

RYWC LCM
Senior Invitational
June 16-19, 2022

10 Huckleberry Hill Road, 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. #L22-31. 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 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](#).

COVID-19 Assumption of Risk Disclaimer

We, the 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 RYWC LCM Senior Invitational or on site at the YDAC Facility. 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 RYWC LCM Senior Invitational and being on site at the YDAC Facility, 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.

EVENTS

	Name	Email	Phone
Meet Director:	Lucy Suter	lsuter@regionalymca.org	203-775-1077
Meet Referee:	Phillip James	Phillip.m.james@gmail.com	
Lead Admin Official:	Sarah Basile	sbasile@regionalymca.org	203-775-1077
Entry Chair:	Lucy Suter	lsuter@regionalymca.org	203-775-1077
Safety Chair:	Sarah Basile	sbasile@regionalymca.org	203-775-1077
Officials Contact:	Phillip James	Phillip.m.james@gmail.com	

MEET HOST: RYWC

WEBSITE: www.makoswim.org

POOL EMERGENCY NUMBER: 203-775-1077

SANCTIONED OR APPROVED: Sanctioned

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming.

MEET FORMAT: The meet will be swum as Timed-Finals on Thursday evening. A Prelim-Final format will be run on Friday, Saturday and Sunday. The 800 Freestyle on Thursday evening will be run fastest to slowest alternating women and men, the 800 freestyle heats will be limited to 90 minutes. Genders may be combined.

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.

Swimmers must be at least 11yrs old on the first day of competition and have achieved qualifying time standards to compete. All relays are timed finals and will be swum during the finals session. There will be two heats of 6 at finals run in a B/A final format. In the event that there are less than 12 swimmers in a preliminary 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. **All SCY times must be converted to LCM.** The fastest three heats in the preliminary sessions will be circle seeded, with the exception of the 400 free and 400 IM. Short open warm up breaks will be added to the preliminary sessions as time allows. At finals there will be a 10 minute break after each men's event for awards and open warm-up. The pool will remain open at the conclusion of finals for 10 minutes for cool down.

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 Thursday 800 and 400 Free Relay Events: Thursday, 3:20pm

Scratches and PCI for Thursday events may be emailed directly to the Meet Director: lsuter@regionalymca.org

Scratches for All Preliminary Individual Events on Fri/Sat/Sun are due at: 7:30am the day of.

Scratches for all Relay Events on Fri/Sat/Sun are due at: 5:15pm the evening of.

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 or illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminaries 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.

FACILITY PROTOCOLS: The locker rooms are open, but swimmers should arrive prepared to warm up. Swimmers will enter and exit the YDAC facility through the east or south side pool gates. Access to the locker rooms in the main building is through the airlock vestibule located on the north end of the pool deck. Any swimmer, coach, official, volunteer or spectator that is experiencing COVID-19 symptoms may not enter.

Heat sheets will be posted on Meet Mobile and the Makos website after scratches are received. Coaches and officials will be given a hard copy of the heat sheets, other paper copies of the heat sheets will be posted in the spectator area.

Tents can be set up on the east side of the pool, behind the building, and on the lower lawn. Teams may not sit or set up tents on the west side of the pool deck, the west side will be used for spectator seating. All tents must be properly secured to the ground. There will be some bleachers for teams on the east side of the deck, swimmers and coaches may bring their own deck chairs.

There will be a large spectator area along the west side of the pool, spectators may bring their own chairs. There is limited shade on the west side, tents cannot be set up on the west side because it will block the view of the pool.

FACILITY: 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. No shaving on the premises.

Coaches and officials are to use the single use multipurpose bathroom in the YDAC facility or the single use bathroom in the Nurses Office in the camp building.

SAFE SPORT POLICIES: Spectator seating will be made available on the west side of the pool. Spectators may use the single use multi-purpose bathroom or any port-a-potty on the campground.

DISABLED ACCESS: Accessible. 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:

Thursday: Timed Finals – 3:00pm Warm Up/ 4:00pm Start

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

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All 6 lanes will be used for warm-ups. Teams will be assigned lanes based on their entry size for preliminary warmups. General warm up will run prior to finals. Specific warm-ups including starts will be offered. If time allows, short warm up breaks will be added during the meet. Only swimmers swimming at finals are permitted in the pool during finals warm up.

ELIGIBILITY: 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: Swimmers must be at least 11 yrs old on the first day of competition and have achieved qualifying time standards to compete. Thursday evening's events will be timed finals, there will be a limited number of 800 freestyles. Friday, Saturday, and Sunday will be prelims/finals. All relays are timed finals and will swim in the finals session. There will be two heats of 6 at finals run in a B/A final format. In the event that there are less than 12 swimmers in a preliminary event there will only be one heat (A) at finals. The pool will remain open at the conclusion of finals for 10 minutes for cool down.

ENTRY OPENING DATE: Entries will be accepted no earlier than **April 28th at 7:00PM**. Teams are fiscally responsible for their initial entry, please make initial entries as accurate as possible. If space and

timeline allow, teams will be permitted to increase the size of their entry, but will not be allowed to reduce the size of their initial entry unless requested due to oversubscription.

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

ENTRY TIMES: Submit entry times in: LCM. NT entries will not be accepted.

DEADLINES: Deadline is **June 7TH @ 12pm, 2022**. Mail hardcopy and payment to the entry chairperson: Lucy Suter, 2 Huckleberry Hill Road, Brookfield, CT, 06804. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come, first served basis, in the order in which they are received, space permitting. Teams submitting an entry are responsible for the entry fees affiliated with their initial 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 deadline is May 4, 2022. Non-CT Club entries will not be accepted until May 5th. Final deadline is June 7th @ 12:00PM.** Entries will be accepted on a first come, first served basis, in the order in which they are received, space permitting. CT clubs meeting this deadline will be entered before out of state clubs. 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.

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 lsuter@regionallymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Clubs are responsible for the full payment of their initial entry into the meet. Clubs may update their entries prior to the entry deadline but will still be responsible for the fees associated with the initial entry. Clubs are encouraged to send accurate entries in first submission. Payment, or a copy of an official check request must be postmarked or time stamped within two business days of the entry submission. Entries will be accepted on a first come, first served basis, in the order in which they are received, space permitting. Formal entry is determined by the date of email receipt as long as entry fee or check request is postmarked/ time stamped within two business days. Failure to send the payment or proof that payment will be made (check request) will cause entry to lose priority and formal entry will be based on the date that payment is received.

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: \$15.00 for individual events and \$24.00 for relays. Manual entries: \$20.00 for individual events and \$30.00 for relays. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. No deck entries.

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.

Mail to:

Lucy Suter

2 Huckleberry Hill Road

Brookfield, CT, 06804

Payment must be received by **06/16/22**.

CUT PROTOCOL:

Preliminary sessions cannot exceed four hours. 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. Bonus events for oversubscribed sessions will be removed.
2. The number of events allowed per swimmer may be reduced.
3. Any swimmers 12 years old or younger will be cut.
4. 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 will 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, with the exception of the 800 free relay which will run fastest to slowest alternating women and men. 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: All teams will be required to supply timers in proportion to the size of their entry. Watches to be provided by meet host. Swimmers on Thursday evening must provide their own timers and counters for the 800 free and teams must provide their own timers for the 400 Free Relay. Teams must provide their own timers for the 800 free relay on Friday night. Participating clubs will be notified of preliminary work assignments by the Monday before the meet. All finals work assignments will be posted on the Mako website (www.makoswim.org) after the completion of morning sessions and emailed to all coach contacts.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

DECK ACCESS: Athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck. Spectator seating will be made available on the west side of the pool. Spectators may use the single use multi-purpose bathroom or any port-a-potty on the campground.

SCORING: The meet will not be scored.

AWARDS: Yes, medals will be awarded at finals to the top 3 finishers in each individual event. There are no awards for relays.

CONCESSIONS: TBD. Teams will be notified the Monday prior to the start of the meet.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

MISCELLANEOUS: Teams are asked to please clean their team area at the conclusion of each session. There will be a mandatory coach meeting Friday morning at 7:45am.

PARKING: All athlete and spectator parking will be in the lower and side lot of the YMCA Main Building. Coaches and officials may park in the VIP Parking area adjacent to the YDAC building and camp lodge. Please follow all parking signs and follow instructions from our parking attendants. On Saturday and Sunday there will be overflow parking at: 60 Old New Milford Road which is next to the YMCA.

DIRECTIONS: The Greenknoll Aquatic Center at Camp Greenknoll is at 10 Huckleberry Hill Road, Brookfield, CT 06804.

RYWC LCM Senior Invite, Sanction #: L22- 31**July 16-19, 2022 - Brookfield, CT****Session Report**

Session: 1 Thursday

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	1 Women 800 Freestyle	0	0	10:27.49	04:00 PM	_____
Finals	2 Men 800 Freestyle	0	0	10:05.89	04:00 PM	_____
	Break: 10 Minutes:					
Finals	3 Women 400 Freestyle Relay	0	0		04:10 PM	_____
Finals	4 Men 400 Freestyle Relay	0	0		04:10 PM	_____
	Finish Time				04:10 PM	_____

RYWC LCM Senior Invite, Sanction #: L22- 31**July 16-19, 2022 - Brookfield, CT****Session Report**

Session: 2 Friday Morning

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Prelims	5 Women 50 Freestyle	0	0	30.79	08:30 AM	_____
Prelims	6 Men 50 Freestyle	0	0	28.09	08:30 AM	_____
Prelims	7 Girls 100 Breaststroke	0	0	1:26.79	08:30 AM	_____
Prelims	8 Men 100 Breaststroke	0	0	1:23.89	08:30 AM	_____
Prelims	9 Women 200 Freestyle	0	0	2:23.19	08:30 AM	_____
Prelims	10 Men 200 Freestyle	0	0	2:12.89	08:30 AM	_____
Prelims	11 Women 400 IM	0	0	5:49.89	08:30 AM	_____
Prelims	12 Men 400 IM	0	0	5:32.09	08:30 AM	_____
	Finish Time				08:30 AM	_____

RYWC LCM Senior Invite, Sanction #: L22- 31**July 16-19, 2022 - Brookfield, CT****Session Report**

Session: 2F Friday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	5 Women 50 Freestyle	0	2u	30.79	06:00 PM	_____
Finals	6 Men 50 Freestyle	0	2u	28.09	06:02 PM	_____
	Break: 10 Minutes:					
Finals	7 Girls 100 Breaststroke	0	2u	1:26.79	06:14 PM	_____
Finals	8 Men 100 Breaststroke	0	2u	1:23.89	06:18 PM	_____
	Break: 10 Minutes:					
Finals	9 Women 200 Freestyle	0	2u	2:23.19	06:32 PM	_____
Finals	10 Men 200 Freestyle	0	2u	2:12.89	06:39 PM	_____
	Break: 10 Minutes:					
Finals	11 Women 400 IM	0	1u	5:49.89	06:55 PM	_____
Finals	12 Men 400 IM	0	1u	5:32.09	07:02 PM	_____
	Break: 10 Minutes:					
Finals	13 Women 800 Freestyle Relay	0	0		07:19 PM	_____
Finals	14 Men 800 Freestyle Relay	0	0		07:19 PM	_____
	Entry / Heat Totals:	0	14			
	Finish Time				07:19 PM	_____

RYWC LCM Senior Invite, Sanction #: L22- 31**July 16-19, 2022 - Brookfield, CT****Session Report**

Session: 3 Saturday Morning

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Prelims	15 Women 100 Butterfly	0	0	1:14.09	08:30 AM	_____
Prelims	16 Men 100 Butterfly	0	0	1:09.19	08:30 AM	_____
Prelims	17 Women 200 Breaststroke	0	0	3:05.89	08:30 AM	_____
Prelims	18 Men 200 Breaststroke	0	0	3:01.59	08:30 AM	_____
Prelims	19 Women 100 Backstroke	0	0	1:13.89	08:30 AM	_____
Prelims	20 Men 100 Backstroke	0	0	1:12.39	08:30 AM	_____
Prelims	21 Women 400 Freestyle	0	0	5:02.59	08:30 AM	_____
Prelims	22 Men 400 Freestyle	0	0	4:49.79	08:30 AM	_____
	Finish Time				08:30 AM	_____

RYWC LCM Senior Invite, Sanction #: L22- 31**July 16-19, 2022 - Brookfield, CT****Session Report**

Session: 3F Saturday Finals

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	15 Women 100 Butterfly	0	2u	1:14.09	06:00 PM	_____
Finals	16 Men 100 Butterfly	0	2u	1:09.19	06:04 PM	_____
	Break: 10 Minutes:					
Finals	17 Women 200 Breaststroke	0	2u	3:05.89	06:18 PM	_____
Finals	18 Men 200 Breaststroke	0	2u	3:01.59	06:26 PM	_____
	Break: 10 Minutes:					
Finals	19 Women 100 Backstroke	0	2u	1:13.89	06:43 PM	_____
Finals	20 Men 100 Backstroke	0	2u	1:12.39	06:48 PM	_____
	Break: 10 Minutes:					
Finals	21 Women 400 Freestyle	0	1u	5:02.59	07:02 PM	_____
Finals	22 Men 400 Freestyle	0	1u	4:49.79	07:09 PM	_____
	Break: 10 Minutes:					
Finals	23 Women 400 Medley Relay	0	0		07:26 PM	_____
Finals	24 Men 400 Medley Relay	0	0		07:26 PM	_____
	Entry / Heat Totals:	0	14			
	Finish Time				07:26 PM	_____

RYWC LCM Senior Invite, Sanction #: L22- 31**July 16-19, 2022 - Brookfield, CT****Session Report**

Session: 4 Sunday Morning

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Prelims	25 Women 200 Butterfly	0	0	2:50.29	08:30 AM	_____
Prelims	26 Men 200 Butterfly	0	0	2:40.09	08:30 AM	_____
Prelims	27 Women 100 Freestyle	0	0	1:05.99	08:30 AM	_____
Prelims	28 Men 100 Freestyle	0	0	1:00.99	08:30 AM	_____
Prelims	29 Women 200 IM	0	0	2:42.49	08:30 AM	_____
Prelims	30 Men 200 IM	0	0	2:36.09	08:30 AM	_____
Prelims	31 Women 200 Backstroke	0	0	2:40.59	08:30 AM	_____
Prelims	32 Men 200 Backstroke	0	0	2:37.09	08:30 AM	_____
	Finish Time				08:30 AM	_____

RYWC LCM Senior Invite, Sanction #: L22- 31**July 16-19, 2022 - Brookfield, CT****Session Report**

Session: 4F Sunday Finals

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	25 Women 200 Butterfly	0	2u	2:50.29	06:00 PM	_____
Finals	26 Men 200 Butterfly	0	2u	2:40.09	06:08 PM	_____
	Break: 10 Minutes:					
Finals	27 Women 100 Freestyle	0	2u	1:05.99	06:25 PM	_____
Finals	28 Men 100 Freestyle	0	2u	1:00.99	06:28 PM	_____
	Break: 10 Minutes:					
Finals	29 Women 200 IM	0	2u	2:42.49	06:42 PM	_____
Finals	30 Men 200 IM	0	2u	2:36.09	06:49 PM	_____
	Break: 10 Minutes:					
Finals	31 Women 200 Backstroke	0	2u	2:40.59	07:06 PM	_____
Finals	32 Men 200 Backstroke	0	2u	2:37.09	07:13 PM	_____
	Entry / Heat Totals:	0	16			
	Finish Time				07:21 PM	_____