

**The Greenwich YWCA Dolphins Swim Team
and the YWCA of Greenwich present the
15th Annual
Greenwich Town Open Championship Swim Meet
December 17-18-19, 2015
at the
Greenwich High School**

Directions to GHS Pool, 55 Hillside Avenue, Greenwich, CT 06830

<https://plus.google.com/108594164595151298683/about?gl=us&hl=en>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #A15-3. 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.

Please Note: This approved meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championship). 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 and selection.

EVENTS

	Name	Email	Phone
Meet Director:	Nick Cavaturo	ncavaturo@iona.edu	914-633-2323
Meet Referee:	Greg Bedell	greg@bedellmail.com	914-588-1603
Entry Chair:	Nick Cavaturo	ncavaturo@iona.edu	914-438-9115
Safety Chair:	Jeremy Cochran	Jeremy61180@gmail.com	201-602-2062
Officials Contact:	Greg Bedell	greg@bedellmail.com	914-588-1603

WEBSITE: www.greenwichdolphins.com

POOL EMERGENCY NUMBER: 203-863-8802

MEET TYPE: Approved

MEET CLASSIFICATION: This is an approved meet by invitation and all swimmers must meet eligibility requirements. All swimmers must meet one of these three criteria: (1) be a resident of Greenwich; (2) be a member of Greenwich based youth swim team or (3) attend school in Greenwich

MEET FORMAT: The meet will be swum as Timed-Final. All Thursday events will be mixed. Friday events will be contested fastest to slowest women, then men.

SCRATCH PROCEDURES: Coaches must submit all scratches 30 minutes before the start of events on Thursday and Friday. Additionally all of Saturday's events will be pre-seeded on Thursday.

FACILITY: The Greenwich High School Pool is an 8-lane, 25-yard pool. Water depth at start end is: 12 ½-feet deep. Water depth at turn end is: 4-feet deep. The competition course has not been certified in accordance with 104.2.2C (4). This meet will be run using three-hand held watches and back-up watch timers on each

side of the pool. There is spectator seating for 400.

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

DISABLED ACCESS: There is ample handicapped parking immediately outside the pool in the lot. All doors are handicapped accessible at ground level and the pool, locker rooms and spectator areas are accessible. For additional information or accommodations contact Jeremy Cochran above.

COURSE: SCY.

SESSION TIMES: Thursday: Warm-up at 6:15pm, Start will be 6:45pm
Friday: Warm-up at 5:30 pm, Start will be 6:00pm
Saturday: Warm-up at Noon, Start will be 1:00pm

These times may be subject to change 24 hours after the entry deadline of **December 9** if needed.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Eight lanes will be used for warmup.

ELIGIBILITY: All Athletes must meet the eligibility requirements. All swimmers must meet one of these three criteria: (1) be a resident of Greenwich; (2) be a member of Greenwich based youth swim team or (3) attend school in Greenwich. USA Swimming athletes should include registration ID with entry. 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.

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 [Mark Kinne](#), Adapted Athlete Committee Chair.

EVENT INFORMATION: Thursday and Friday sessions will be limited to a maximum of 128 swimmers in 4 heats per event. Swimmers limited to one event Thursday & one event Friday and three events Saturday. Entries above the maximum will be returned.

ENTRY LIMITATIONS:

Saturday session limited to the first 250 entries based on postmark. All swimmers must meet one of these three criteria: (1) be a resident of Greenwich; (2) be a member of Greenwich based youth swim team or (3) attend school in Greenwich. Entries above the maximum will be returned. Swimmers must meet eligibility requirements and must have a team affiliation or will be listed as Unattached on the entry program.

Thursday & Friday swimmers may enter and swim only one of the two events. Saturday swimmers may enter a maximum of three events; however, one of the 3 events must be designated as a "scratch event" if meet is over subscribed and times out to over 4 hours (meet must end by 5pm). The meet director reserves the right to modify the event structure to meet facility time limits. In the event of a format change teams, coaches and swimmers will be notified via email no later than one week prior and details on format adjustment will be e-mailed to entry contacts as well as posted at www.greenwichdolphins.com.

ENTRY LIMITS: Swimmers may enter one event Thursday; one event Friday and three events on Saturday. There is no over-entering.

ENTRY TIMES: Submit entry times in: Short Course Yards only, no NT's will be accepted.

DEADLINES: Entry deadline is **Wednesday, December 9, 2015**. Mail hardcopy and payment to the entry chairperson: Nick Cavataro, YWCA, 259 East Putnam Avenue, Greenwich, CT 06830. Entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. The entry deadline will be determined by receipt of e-mail or postmark.

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 ncavataro@iona.edu. Please check that your team name, address, and contact information are listed correctly in this file. Payments must be in hand before the start of Thursday's events

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: All Athletes must be met eligibility requirements. The meet director will assign swimmers meeting eligible requirements that are unattached and assign them to a coach. 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 as the entry is accepted.

ENTRY FEES: The entry fee is \$15.00 per swimmer, regardless of number of races entered or swum. All fees are non-refundable. Checks only please payable to the Greenwich YWCA Dolphins Swim Team. Fees must accompany entry or the entry will be rejected.

PAYMENT INSTRUCTIONS: Checks only please, payable to the Greenwich YWCA Dolphins Swim Team. Fees must accompany entry or the entry will be rejected. Mail or deliver to Nick Cavataro, Swim Coach, Greenwich YWCA, 259 East Putnam Ave, Greenwich, CT 06830.

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:

Thursday and Friday sessions will be limited to a maximum of 128 swimmers in 4 heats per event. Saturday session limited to the first 250 entries based on postmark. Entries above the maximum will be returned.

Thursday & Friday swimmers may enter and swim only one of the two events. Saturday swimmers may enter a maximum of three events; however, one of the 3 events must be designated as a "scratch event" if meet is over subscribed and times out to over 4 hours (meet must end by 5pm). The meet director reserves the right to modify the event structure to meet facility time limits. In the event of a format change teams, coaches and swimmers will be notified via email no later than one week prior and details on format adjustment will be e-mailed to entry contacts as well as posted at www.greenwichdolphins.com

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 changes will be made to Program Operations and the attending teams as soon as possible and not later than the Monday before the meet.

RESERVE THE RIGHT TO MAKE CHANGES: With prior approval from Program Operations and 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. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: There are no relays in this meet.

SAFETY: 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. 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.

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.

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 participating 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 areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, 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.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: NONE.

TIMERS, OFFICIALS & WORK ASSIGNMENTS: Hand Timing will be used for this event. The host team (GYWD) will supply timers; however, volunteers are welcome and needed for timing purposes and are encouraged to check in at the scratch deadline. Key Meet USA Swimming certified officials have been selected in advance, certified volunteers are welcome and should contact the meet referee in advance

DECK ACCESS: Only athletes, coaches, officials and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The meet will or will not be scored.

AWARDS: Custom Ribbons will be awarded for the Top 8 finishers overall in each event; there is no team or individual scoring. Awards must be picked up by team representatives after the meet conclusion

CONCESSIONS: No concessions will be available.

HOSPITALITY FOR COACHES AND OFFICIALS: Water and soda available

SOFTWARE: The meet will be run on Hy-Tek Meet Management software and teams are encouraged to enter via Hy-Tek software files; however, a hard copy must accompany disk and fees.

PARKING: Use the rear parking lot of GHS.

DIRECTIONS: Directions to GHS Pool, 55 Hillside Avenue, Greenwich, CT 06830
<https://plus.google.com/108594164595151298683/about?gl=us&hl=en>

ENTRY CHAIRS NOTE: Entry Chairs should provide an e-mail contact with their material and can expect updates and advance psyche sheets as the meet date approaches. All advance psyche sheets and results will be posted at www.greenwichdolphins.com in a timely manner.

QUESTIONS: Meet Director Nick Cavataro, Day # 914-633-2323 or via-email
ncavataro@greenwichdolphins.com

15th Annual Greenwich Town Swimming Champs
December 17-19, 2015
Session Report

Session: 1 Thursday Stroke Distance

Day of Meet: 1 Starts at 06:45 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	
Finals	1 Mixed 8-10 100 Butterfly	06:45 PM _____
Finals	2 Mixed 10 & Over 200 Butterfly	06:45 PM _____
Finals	3 Mixed 8-10 100 Breaststroke	06:45 PM _____
Finals	4 Mixed 10 & Over 200 Breaststroke	06:45 PM _____
Finals	5 Mixed 8-10 100 Backstroke	06:45 PM _____
Finals	6 Mixed 10 & Over 200 Backstroke	06:45 PM _____
	Finish Time	06:45 PM _____

Session: 2 Friday Distance

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	
Finals	7 Girls 9 & Over 500 Freestyle	06:00 PM _____
Finals	8 Boys 9 & Over 500 Freestyle	06:00 PM _____
Finals	9 Girls 13 & Over 400 IM	06:00 PM _____
Finals	10 Boys 13 & Over 400 IM	06:00 PM _____
	Finish Time	06:00 PM _____

15th Annual Greenwich Town Swimming Champs**December 17-19, 2015****Session Report**

Session: 3 Saturday

Day of Meet: 3 Starts at 01:05 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	
Finals	11 Girls 15 & Over 100 Freestyle	01:05 PM _____
Finals	12 Boys 15 & Over 100 Freestyle	01:05 PM _____
Finals	13 Girls 13-14 100 Freestyle	01:05 PM _____
Finals	14 Boys 13-14 100 Freestyle	01:05 PM _____
Finals	15 Girls 11-12 50 Freestyle	01:05 PM _____
Finals	16 Boys 11-12 50 Freestyle	01:05 PM _____
Finals	17 Girls 9-10 50 Freestyle	01:05 PM _____
Finals	18 Boys 9-10 50 Freestyle	01:05 PM _____
Finals	19 Girls 8 & Under 25 Freestyle	01:05 PM _____
Finals	20 Boys 8 & Under 25 Freestyle	01:05 PM _____
Finals	21 Girls 15 & Over 100 Backstroke	01:05 PM _____
Finals	22 Boys 15 & Over 100 Backstroke	01:05 PM _____
Finals	23 Girls 13-14 100 Backstroke	01:05 PM _____
Finals	24 Boys 13-14 100 Backstroke	01:05 PM _____
Finals	25 Girls 11-12 50 Backstroke	01:05 PM _____
Finals	26 Boys 11-12 50 Backstroke	01:05 PM _____
Finals	27 Girls 9-10 50 Backstroke	01:05 PM _____
Finals	28 Boys 9-10 50 Backstroke	01:05 PM _____
Finals	29 Girls 8 & Under 25 Backstroke	01:05 PM _____
Finals	30 Boys 8 & Under 25 Backstroke	01:05 PM _____
Finals	31 Girls 15 & Over 100 Breaststroke	01:05 PM _____
Finals	32 Boys 15 & Over 100 Breaststroke	01:05 PM _____
Finals	33 Girls 13-14 100 Breaststroke	01:05 PM _____
Finals	34 Boys 13-14 100 Breaststroke	01:05 PM _____
Finals	35 Girls 11-12 50 Breaststroke	01:05 PM _____
Finals	36 Boys 11-12 50 Breaststroke	01:05 PM _____
Finals	37 Girls 9-10 50 Breaststroke	01:05 PM _____
Finals	38 Boys 9-10 50 Breaststroke	01:05 PM _____
Finals	39 Girls 8 & Under 25 Breaststroke	01:05 PM _____
Finals	40 Boys 8 & Under 25 Breaststroke	01:05 PM _____
Finals	41 Girls 15 & Over 100 Butterfly	01:05 PM _____
Finals	42 Boys 15 & Over 100 Butterfly	01:05 PM _____
Finals	43 Girls 13-14 100 Butterfly	01:05 PM _____
Finals	44 Boys 13-14 100 Butterfly	01:05 PM _____
Finals	51 Girls 11-12 50 Butterfly	01:05 PM _____
Finals	52 Boys 11-12 50 Butterfly	01:05 PM _____
Finals	53 Girls 9-10 50 Butterfly	01:05 PM _____
Finals	54 Boys 9-10 50 Butterfly	01:05 PM _____
Finals	55 Girls 8 & Under 25 Butterfly	01:05 PM _____
Finals	56 Boys 8 & Under 25 Butterfly	01:05 PM _____
	Finish Time	01:05 PM _____