

## CONNECTICUT YMCA SWIMMING AND DIVING CHAMPIONSHIPS

SPONSORED AND SANCTIONED BY

The Connecticut YMCA Swimming and Diving League

YMCA Sanction # pending

Hosted by the Wilton Wahoos

Wilton Family YMCA

404 Danbury Rd.

Wilton, CT 06897

January 9-10, 2016

Held under the approval of USA Swimming and Connecticut Swimming, Inc. A #15-4

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:	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymvca.org">jmccaffrey@riverbrookymvca.org</a>	914-391-5841
Meet Referee:	Jim Lewis	<a href="mailto:jslewis@genre.com">jslewis@genre.com</a>	203-912-9430
Entry Chair:	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	914-391-5841
Safety Chair:	Heather Sung	<a href="mailto:sungfrederickson@yahoo.com">sungfrederickson@yahoo.com</a>	
Officials Contact:	Jim Lewis	<a href="mailto:jslewis@genre.com">jslewis@genre.com</a>	203-9912-9430

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

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

**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 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.

**MEET CLASSIFICATION:** This is a closed YMCA meet for 13 & over swimmers

2016 USA SWIMMING TECHNICAL RULES govern this meet

**All attending Teams must submit a certificate of insurance naming Wilton YMCA 404 Danbury Road, Wilton , Ct 06897 as additionally insured to the meet director by Jan 1, 2016**

**MEET FORMAT:** Timed Finals

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for each session in their 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 15 minutes after the beginning of warm-up.

**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 yds 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.

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

**DISABLED ACCESS:** Wilton Family YMCA is Handicapped-accessible. Pool deck and spectator area are accessible through men's and women's locker rooms and are also handicapped-accessible.

**COURSE:** SCY.

**SESSION TIMES:**

<i>Saturday January 9, 2016</i>	<i>Warm Up</i>	<i>Meet Start Time</i>
<i>15-18 Boy/Girls + Open Events</i>	<i>7:00 AM</i>	<i>8:30 AM</i>
<i>Sunday January 10, 2016</i>	<i>Warm Up</i>	<i>Meet Start Time</i>
<i>13-14 Boys/Girls + Open Events</i>	<i>7:00AM</i>	<i>8:30 AM</i>

***\*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 warm-ups (30 min) in each pool and 6 lanes available for each session for a total of 12 lanes per session. Followed by sprint/pace for 15 min

**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 refer of any disability prior to the competition.

**ENTRY LIMITATIONS:** Swimmers may enter and swim a maximum of Six (6) individual scoring events and two (2) relay events. A swimmer may swim no more than 4 events (**3 individual and 1 relay**) each day. High School boys may swim in this meet unattached. If the Boys have or will swim two dual meets the week before or after they cannot swim in this meet (per CIAC rules). Please mark your HS boys as Exhibition on your entries.

**RULES:** **Current USA Swimming Rules will govern all competition. Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited.**

**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.

**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 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.

**ENTRY FEES:**

\$7.50 per individual event, \$15.00 per relay. Please make checks payable to “Wilton Wahoos” and mail the check with the entry forms and insurance waiver to Wilton Wahoos , Jo Ann McCaffrey, 404 Danbury Road, Wilton, CT 06897

**Athletes swimming the 500 Freestyle/400 IM must provide their own timers and counters The 500 Free/400 IM will both be swum Fastest to Slowest, alternating heats girl and boys. Please pass this information on to your parents.**

<b>AWARDS:</b>	13/14	1-6 Medals 7-12 Ribbons Individual
	13/14	1-3 Medals Relay 4-12 Ribbons Relay
	15/18	NO AWARDS

**Scoring:** Individual Events: 1st -12th place  
(16,13,12,11,10,9,7,5,4,3,2,1)  
Relay Events: 1st-12th place  
(32,26,24,22,20,18,14,10,8,6,4,2)

**Entry Deadline:**

Entries must be received by 9:00 PM on Tuesday, December 29th, 2015. No changes may be made after the entry is received. Any entry received after the above date will be returned.

**Electronic Entries:**

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

**PARKING:**

There is limited parking at the Wilton Family YMCA. Overflow parking will be in the high school parking lot opposite the YMCA

**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.

## 2016 13 & Over CONNECTICUT YMCA SWIMMING & DIVING CHAMPIONSHIPS

### ORDER OF EVENTS

#### Saturday, January 9th, AM

Girls Events #		Boys Event #
1	15-18 200 Medley Relay	2
3	Open 100 Freestyle	4
5	15/18 200 Breaststroke	6
7	15/18 50 Freestyle	8
9	Open 100 Backstroke	10
11	Open 200 Fly	12
13	15/18 200 IM	14
	<b>10 Minute Warm-up</b>	
15	Open 500 free *	16

**\*Swimmers must supply their own timers for the 400IM**

#### Sunday, January 4<sup>th</sup>, AM

17	13-14 200 Medley Relay	18
19	13/14 200 Freestyle	20
21	Open 100 Butterfly	22
23	13/14 200 Backstroke	24
25	13/14 50 Freestyle	26
27	Open 100 Breaststroke	28
29	13/14 100 Freestyle	30
	<b>10 Minute Warm-up</b>	
31	Open 400 IM *	32

**\*Swimmers must supply their own timers and lap counters for the 500 Free**

## **Swimmer Eligibility**

### **YMCA Membership**

A Swimmer must be a YMCA member who, after due application, is enrolled by the association as a member, entitled to full privileges, activities, and services of that association. This means that members of YMCA competitive teams must have full-privilege

YMCA memberships that entitle them to the same activities and services as other full privilege YMCA members.

A swimmer must be a member in good standing of his/her YMCA for **30 days** prior to competing for that YMCA in a meet. The swimmer must be a member in good standing of

his/her YMCA for **90 days** prior to representing that YMCA in a district, regional, state or

national championship meet. (Rules That Govern, Rule II Sec.1a) The membership status

must be valid through the end of the competition. A swimmer may represent his/her YMCA

*only* (in competition) for at least 90 days prior to the YMCA National Championship Meet

entry deadline in order to compete in that meet. The National Advisory Committee recommends that local, district, regional and state leagues and committees adopt the same

rule for their championship meets.

### **Dual Representation and Membership Transfer**

Swimmers who wish to change their membership from one YMCA to another may do so

through **Transfer by Consent**. An athlete may transfer from one YMCA team to another

YMCA team and be eligible to compete for his/her new YMCA team immediately upon the

written consent of the YMCA that he/she previously represented. This includes transfer from

one metropolitan branch to another. The membership transfer shall be completed **BEFORE**

the individual competes for the new association or branch. This written consent must be in

the form of a letter from the executive director of the YMCA association or branch that

he/she previously represented. However, the athlete must still be a full privilege member of

a YMCA - any YMCA - for 30 days prior to competing in any YMCA meet and be a full

privilege member of a YMCA - any YMCA - for at least 90 days prior to competing in a YMCA

district, regional, state or national championship meet. Once an individual transfers by consent to another YMCA, that person cannot transfer back and compete for the YMCA unit he/she previously represented for one year from the date of the original transfer. (Rules That Govern, Rule 2 Sec. 2)

Swimmers who wish to **transfer from a non-YMCA team** (USA Swimming team) to a YMCA team during the current season must observe the YMCA membership rules as stated above and in the Rules That Govern. To be eligible to compete in the YMCA National Championship meets a swimmer must not have represented any organization other than his/her YMCA team (high school excepted) for at least 90 days prior to the YMCA National Championship entry deadline. A swimmer must also have met the additional eligibility requirements for YMCA Nationals as stated below.