

CONNECTICUT YMCA SWIMMING AND DIVING CHAMPIONSHIPS

9-12 Year Olds

SPONSORED AND SANCTIONED BY

The Connecticut YMCA Swimming and Diving League

Sanction # *PENDING*

Hosted by the Cheshire Y/Sea Dog Swim Club

East Hartford High School

869 Forbes Street

East Hartford, CT 06108

January 30-31, 2016

Held under the approval of USA Swimming and Connecticut Swimming, Inc. A#15-5. In granting this approval 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.

	Name	Email	Phone
Meet Director:	Molly Barto	molly@mac.com	203-808-6964
Meet Referee:	Mark Wollen	mark@mjwollen.com	203-284-5065
Entry Chair:	Dan Mascolo	cdogentries@gmail.com	508-735-6609
Safety Chair:	Sean Farrell	sfarrell@sccymca.org	203-272-3150 x513

WEBSITE: www.seadogswim.org

POOL EMERGENCY NUMBER: 860-282-3269

MEET TYPE: CT Approved/YMCA Sanctioned

Please Note: This Connecticut Swimming approved meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championships). This meet does not count toward the eligibility requirement of Connecticut Swimming Scholar Athlete, Athlete Travel Assistance, or other CSI recognition programs with meet eligibility requirements. This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CT Zone Team selection. Times attained at this meet cannot be used for Short Course Zone Team qualification or selection.

MEET CLASSIFICATION: This is a closed YMCA meet for 9-12 Year Old Swimmers

2016 USA SWIMMING TECHNICAL RULES govern this meet

All attending Teams must submit a certificate of insurance naming Cheshire Community YMCA (961 South Main Street, Cheshire, CT 06410) as additionally insured to the meet director by January 18, 2016

MEET FORMAT: Timed Finals

SCRATCH PROCEDURE: information packet at the meet. These sheets will list all swimmers and events for that session at the pool. Coaches must indicate all scratches on these sheets (or if there are no scratches) and turn them in within fifteen (15) minutes after the beginning **of the 1st warm-up session.**

FACILITY: The East Hartford High School Pool is a 6 lane, 25 yard pool. Water depth at start end is 10ft. Water depth at turn end is 3.5ft. The competition course has not been certified in accordance with 104.2.2C. Colorado electronic timing system and 6 lane scoreboard will be used. There is ample spectator seating for 600 people.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: Ample handicapped parking is located on the south side of the building. Ramp accessibility and on deck seating is available.

COURSE: SCY

SESSION TIMES:

Saturday & Sunday AM (11-12) Warm Up 8:00am Start 9:20am

Saturday & Sunday PM (9-10) Warm Up 2:00pm Start 3:00pm

****The meet host reserves the right to adjust the warm-up and start times after all the entries are received and accurate timelines can be determined.***

WARM-UPS: CT Swimming Warm-Up procedures will be in effect. There will be 2 (9-10 sessions) or 3 (11-12 sessions) 20 minute warm-ups with 6 lanes available for each session. Followed by sprint/pace for 10 minutes.

ELIGIBILITY: All athletes must meet the standards regarding Swimmer Eligibility as stated in the YMCA of the USA Competitive Swimming Black Book. 2016 CT YMCA SWIMMING AND DIVING CHAMPIONSHIP shall be a closed competition as that term is defined in the Rules That Govern YMCA Competitive Sports. All teams must be currently registered through the YMCA online Team Registration system in order to participate in the meet. All coaches must show current certifications in the following safety courses in order to be permitted on deck at a YMCA sanctioned meet:

First Aid

CPR

Safety Training for Swim Coaches OR Lifeguarding

At least one coach on deck must be certified with the YMCA Principles of Competitive Swimming and Diving Class.

Coaches may show their current YMCA credentials, current USA Swimming credentials or the individual certification cards.

ADAPTED SWIMMING: Any current athlete with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to the USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to the competition.

ENTRY LIMITATIONS: Swimmers may enter and swim a maximum of three (3) individual scoring events and one (1) relay event per day and six (6) individual scoring events and two (2) relays for the meet. Please avoid entering a swimmer in consecutive events for the swimmer to recover.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprints 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.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) from the deck is prohibited by all individuals other than the participation Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. 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.

Additionally, the following "Non-Camera Zones" shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing area, rest rooms, or locker rooms.
- Photography or video recording (using cameras, video camera, iPads, cell phones, etc.) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

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.

ENTRY FEES:

\$7.50 per individual event, \$15.00 per relay. Please make checks payable to "STPA" and note "Y States" on the memo line. Mail the check with the entry forms and insurance waiver to:

Sea Dog Swim Club
PO Box 271
Cheshire, CT 06410

OUTREACH: Any swimmers participating in the USA Swimming Outreach program will have their event and surcharge fees waived.

AWARDS:	9-12	1-6 Medals Individual 7-12 Ribbons Individual 1-3 Medals Relay 4-12 Ribbons Relay
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SCORING:	Individual Events: 1st -12th place (32,26,24,22,20,18,14,10,8,6,4,2) Relay Events: 1st-12th place (32,26,24,22,20,18,14,10,8,6,4,2)
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ENTRY DEADLINE: Entries must be received by 9:00 PM on Thursday, January 14th, 2016. No changes may be made after the entry is received. Any entry received after the above date will be returned.

Entry Forms: Teams are encouraged to submit their entries via email using the Hy-tek Swim Program. You may also submit in SDI format or other swim entry program. Please ZIP your entry and attach it to an email note to cdogentries@gmail.com. Meet entries may be submitted on the official entry form or a computer generated facsimile. All entries via email must be accompanied by a pdf copy of the entry.

Your entry will not be considered final until we receive your entry fee by mail.

OFFICIALS: YMCA Sanctioned Championship Meets must be run under USA Swimming Technical Rules. It is recommended that they also follow the USA-S Administrative

Regulations of Competition in Part Two of the Rulebook, modified to adapt to local conditions.

It is expected that YMCA Sanctioned Championship Meets will obtain "Approved Meet" status from the local USA-S LSC and enter the results into the USA-S SWIMS database.

YMCA Sanctioned Championship Meets must be officiated by YMCA certified officials. USA-S certified officials may assist in the officiating and should be encouraged to do so. However, the Meet Referee must be YMCA certified and two additional YMCA certified officials must be on deck at all times, one of whom must be the deck referee. A copy of the Meet Referee's YMCA Certified Official's card must be submitted with the sanction request.

WORK ASSIGNMENTS: All teams are required to provide timers and officials in proportion to the size of their entry. Teams will be notified as to the number of timers needed as soon as possible after the entries are received. Please send the names of officials with preferred sessions with your entry.

Psych sheet/Results: The psych sheets for the entire meet will be sent out to all coaches about one week before the meet. Meet results will be posted shortly after the meet.

Concessions: There will be concessions available for all parents and swimmers.

Hospitality: There will be a hospitality area for Coaches and Officials.

DIRECTIONS:

From South Take I-91 North to Exit 25 (Rt.3). Keep to left and take Rt 2 to East Hartford, Exit 5A (Main Street). Turn right at 1st light (Brewer St). Turn left at 2nd light and school will be approx. ½ mile on the left.

From North & West: Take I-84 East to Exit 58 (Roberts St). At end of exit take a right and an immediate left onto Silver Lane. Turn right at the 5th light (Forbes Street). School will be on right approx. ¾ miles.

From East: Take I-84 West to I-384 East to Spencer Street/Silver Lane exit. Turn right onto Spencer St. (Spencer St. turns into Silber Lane at East Hartford town line). Turn left onto Forbes Street. School will be on right approx. ¾ miles.

PARKING: Park in designated areas only. No street or grass parking. Please be mindful of fire lanes.

LODGING:

Courtyard by Marriott: 225 Slater Street, Manchester, CT 06040

Days Inn: 333 Roberts Street, East Hartford, CT 06108

Hilton Garden Inn: 85 Glastonbury Blvd, Glastonbury, CT 06033

Homewood Suites by Hilton: 65 Glastonbury Blvd, Glastonbury, CT 06033

Residence Inn by Marriott: 201 Hale Road, Manchester, CT 06040

Sheraton Hartford: 100 East River Drive, East Hartford, CT 06108

**2016 9-12 Year Old
CONNECTICUT YMCA SWIMMING & DIVING CHAMPIONSHIPS**

**ORDER OF EVENTS
Saturday, January 30, 2016**

**Saturday AM Session
8:00 AM Warm-up, 9:20AM Start***

Girls Events #		Boys Event #
1	11/12 200 Freestyle	2
3	11/12 50 Freestyle	4
5	11/12 100 Backstroke	6
7	11/12 100 Butterfly	8
9	11/12 100 IM	10
11	11/12 50 Breaststroke	12
13	11/12 200 Free Relay	14

**Saturday PM Session
2:00pm Warm-up, 3:00pm Start***

Girls Events #		Boys Event #
15	9/10 50 Freestyle	16
17	9/10 100 Backstroke	18
19	9/10 100 IM	20
21	9/10 100 Butterfly	22
23	9/10 50 Breaststroke	24
25	9/10 200 Free Relay	26

Sunday, January 31, 2016

**Sunday AM Session
8:00am warm-up, 9:20am Start***

Girls Events #		Boys Event #
27	11/12 200 IM	28
29	11/12 100 Freestyle	30
31	11/12 50 Backstroke	32
33	11/12 100 Breaststroke	34
35	11/12 50 Butterfly	36
37	11/12 200 Medley Relay	38

**Saturday PM Session
2:00pm Warm-up, 3:00pm Start***

Girls Events #		Boys Event #
39	9/10 200 IM	40
41	9/10 100 Freestyle	42
43	9/10 50 Backstroke	44
45	9/10 100 Breaststroke	46
47	9/10 50 Butterfly	48
49	9/10 200 Medley Relay	50

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