

**2025 Greenwich Town Championship Meet**  
**Invitational sponsored by YWCA of Greenwich Dolphins**  
**November 28-29, 2025**

Greenwich High School, 55 Hillside Road, Greenwich, CT 06830

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S25-36. 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.

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	<b>Nick Cavataro</b>	<a href="mailto:ncavataro@iona.edu">ncavataro@iona.edu</a>	<b>914-438-9115</b>
<b>Meet Referee:</b>	<b>David Heller</b>	<a href="mailto:Hellerd@nationwide.com">Hellerd@nationwide.com</a>	<b>203-509-7320</b>
<b>Lead Admin Official:</b>	<b>Yolanda Jahan</b>	<a href="mailto:Yoli.jahan1@gmail.com">Yoli.jahan1@gmail.com</a>	<b>203-278-6712</b>
<b>Entry Chair:</b>	<b>Nick Cavataro</b>	<a href="mailto:ncavataro@iona.edu">ncavataro@iona.edu</a>	<b>914-438-9115</b>
<b>Safety Chair:</b>	<b>David Fine</b>	<a href="mailto:dave@greenwichdolphins.com">dave@greenwichdolphins.com</a>	<b>203-246-8420</b>
<b>Officials Contact:</b>	<b>David Heller</b>	<a href="mailto:Hellerd@nationwide.com">Hellerd@nationwide.com</a>	<b>203-509-7320</b>
<b>Disability Contact</b>	<b>Nick Cavataro</b>	<a href="mailto:ncavataro@iona.edu">ncavataro@iona.edu</a>	<b>914-438-9115</b>

**MEET HOST:** [GYWD-CT.](#)

**WEBSITE:** [www.greenwichdolphins.com](http://www.greenwichdolphins.com)

**POOL EMERGENCY NUMBER:** 203-869-6501

**COURSE:** SCY

**SESSION TIMES: Subject to Change**

Friday, November 28, 2025 – Warm-up: 12:00pm; Start: 1:00pm

Saturday, November 29, 2025- Warm-up: 12:00pm; Start: 1:00pm

**DEADLINES:** Entries due Tuesday, November 11, 2025. Mail hardcopy and payment to the entry chairperson: Nick Cavataro, YWCA, 259 East Putnam Avenue, Greenwich, CT 06830. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entry files must be received by 9:00pm on November 11, 2025 via e-mail to [ncavataro@iona.edu](mailto:ncavataro@iona.edu).

**PAYMENT INSTRUCTIONS:** Please make checks payable to **YWCA of Greenwich**

Mail to:

Nick Cavataro

YWCA of Greenwich

259 East Putnam Avenue

Greenwich, CT 06830

Payment must be received by 11/23/23

**ENTRY FEES:** Electronic entries: \$15.00/ per swimmer, regardless of number of events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**REGISTRATION REPORTING:** The Meet or Entry Director **MUST** run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction USA/CT Swimming meet.

**SANCTIONED OR APPROVED:** 1. Sanctioned

**MEET DURATION:** Full meet with time limits as defined by CT/USA Swimming.

**MEET FORMAT:** The meet will be swum as 1. Timed-Final. Events #1-8 will be mixed gender and contested fast-to-slow. Saturday events will be pre-seeded and contested slow-to-fast...

**FACILITY:** The Greenwich High School Pool is an 8-lane, 25-yard pool. Water depth at start end is: 11-Feet, 6" deep. Water depth at turn end is: 4-Feet Deep: The competition course has not been certified in accordance with 104.2.2C(4). Manual & Semi-Automatic Timing will be used in this event. Spectator seating for 300 in bleachers.

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

**MEDICAL SUPERVISION:** Lifeguard, EMT, AED on premises during event.

**WIFI ACCESS:** Public WiFi will not be available.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Both sessions will feature assigned warm-up lanes based off of team entry size for 40 minutes, followed by 15 minutes of pace and sprint lanes using all 8-lanes.

**EVENT INFORMATION:** **Deck entries will not be accepted.** Friday sessions will be limited to 128 swimmers in 8-heats per event. Swimmers are limited to 2 events Friday and three events Saturday. Entries above the maximum will be returned.

**ENTRY LIMITATIONS:** Swimmers are limited to 2 events Friday and three events Saturday. Entries above the maximum will be returned.

**SCRATCH PROCEDURES:** Scratches for the Friday session close at 12:30pm. The Saturday sessions will be pre-seeded. Entry coordinators should work with the meet director to scratch swimmers as needed in advance.

**SAFE SPORT POLICIES:** There will be an adult-only lavatory in the hall outside pool. Spectators may view the meet from the bleacher area, adjacent to pool deck.

**DISABLED ACCESS:** Ample parking in main lot adjacent to pool, including designated handicapped parking. The main entrance is handicapped accessible. For more information, please contact person listed on page 1.

**ELIGIBILITY:** Only registered USA Swimming athletes may compete from invited clubs: Greenwich YMCA, Greenwich YMCA and Sharks. Additionally, any other registered athlete living in the Town of Greenwich or attending a school in Greenwich may participate. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible

**For Sanctioned Meets:** 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.

**For Approved Meets:** List any restrictions, such as membership in invited teams, age, etc.

**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](#).

**ENTRY TIMES:** Submit entry times in: **SCY**. No “NT” will be accepted.

**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](mailto:ncavataro@iona.edu) Please check that your team name, address, and contact information are listed correctly in this file. **Files must be received by 9:00pm, November 11, 2025. Entry fees due by 11/11/25.**

**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](#).

**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](http://ctswim.org).

#### **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 eliminated.
3. The distance events (400 meters or greater) may be heat limited to the 4 heats of entries per gender in the order they were received.
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 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:** No.

**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.

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

**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:** [Officials are welcome to volunteer in advance to the meet referee. Timers will be assigned based off size of team's entry for all sessions.](#) 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:** Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

**SCORING:** The meet [will not](#) be scored.

**AWARDS:** [Ribbons](#) will be awarded to the top 8 finishers in each individual event. [Teams must pickup awards after the last race.](#)

**CONCESSIONS:** No.

**HOSPITALITY FOR COACHES AND OFFICIALS:** No.

**MISCELLANEOUS:** Lockerooms are for athletes only

**PARKING:** In lot adjacent to pool, use designated open spaces.

**DIRECTIONS:** Greenwich High School Pool is located in the rear of 55 Hillside Road, adjacent to playing fields.

**2025 Greenwich Town Championship - 11/28/2025 to 11/29/2025****Session Report**

Session: 1 Friday Distance Events

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 35 Seconds / Back +35 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	1 Mixed 8-10 100 Butterfly	0	0	01:00 PM	e01:00 PM
Finals	2 Mixed 10 & Over 200 Butterfly	0	0	01:00 PM	e01:00 PM
Finals	3 Mixed 8-10 100 Breaststroke	0	0	01:00 PM	e01:00 PM
Finals	4 Mixed 10 & Over 200 Breaststroke	0	0	01:00 PM	e01:00 PM
Finals	5 Mixed 8-10 100 Backstroke	0	0	01:00 PM	e01:00 PM
Finals	6 Mixed 10 & Over 200 Backstroke	0	0	01:00 PM	e01:00 PM
Finals	7 Mixed 9 & Over 500 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	8 Mixed 10 & Over 400 IM	0	0	01:00 PM	e01:00 PM
	Finish Time			01:00 PM	e01:00 PM

Session: 2 Saturday Events

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	9 Girls 15 & Over 100 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	10 Boys 15 & Over 100 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	11 Girls 13-14 100 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	12 Boys 13-14 100 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	13 Girls 11-12 50 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	14 Boys 11-12 50 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	15 Girls 9-10 50 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	16 Boys 9-10 50 Freestyle	0	0	01:00 PM	e01:00 PM
	Break: 2 Minutes:				
Finals	17 Girls 8 & Under 25 Freestyle	0	0	01:02 PM	e01:02 PM
Finals	18 Boys 8 & Under 25 Freestyle	0	0	01:02 PM	e01:02 PM
	Break: 2 Minutes:				
Finals	19 Girls 15 & Over 100 Backstroke	0	0	01:04 PM	e01:04 PM
Finals	20 Boys 15 & Over 100 Backstroke	0	0	01:04 PM	e01:04 PM
Finals	21 Girls 13-14 100 Backstroke	0	0	01:04 PM	e01:04 PM
Finals	22 Boys 13-14 100 Backstroke	0	0	01:04 PM	e01:04 PM
Finals	23 Girls 11-12 50 Backstroke	0	0	01:04 PM	e01:04 PM
Finals	24 Boys 11-12 50 Backstroke	0	0	01:04 PM	e01:04 PM
Finals	25 Girls 9-10 50 Backstroke	0	0	01:04 PM	e01:04 PM
Finals	26 Boys 9-10 50 Backstroke	0	0	01:04 PM	e01:04 PM
	Break: 2 Minutes:				
Finals	27 Girls 8 & Under 25 Backstroke	0	0	01:06 PM	e01:06 PM
Finals	28 Boys 8 & Under 25 Backstroke	0	0	01:06 PM	e01:06 PM
	Break: 2 Minutes:				
Finals	29 Girls 15 & Over 100 Breaststroke	0	0	01:08 PM	e01:08 PM
Finals	30 Boys 15 & Over 100 Breaststroke	0	0	01:08 PM	e01:08 PM
Finals	31 Girls 13-14 100 Breaststroke	0	0	01:08 PM	e01:08 PM
Finals	32 Boys 13-14 100 Breaststroke	0	0	01:08 PM	e01:08 PM
Finals	33 Girls 11-12 50 Breaststroke	0	0	01:08 PM	e01:08 PM
Finals	34 Boys 11-12 50 Breaststroke	0	0	01:08 PM	e01:08 PM
Finals	35 Girls 9-10 50 Breaststroke	0	0	01:08 PM	e01:08 PM

**2025 Greenwich Town Championship - 11/28/2025 to 11/29/2025****Session Report**

Session: 2 Saturday Events

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	<b>Actual</b>
Finals	36 Boys 9-10 50 Breaststroke Break: 2 Minutes:	0	0	01:08 PM	e01:08 PM
Finals	37 Girls 8 & Under 25 Breaststroke	0	0	01:10 PM	e01:10 PM
Finals	38 Boys 8 & Under 25 Breaststroke Break: 2 Minutes:	0	0	01:10 PM	e01:10 PM
Finals	39 Girls 15 & Over 100 Butterfly	0	0	01:12 PM	e01:12 PM
Finals	40 Boys 15 & Over 100 Butterfly	0	0	01:12 PM	e01:12 PM
Finals	41 Girls 13-14 100 Butterfly	0	0	01:12 PM	e01:12 PM
Finals	42 Boys 13-14 100 Butterfly	0	0	01:12 PM	e01:12 PM
Finals	43 Girls 11-12 50 Butterfly	0	0	01:12 PM	e01:12 PM
Finals	44 Boys 11-12 50 Butterfly	0	0	01:12 PM	e01:12 PM
Finals	45 Girls 9-10 50 Butterfly	0	0	01:12 PM	e01:12 PM
Finals	46 Boys 9-10 50 Butterfly Break: 2 Minutes:	0	0	01:12 PM	e01:12 PM
Finals	47 Girls 8 & Under 25 Butterfly	0	0	01:14 PM	e01:14 PM
Finals	48 Boys 8 & Under 25 Butterfly Finish Time	0	0	01:14 PM	e01:14 PM