

# **2021 Wilton Wahoos June Invitational Meet**

**June 24-27, 2021**

**NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. Read this document carefully and in entirety. By signing this agreement, you give up your right and the named minor's right to bring a court action to recover compensation or obtain any other remedy for any personal injury or property damage however caused arising out of the named minor's participation in the Riverbrook Regional YMCA Programs, now or any time in the future.**

## **Acknowledgment of Risk**

I, in my legal capacity as the parent/guardian of the minor named below, do hereby acknowledge and agree that participation in the Riverbrook Regional YMCA Program activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with Y program participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with Y program participation and that said list in no way limits the operation of this Agreement.

## **Coronavirus / COVID-19 Warning & Disclaimer**

Coronavirus, COVID-19 is an **extremely contagious** virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a mean to prevent the spread of the virus. **COVID-19 can lead to sever illness, personal injury, permanent disability, and death. Participating in Riverbrook Regional YMCA programs or accessing Riverbrook Regional YMCA Program facilities could increase the risk of contracting COVID-19. The Riverbrook Regional YMCA** in no way warrants that COVID-19 infection will not occur through participation in Riverbrook Regional YMCA programs of accessing Riverbrook Regional YMCA facilities.

## **Waiver, Release, Indemnification & Covenant Not to Sue**

In consideration of my child's participation in Riverbrook Regional YMCA Programs, I, the parent/guardian of the minor, agree to release and on behalf of myself and the minor, my heirs, representatives, executors, administrators, and assigns, **HEREBY DO RELEASE** The Riverbrook Regional YMCA, its officers, directors, employees, volunteers, agents, representatives and insurers ("Releasees") from any causes of action, claims, or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I, the named minor, my heirs, representatives, executors, administrators and assigns may have, now or in the future, against The Riverbrook Regional YMCA on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to the use of the Riverbrook Regional YMCA facilities/equipment or participation in the Riverbrook Regional YMCA programs whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

In consideration of the named minor's participation in the Riverbrook Regional YMCA programs, I, the undersigned parent/guardian of the named minor, agree to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, or costs of any nature whatsoever arising out of or in any way related to the named minor's Riverbrook Regional YMCA program participation.

I hereby certify on behalf of myself and the named minor that I have full knowledge of the nature and extent of the risks inherent in Y program participation and that I, on behalf of myself and the named minor, am voluntarily assuming said risks. I understand that I and the named minor will be solely responsible for any loss or damage, including personal injury, property damage, or death, the named minor sustains while participating in Riverbrook Regional YMCA programs and that by signing this agreement I, on behalf of myself and the named minor, HEREBY RELEASE Releasees of all liability for such loss, damage, or death. I further certify that the named minor is in good health and has no conditions or impairments which would preclude his/her safe participation in Riverbrook Regional YMCA programs.

I further certify that I am of lawful age (18 years or older) and otherwise legally competent to sign this agreement, and that I have legal capacity to act as the parent/guardian of the named minor. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after having carefully read it, of my own free will.

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Participant Name (Print Clearly)

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Date

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Parent/Guardian Signature

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Parent/Guardian Name (Print Clearly)

### **Wilton Family YMCA Entrance Procedure:**

Upon arrival, swimmers, coaches, officials, and meet staff...

1. Before entering the Y, all swimmers will have their swim suits on and bags packed with all necessary equipment. All attendees will be wearing a mask before entry.
2. Will approach the YMCA front entrance with mask on. Swimmers 11/younger will be accompanied by parent/adult. Attendees 12/over do not need to be accompanied by an adult into the Y.
3. All swimmers, coaches, officials, and staff will check in at front desk with mask on. Non-members will need to sign in as a guest. All individuals entering the Y will need to answer COVID-19 Screening questions before entering.
4. Attendees will walk through lobby, down the ramped hallway, and through their appropriate locker room to access the 50m pool deck.
5. After entering the pool deck, swimmers will be assigned their own space to sit on the pool deck. Swimmers will sit in their assigned spot and place their personal belongings on the floor/bleacher in front of them. Parents who are not meet workers will exit the pool deck. Officials and meet workers will go to their assigned areas on the pool deck.
6. No spectators will be allowed on deck for the duration of the meet.
7. When not swimming, swimmers will be seated in their assigned spot with their mask on. Swimmers needing to leave their assigned spot (restroom) will do so while wearing a mask. Swimmers will not be allowed to leave the deck other than to use the restroom for the duration of the meet.
8. Swimmers will enter/exit the pool for warm-up in waves and be safely distanced when in the warm-up/warm-down pools.
9. During the meet, swimmers, coaches, and officials will observe and follow signage directing one-way traffic in areas of the pool deck. Swimmers will arrive to the blocks from the lane 6 side and exit from the lane 1 side.
10. Warm-Up/Warm Down pool will be monitored and limited to 5 swimmers per lane while maintaining social distancing.

### **Wilton Family YMCA Exiting Procedure:**

Upon the conclusion of the meet, swimmers, coaches, officials, and meet staff...

1. Swimmers will put on their mask and pack up all of their belongings. Locker rooms may be used for quickly changing out of wet suits, while maintaining social distancing and wearing their mask at all times while changing. NO SHOWER USE will be permitted. No lost and found items will be kept. All personal items left on the pool deck will be discarded. Meet staff will gather all of their personal belongings as well.
2. While maintaining social distancing, all attendees will circle the pool and exit through the gate in the fence on the west side of the pool deck, exiting into the drop-off and parking lot area. No meet attendees will be allowed to exit through the building.

Wilton YMCA Wahoos Meet Personnel- per session

- **Swimmers 200** (estimate)
- **Coaches:** 15
- **Officials:** 8
- **Timers:** 8 (6 at lanes, 2 back-up timers)
- **Computer/Meet Workers:** 5 (1 AO, 2 Computer Operators, 2 Marshals/Runners)
- **Lifeguards/Sanitation Staff:** 3
- **TOTAL:** 240 People Maximum

**2021 Wilton Wahoo June Invitational Meet - 6/24/2021 to 6/27/2021****Session Report**

Session: 1 Thursday Evening

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 13 & Over 400 Freestyle	0	0	06:30 PM	_____
Finals	2 Boys 13 & Over 400 Freestyle	0	0	06:30 PM	_____
Finals	3 Girls 13 & Over 200 IM	0	0	06:30 PM	_____
Finals	4 Boys 13 & Over 200 IM	0	0	06:30 PM	_____
	Finish Time			06:30 PM	_____

Session: 2 Friday 13 over

Day of Meet: 2 Starts at 04:15 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Girls 13 & Over 400 IM	0	0	04:15 PM	_____
Finals	6 Boys 13 & Over 400 IM	0	0	04:15 PM	_____
Finals	7 Girls 13 & Over 50 Freestyle	0	0	04:15 PM	_____
Finals	8 Boys 13 & Over 50 Freestyle	0	0	04:15 PM	_____
	Finish Time			04:15 PM	_____

Session: 3 Friday 12 under

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

Round	Event	Entries	Heats	Starts at	
Finals	9 Girls 12 & Under 200 IM	0	0	06:30 PM	_____
Finals	10 Boys 12 & Under 200 IM	0	0	06:30 PM	_____
Finals	11 Girls 12 & Under 50 Freestyle	0	0	06:30 PM	_____
Finals	12 Boys 12 & Under 50 Freestyle	0	0	06:30 PM	_____
Finals	13 Girls 12 & Under 400 Freestyle	0	0	06:30 PM	_____
Finals	14 Boys 12 & Under 400 Freestyle	0	0	06:30 PM	_____
	Finish Time			06:30 PM	_____

Session: 4 Saturday 13 over

Day of Meet: 3 Starts at 07:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	15 Girls 13 & Over 200 Freestyle	0	0	07:30 AM	_____
Prelims	16 Boys 13 & Over 200 Freestyle	0	0	07:30 AM	_____
Prelims	17 Girls 13 & Over 200 Backstroke	0	0	07:30 AM	_____
Prelims	18 Boys 13 & Over 200 Backstroke	0	0	07:30 AM	_____
Prelims	19 Girls 13 & Over 100 Butterfly	0	0	07:30 AM	_____
Prelims	20 Boys 13 & Over 100 Butterfly	0	0	07:30 AM	_____
Prelims	21 Girls 13 & Over 100 Breaststroke	0	0	07:30 AM	_____
Prelims	22 Boys 13 & Over 100 Breaststroke	0	0	07:30 AM	_____
	Finish Time			07:30 AM	_____

**2021 Wilton Wahoo June Invitational Meet - 6/24/2021 to 6/27/2021****Session Report**

Session: 5 Saturday 12 under

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

Round	Event	Entries	Heats	Starts at	
Prelims	23 Girls 11-12 200 Freestyle	0	0	01:30 PM	_____
Prelims	24 Boys 11-12 200 Freestyle	0	0	01:30 PM	_____
Finals	25 Mixed 10 & Under 200 Freestyle	0	0	01:30 PM	_____
Prelims	26 Girls 11-12 50 Backstroke	0	0	01:30 PM	_____
Prelims	27 Boys 11-12 50 Backstroke	0	0	01:30 PM	_____
Finals	28 Mixed 10 & Under 50 Backstroke	0	0	01:30 PM	_____
Prelims	29 Girls 11-12 100 Butterfly	0	0	01:30 PM	_____
Prelims	30 Boys 11-12 100 Butterfly	0	0	01:30 PM	_____
Finals	31 Mixed 10 & Under 100 Butterfly	0	0	01:30 PM	_____
Prelims	32 Girls 11-12 100 Breaststroke	0	0	01:30 PM	_____
Prelims	33 Boys 11-12 100 Breaststroke	0	0	01:30 PM	_____
Finals	34 Mixed 10 & Under 100 Breaststroke	0	0	01:30 PM	_____
Finals-S	103 Girls 13 & Over 200 IM	0	0	01:30 PM	_____
Finals-S	104 Boys 13 & Over 200 IM	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____

Session: 6 Saturday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	103 Girls 13 & Over 200 IM	0	0	06:00 PM	_____
Finals-1	104 Boys 13 & Over 200 IM	0	0	06:00 PM	_____
Finals	15 Girls 13 & Over 200 Freestyle	0	4 u	06:00 PM	_____
Finals	16 Boys 13 & Over 200 Freestyle	0	4 u	06:15 PM	_____
Finals	23 Girls 11-12 200 Freestyle	0	2 u	06:30 PM	_____
Finals	24 Boys 11-12 200 Freestyle	0	2 u	06:38 PM	_____
Finals	17 Girls 13 & Over 200 Backstroke	0	4 u	06:46 PM	_____
Finals	18 Boys 13 & Over 200 Backstroke	0	4 u	07:03 PM	_____
Finals	26 Girls 11-12 50 Backstroke	0	2 u	07:19 PM	_____
Finals	27 Boys 11-12 50 Backstroke	0	2 u	07:23 PM	_____
Finals	19 Girls 13 & Over 100 Butterfly	0	4 u	07:26 PM	_____
Finals	20 Boys 13 & Over 100 Butterfly	0	4 u	07:35 PM	_____
Finals	29 Girls 11-12 100 Butterfly	0	2 u	07:44 PM	_____
Finals	30 Boys 11-12 100 Butterfly	0	2 u	07:49 PM	_____
Finals	21 Girls 13 & Over 100 Breaststroke	0	4 u	07:54 PM	_____
Finals	22 Boys 13 & Over 100 Breaststroke	0	4 u	08:03 PM	_____
Finals	32 Girls 11-12 100 Breaststroke	0	2 u	08:12 PM	_____
Finals	33 Boys 11-12 100 Breaststroke	0	2 u	08:17 PM	_____
	Entry / Heat Totals:	0	48		
	Finish Time			08:22 PM	_____

**2021 Wilton Wahoo June Invitational Meet - 6/24/2021 to 6/27/2021****Session Report**

Session: 7 Sunday 13 over

Day of Meet: 4 Starts at 07:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	35 Girls 13 & Over 200 Butterfly	0	0	07:30 AM	_____
Prelims	36 Boys 13 & Over 200 Butterfly	0	0	07:30 AM	_____
Prelims	37 Girls 13 & Over 100 Freestyle	0	0	07:30 AM	_____
Prelims	38 Boys 13 & Over 100 Freestyle	0	0	07:30 AM	_____
Prelims	39 Girls 13 & Over 100 Breaststroke	0	0	07:30 AM	_____
Prelims	40 Boys 13 & Over 200 Breaststroke	0	0	07:30 AM	_____
Prelims	41 Girls 13 & Over 100 Backstroke	0	0	07:30 AM	_____
Prelims	42 Boys 13 & Over 100 Backstroke	0	0	07:30 AM	_____
Finals-S	101 Girls 13 & Over 400 Freestyle	0	0	07:30 AM	_____
Finals-S	102 Boys 13 & Over 400 Freestyle	0	0	07:30 AM	_____
	Finish Time			07:30 AM	_____

Session: 8 Sunday 12 under

Day of Meet: 4 Starts at 01:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	43 Girls 11-12 50 Butterfly	0	0	01:30 PM	_____
Prelims	44 Boys 11-12 50 Butterfly	0	0	01:30 PM	_____
Finals	45 Mixed 10 & Under 50 Butterfly	0	0	01:30 PM	_____
Prelims	46 Girls 11-12 100 Freestyle	0	0	01:30 PM	_____
Prelims	47 Boys 11-12 100 Freestyle	0	0	01:30 PM	_____
Finals	48 Mixed 10 & Under 100 Freestyle	0	0	01:30 PM	_____
Prelims	49 Girls 11-12 50 Breaststroke	0	0	01:30 PM	_____
Prelims	50 Boys 11-12 50 Breaststroke	0	0	01:30 PM	_____
Finals	51 Mixed 10 & Under 50 Breaststroke	0	0	01:30 PM	_____
Prelims	52 Girls 11-12 100 Backstroke	0	0	01:30 PM	_____
Prelims	53 Boys 11-12 100 Backstroke	0	0	01:30 PM	_____
Finals	54 Mixed 10 & Under 100 Backstroke	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____

**2021 Wilton Wahoo June Invitational Meet - 6/24/2021 to 6/27/2021****Session Report**

Session: 9 Sunday FINALS

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	101 Girls 13 & Over 400 Freestyle	0	0	06:00 PM	_____
Finals-1	102 Boys 13 & Over 400 Freestyle	0	0	06:00 PM	_____
Finals	35 Girls 13 & Over 200 Butterfly	0	4 u	06:00 PM	_____
Finals	36 Boys 13 & Over 200 Butterfly	0	4 u	06:16 PM	_____
Finals	43 Girls 11-12 50 Butterfly	0	2 u	06:32 PM	_____
Finals	44 Boys 11-12 50 Butterfly	0	2 u	06:35 PM	_____
Finals	37 Girls 13 & Over 100 Freestyle	0	4 u	06:38 PM	_____
Finals	38 Boys 13 & Over 100 Freestyle	0	4 u	06:47 PM	_____
Finals	46 Girls 11-12 100 Freestyle	0	2 u	06:56 PM	_____
Finals	47 Boys 11-12 100 Freestyle	0	2 u	07:00 PM	_____
Finals	39 Girls 13 & Over 100 Breaststroke	0	4 u	07:05 PM	_____
Finals	40 Boys 13 & Over 200 Breaststroke	0	4 u	07:14 PM	_____
Finals	49 Girls 11-12 50 Breaststroke	0	2 u	07:31 PM	_____
Finals	50 Boys 11-12 50 Breaststroke	0	2 u	07:35 PM	_____
Finals	41 Girls 13 & Over 100 Backstroke	0	4 u	07:38 PM	_____
Finals	42 Boys 13 & Over 100 Backstroke	0	4 u	07:48 PM	_____
Finals	52 Girls 11-12 100 Backstroke	0	2 u	07:58 PM	_____
Finals	53 Boys 11-12 100 Backstroke	0	2 u	08:03 PM	_____
	Entry / Heat Totals:	0	48		
	Finish Time			08:08 PM	_____