

**Friday Night Lights  
Quadrathon  
Friday May 6, 2022**

10 Huckleberry Hill Road, Brookfield CT 06804

**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. #L22- 4. 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: [town of Brookfield](http://townofbrookfield.com).

**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 Friday Night Lights 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 Friday Night Lights 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
<b>Meet Director:</b>	Lucy Suter	<a href="mailto:lsuter@regionalmca.org">lsuter@regionalmca.org</a>	203-775-1077
<b>Meet Referee:</b>	Phillip James	<a href="mailto:Phillip.m.james@gmail.com">Phillip.m.james@gmail.com</a>	
<b>Lead Admin Official:</b>	Sarah Basile	<a href="mailto:sbasile@regionalmca.org">sbasile@regionalmca.org</a>	203-775-1077
<b>Entry Chair:</b>	Lucy Suter	<a href="mailto:lsuter@regionalmca.org">lsuter@regionalmca.org</a>	203-775-1077
<b>Safety Chair:</b>	Sarah Basile	<a href="mailto:sbasile@regionalmca.org">sbasile@regionalmca.org</a>	203-775-1077
<b>Officials Contact:</b>	Phillip James	<a href="mailto:Phillip.m.james@gmail.com">Phillip.m.james@gmail.com</a>	

**MEET HOST:** RYWC

**WEBSITE:** [www.makoswim.org](http://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.

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for each timed final session of the meet in their meet packets listing all of their swimmers and events for each session. Scratch sheets will be due to the computer table 20 minutes after the start of warm ups; these must be returned even if a team has no scratches.

**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 main building doors and enter and exit the pool area through the revolving doors. 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, but no other paper copies of the heat sheets will be posted.

**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 bubble enclosure will still be covering the pool for this meet. In the event that the deck capacity is not exceeded by participating swimmers, coaches and volunteers, spectator seating may be available in designated areas. **NO DECK CHAIRS WILL BE PERMITTED IN THE SPECTATOR AREA.**

**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.

Coaches and officials are to use the single use multipurpose bathroom in the YDAC facility.

**SAFE SPORT POLICIES:** In the event that we can allow spectators, the number of spectators allowed will be based on the number of swimmers and volunteers on the pool deck, we must adhere to bubble capacity. The meet will be live streamed in the event that we cannot support spectators on the pool deck.

The meet will be LIVE STREAMED on our website: [www.makoswim.org](http://www.makoswim.org)

**DISABLED ACCESS:** Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email Sarah Basile at [sbasile@regionalmca.org](mailto:sbasile@regionalmca.org) in advance to make arrangements.

**COURSE:** LCM.

**SESSION TIMES:** Subject to Change:

Friday Session 1: 4:00 Warm-Up / 5:15 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. Specific warm-ups including starts will be offered.

**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](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:** This is a timed final event. Deck capacity is limited to 400 people (athletes, coaches, volunteers and spectators). The relay is a multi age freestyle relay. Relays may be made up of 1 swimmer 19 and Under, 1 swimmer 14 and Under, 1 swimmer 12 and Under and 1 swimmer 10 and Under.

**ENTRY OPENING DATE:** Entries will be accepted no earlier than **April 25<sup>th</sup> at 7:00PM**. **No space holder entries will be accepted – Teams are fiscally responsible for their initial entry, please make initial entries as accurate as possible. If space and timeline allows, 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 because of oversubscription.**

**ENTRY LIMITATIONS:** Athletes may compete in 4 individual events and a relay.

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

**DEADLINES:** Deadline is **May 3, 2022 @ 12:00PM**. 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:** There are **no CT only deadlines** for April and May meets.

**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](mailto: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: \$10.00 for individual events and \$20.00 for relays. Manual entries: \$15.00 for individual events and \$25.00 for relays. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**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 05/06/22.

**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. Athletes aged 7 and Under will be cut from the meet.
2. All relays, if planned, will be reduced 1 heat or eliminated.
3. The maximum number of events allowed per day may be reduced by one (1).
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 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. There are no relay limitations. The relay is a multi age freestyle relay. Relays may be made up of 1 swimmer 19 and Under, 1 swimmer 14 and Under, 1 swimmer 12 and Under and 1 swimmer 10 and Under.

**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. 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:** Athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck. We may allow a designated number of spectators based on the number of athletes entered. Per the local fire Marshall, we must stay under bubble capacity. Teams will be notified of how spectators will access the pool deck.

**SCORING:** The meet will be scored for the top 6 places individually (7,5,4,3,2,1) and top 6 relays (14,10,8,6,4,2).

**AWARDS:** Yes. Ribbons will be awarded to the top 6 finishers in each individual event, and top 3 relays. Teams are responsible for collecting their awards at the end of the meet. Awards will not be mailed.

**CONCESSIONS:** No.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes.

**MISCELLANEOUS:** Teams are asked to please clean their team area at the conclusion of each session.

**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.

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

**Friday Night Lights Quadrathon - 5/6/2022**  
**Session Report**

Session: 1 Friday Night Lights Quadrathon

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Meet Qualifying</b>	<b>Starts at</b>	
Finals	1 Girls 12 & Under 50 Butterfly	0	0		05:15 PM	_____
Finals	2 Boys 12 & Under 50 Butterfly	0	0		05:15 PM	_____
Finals	3 Girls 13 & Over 100 Butterfly	0	0		05:15 PM	_____
Finals	4 Boys 13 & Over 100 Butterfly	0	0		05:15 PM	_____
Finals	5 Girls 12 & Under 50 Backstroke	0	0		05:15 PM	_____
Finals	6 Boys 12 & Under 50 Backstroke	0	0		05:15 PM	_____
Finals	7 Girls 13 & Over 100 Backstroke	0	0		05:15 PM	_____
Finals	8 Boys 13 & Over 100 Backstroke	0	0		05:15 PM	_____
Finals	9 Girls 12 & Under 50 Breaststroke	0	0		05:15 PM	_____
Finals	10 Boys 12 & Under 50 Breaststroke	0	0		05:15 PM	_____
Finals	11 Girls 13 & Over 100 Breaststroke	0	0		05:15 PM	_____
Finals	12 Boys 13 & Over 100 Breaststroke	0	0		05:15 PM	_____
Finals	13 Girls 12 & Under 50 Freestyle	0	0		05:15 PM	_____
Finals	14 Boys 12 & Under 50 Freestyle	0	0		05:15 PM	_____
Finals	15 Girls 13 & Over 100 Freestyle	0	0		05:15 PM	_____
Finals	16 Boys 13 & Over 100 Freestyle	0	0		05:15 PM	_____
Finals	17 Girls 200 Freestyle Relay	0	0		05:15 PM	_____
Finals	18 Boys 200 Freestyle Relay	0	0		05:15 PM	_____
	Finish Time				05:15 PM	_____