

# 2016 Wilton LCM Senior Invitational

## October 15-16 2016

Wilton Family YMCA  
404 Danbury Rd.  
Wilton, CT. 06897

<http://maps.google.com/maps?hl=en&tab=wl>

Held under sanction of USA Swimming and Connecticut Swimming #S-16-9. 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.

### EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384 x 249
<b>Meet Referee:</b>	Jim Lewis	<a href="mailto:jslewis@genre.com">jslewis@genre.com</a>	203-912-9430
<b>Entry Chair:</b>	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384 x249
<b>Safety Chair:</b>	Heather Sung	<a href="mailto:sungfrederickson@yahoo.com">sungfrederickson@yahoo.com</a>	
<b>Officials Contact:</b>	Jim Lewis	<a href="mailto:jslewis@genre.com">jslewis@genre.com</a>	203-912-9430

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

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

**MEET TYPE:** Sanctioned

**MEET CLASSIFICATION:** This meet is open to all USA Swimming athletes and clubs.

**MEET FORMAT:** The meet will be swum as a Times Finals format. The 800 Freestyle will be swum Fastest to Slowest, alternating girls/boys on Sunday. There will be a 10 minute Warm up prior to the start of the distance events (400 free/400 IM/ 800 free)

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for each session of the meet in their information packet, listing all of their swimmers and events for that session. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table within **15 minutes after** the beginning of warm-ups. Coaches not turning in the scratch sheets will result in swimmers from that team being scratched from the meet for that session.

**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.

Some bleacher seating is provided for spectators and athletes. **No deck chairs are permitted on the pool deck or in the hallways of the Wilton Family YMCA per Fire Marshall regulations. When available the YMCA gym will be an option for athlete/spectator seating. Chairs are permitted in the gym.**

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:** LCM.

**SESSION TIMES: \*SUBJECT TO CHANGE\***

Saturday	Session 1	6:30 AM	8:00 AM
		Warm up	Start
Saturday	Session 2	3:30 PM	5:00 PM
		Warm up	Start
Sunday	Session 3	6:30 AM	8:00 AM
		Warm up	Start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Six lanes will be used for warmup with specified lanes and sessions if needed. Sprint/pace lanes will be assigned to a specific session.

**ELIGIBILITY:** 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.

**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 [Connecticut Swimming office](#).

**ENTRY LIMITATIONS:** The meet is limited to 250 swimmers or 750 splashes per session. Swimmers may swim up to three individual events per session, with a max of 5 individual events on Saturday.

**ENTRY TIMES:** Submit entry times in: LCM. There are no time standards. If there are no official times for an athlete, please submit estimated times. No Times (NT) will not be accepted.

**DEADLINES:** Entry deadline will be Friday Sept 30, 2016. Mail hardcopy of file and payment to Jo Ann McCaffrey, Wahoos Finance Manager, 404 Danbury Rd., Wilton, CT 06897. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Formal team entry date is determined by the date the electronic file is received. ***No changes may be made after the entry deadline. Any entry received after October 3rd will be returned.*** Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than Wednesday, October 5th, 2016.

**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 [jmccaffrey@riverbrookymca.org](mailto:jmccaffrey@riverbrookymca.org). Please check that your team name, address, and contact information are listed correctly in this file. Payments should be received by the Jo Ann McCaffrey, Wahoo Finance Manager,

404 Danbury Road, Wilton, CT 06897 no later than 1 week prior to the start of the meet. Entry deadline is September 30, 2016.

**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.

**ENTRY FEES:** Electronic entries: \$8.00 for individual events and \$8.00 for distance events, \$20.00 for relays. Manual entries: \$10.00 for individual events and \$10.00 for distance events, \$22.00 for relays. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**PAYMENT INSTRUCTIONS:** Please make checks payable to Wilton Wahoos and mail to: Jo Ann McCaffrey, Wahoo Finance Manager, 404 Danbury Rd., Wilton, CT 06897. Payment must be received by Friday, October 6<sup>h</sup>, 2016.

**CUT PROTOCOL:** Entries are accepted on a first come first serve basis until the meet is full (250 swimmers or 750 splashes per session).

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. All relays, if planned, will be eliminated.
2. The distance events (400 meters or yards or greater) may be heat limited to the first 4 heats of entries per gender of the fastest swimmers
4. The maximum number of events allowed per day may be reduced by one (1).
5. 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 changes will be made to Program Operations and the attending teams as soon as possible and not later than the Monday before the meet, October 10, 2016

**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 any changes requiring approval. Clubs will be notified of any changes no later than Monday before the meet.

**RELAYS:** Yes. All relay swimmers must be officially entered in the meet.

## **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.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** Time trials will be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time trials will count toward the athlete’s event limitations for the day and meet. If they are offered, only athletes properly entered in the meet in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial.

**The deadline for Time Trial entries is 10:00 AM for the morning session and 7:00 pm for the evening session.** The fee for Time Trial entries is \$10.00 for individual events and \$ 16.00 for relays.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Officials:** A meet of this size and caliber requires many workers to make it run efficiently. The Wahos welcome anyone who would like to assist with officiating during this meet. Please contact Jim Lewis (contact information listed above) if you have any officials that will be able to help, or include name, phone number and level of official with entry. **Timers:** If necessary, *the host team will require timers from teams in proportion to the size of their entries.* Team assignments will be emailed to your team contact on the Monday prior to the meet. **All swimmers must provide their own counters and timers for the 800 Freestyle.**

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the non-building sides of the pool deck. *Spectators are permitted to sit on the bleachers on the building side of the pool. No Deck chairs will be permitted*

**SCORING:** The meet will not be scored.

**AWARDS:** No Awards

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**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.

**Wilton YMCA Information:** Swimmers and their families are guests of the Wilton Family YMCA and must follow the rules that no children under the age of 12 years should be anywhere in the building unsupervised by an adult.

**2016 Wilton Wahoos LCM Senior Invitational - 10/15/2016 to 10/16/2016****Session Report**

Session: 1 Saturday Morning

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 200 Butterfly	0	0	08:00 AM	_____
Finals	2 Men 200 Butterfly	0	0	08:00 AM	_____
Finals	3 Women 50 Freestyle	0	0	08:00 AM	_____
Finals	4 Men 50 Freestyle	0	0	08:00 AM	_____
Finals	5 Women 100 Backstroke	0	0	08:00 AM	_____
Finals	6 Men 100 Backstroke	0	0	08:00 AM	_____
Finals	7 Mixed 400 Medley Relay	0	0	08:00 AM	_____
	Break: 10 Minutes:				
Finals	8 Women 400 Freestyle	0	0	08:10 AM	_____
Finals	9 Men 400 Freestyle	0	0	08:10 AM	_____
	Finish Time			08:10 AM	_____

Session: 2 Saturday Evening

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	10 Women 200 Freestyle	0	0	05:00 PM	_____
Finals	11 Men 200 Freestyle	0	0	05:00 PM	_____
Finals	12 Women 100 Breaststroke	0	0	05:00 PM	_____
Finals	13 Men 100 Breaststroke	0	0	05:00 PM	_____
Finals	14 Women 200 Backstroke	0	0	05:00 PM	_____
Finals	15 Men 200 Backstroke	0	0	05:00 PM	_____
Finals	16 Mixed 400 Freestyle Relay	0	0	05:00 PM	_____
	Break: 10 Minutes:				
Finals	17 Women 400 IM	0	0	05:10 PM	_____
Finals	18 Men 400 IM	0	0	05:10 PM	_____
	Finish Time			05:10 PM	_____

Session: 3 Sunday Morning

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Women 200 IM	0	0	08:00 AM	_____
Finals	20 Men 200 IM	0	0	08:00 AM	_____
Finals	21 Women 100 Freestyle	0	0	08:00 AM	_____
Finals	22 Men 100 Freestyle	0	0	08:00 AM	_____
Finals	23 Women 200 Breaststroke	0	0	08:00 AM	_____
Finals	24 Men 200 Breaststroke	0	0	08:00 AM	_____
Finals	25 Women 100 Butterfly	0	0	08:00 AM	_____
Finals	26 Men 100 Butterfly	0	0	08:00 AM	_____
	Break: 10 Minutes:				
Finals	27 Women 800 Freestyle	0	0	08:10 AM	_____
Finals	28 Men 800 Freestyle	0	0	08:10 AM	_____
	Finish Time			08:10 AM	_____