

## 2026 Connecticut YMCA Swimming and Diving Championship

January 30<sup>th</sup>-February 1<sup>st</sup>

Cheshire Community Pool, 520 South Main Street, Cheshire, CT,  
06410 <https://goo.gl/maps/pLYVnuJSMJHRQwKcA>

Held under the approval of USA Swimming and Connecticut Swimming, Inc. #A25-3. 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
<b>Meet Director:</b>	Rob Adams-Michaud	Radams-michaud@sccymca.org	
<b>Meet Referee:</b>	David Nottingham	Nottingham_d@yahoo.com	
<b>Lead Admin Official:</b>	Johnathan Hale	Johnhale78@gmail.com	
<b>Entry Chair:</b>	Rob Adams-Michaud	Radams-michaud@sccymca.org	
<b>Safety Chair:</b>	David May	dmay@sccymca.org	
<b>Officials Contact:</b>			
<b>Disability Contact:</b>	David May	dmay@sccymca.org	

**MEET HOST:** CDOG

**WEBSITE:** Cheshire Y/Sea Dog Swim Club Home (gomotionapp.com)

**POOL EMERGENCY NUMBER:** 203-271-3208

**COURSE:** SCY

<b>SESSION TIMES: Subject to Change</b>	<b>Warm-Up Time</b>	<b>Start Time</b>
<b>Session 1:</b> Friday PM (11-18)	4:00 P.M.	5:00 P.M.
<b>Session 2:</b> Saturday AM (15-18)	6:45 A.M.	8:15 A.M.
<b>Session 3:</b> Saturday Mid-Day (8&Under)	11:15 A.M.	12:30 P.M.
<b>Session 4:</b> Saturday PM (9-10)	3:15 P.M.	4:35 P.M.
<b>Session 5:</b> Sunday AM (13-14)	7:15 A.M.	8:45 A.M.
<b>Session 6:</b> Sunday PM (11-12)	12:15 P.M.	1:35 P.M.

**DEADLINES:** Deadline is October 6th, 2025. Mail hardcopy and payment to the entry chairperson: Rob Adams-Michaud, 967 South Main Street, Cheshire, CT, 06410. All entries must be legible and must use full names and registration numbers from USA Swimming registration. An entry will be considered received using the time stamp on the email with Entry File

**PAYMENT INSTRUCTIONS:** Please make checks payable to **STPA**.

Mail to:

Rob Adams-Michaud

967 South Main St Cheshire, CT 06410

Payment must be received by 10/13/2025

**ENTRY FEES:** Electronic entries: \$13.00 for individual events, \$20.00 for Relays. Manual entries: \$20.00 for all events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. Each swimmer will be assessed a one-time \$2.00 League Fee that is NOT included in the event fee.

**ADULT ATHLETES:** All athletes who will be 18 years of age or older must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

**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:** Approved

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

**MEET FORMAT:** The meet will be swum as Timed Finals.

**FACILITY:** The Cheshire Community Pool is a 10 lane , 25 yard pool. Water depth at start end is: 6ft. Water depth at turn end is: 6ft. 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 Cheshire Community Pool has a 10 lane Daktronics Scoreboard with Omnisport 2000. There are bleachers for spectators.

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

**MEDICAL SUPERVISION:** Lifeguards will be on duty with access to AEDs devices.

**WIFI ACCESS:** Public wifi is available.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. The warm-up schedule will be finalized when entries are closed. All ten lanes will be used with multiple warm-up sessions to ensure each team has the opportunity to warm-up

**SCRATCH PROCEDURES:** Attending teams will receive a scratch sheet with their meet entries. These will need to be turned in no later 30 minutes after the start of warm-up. USA Swimming Rulebook 102.3

**FACILITY PROTOCOLS:** It is recommended that swimmers bring a deck chair to sit in for the duration of the meet. Swimmers will be seated outside. Teams can also bring tents. All tents need to be secured to the ground at all times. Heat Sheets will be available on Meet Mobile after all Scratches are finished.

**SAFE SPORT POLICIES:** The meet will allow spectators.

**DISABLED ACCESS:** The Cheshire Community Pool is handicap accessible in all facets including parking, entrance/exit, and a ramp into/out of the pool. For further accommodations, please contact the Safety Chair, Kyle Shadeck at [kshadeck@sccymca.org](mailto:kshadeck@sccymca.org).

#### **ELIGIBILITY:**

**YMCA Membership:** An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the first day of the meet.

**Amateur Status:** An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

**Unattached Athletes:** There is no unattached status in YMCA Swimming.

- CIAC High School Swimmer events should be noted as “Exhibition”

**Age:** An athlete must be the correct age for the age specified events. The “Open” events are open to swimmers 13 & over.

**YMCA Meet Participation:** Must be a current member of a YMCA.

**ADAPTED SWIMMING:** Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

#### **COACH REQUIREMENTS:**

- Are required to maintain current certifications in Basic Life Support (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving. These are verified at the meet.
- Have completed the online YMCA coach registration for the current season.

#### **TEAMS:**

- All participating teams have completed the YMCA Team Registration for the current season.
- The CEO or executive director of each participating YMCA has signed the declaration form acknowledging that all swimmers and coaches representing his/her YMCA satisfy the sanction meet requirements.

**ENTRY LIMITATIONS:** Swimmers may swim a maximum of three (3) individual events and two (2) relays. Total Events = 5

**ENTRY TIMES:** Submit entry times in: SCY

**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 [kshadeck@sccymca.org](mailto:kshadeck@sccymca.org). Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received prior to the start of the Meet.

**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:** Yes

**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.

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.

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.

**INSURANCE:** Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

**LIABILITY LIMITS:**

- In granting of the USA-S/CSI approval, it is understood and agreed that USA Swimming and CSI, 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 meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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 meet.
- Each participating Y must submit – prior to the meet – a Certificate of Insurance.

**UNACCOMPANIED ATHLETE:** Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

**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:** All Teams participating in the Meet will be given Volunteer Assignments. All Visiting Team Officials should contact the Meet Referee. All Swimmers in the 500 Free must provide their own Timer and Counter. All 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 be scored.

- Individual Events: 1ST – 10TH [11, 9, 8, 7, 6, 5, 4, 3, 2, 1]
- Relay Events: 1ST – 10TH [22, 18, 16, 14, 12, 10, 8, 6, 4, 2]

**AWARDS:**

- 8 & Under, 9-10, 11-12 and 13-14:
  - Individual and Relays: Medals: 1-3 Ribbons: 4-10

15-18: No Awards

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** Parking should be only in the parking lot adjacent to the Pool. DO NOT park in the traffic circle or by the pavilion. Drop Off ONLY in the Traffic Circle.

**2026 CT YMCA State Championship - 1/30/2026 to 2/1/2026****Session Report**

Session: 1 Friday Afternoon

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 11-18 400 IM	0	0	05:00 PM	_____
Finals	2 Boys 11-18 400 IM	0	0	05:00 PM	_____
Finals	3 Girls 11-18 200 Breaststroke	0	0	05:00 PM	_____
Finals	4 Boys 11-18 200 Breaststroke	0	0	05:00 PM	_____
Finals	5 Girls 11-18 200 Backstroke	0	0	05:00 PM	_____
Finals	6 Boys 11-18 200 Backstroke	0	0	05:00 PM	_____
Finals	7 Girls 11-18 200 Butterfly	0	0	05:00 PM	_____
Finals	8 Boys 11-18 200 Butterfly	0	0	05:00 PM	_____
Finals	9 Girls 11-18 500 Freestyle	0	0	05:00 PM	_____
Finals	10 Boys 11-18 500 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____

**2026 CT YMCA State Championship - 1/30/2026 to 2/1/2026****Session Report**

Session: 2 Saturday AM: 15-18

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	11 Girls 15-18 200 Medley Relay	0	0	08:15 AM	_____
Finals	12 Boys 15-18 200 Medley Relay	0	0	08:15 AM	_____
	Break: 10 Minutes:				
Finals	13 Girls 13-18 100 Breaststroke	0	0	08:25 AM	_____
Finals	14 Boys 13-18 100 Breaststroke	0	0	08:25 AM	_____
Finals	15 Girls 15-18 200 Freestyle	0	0	08:25 AM	_____
Finals	16 Boys 15-18 200 Freestyle	0	0	08:25 AM	_____
Finals	17 Girls 15-18 100 Butterfly	0	0	08:25 AM	_____
Finals	18 Boys 15-18 100 Butterfly	0	0	08:25 AM	_____
Finals	19 Girls 15-18 100 Backstroke	0	0	08:25 AM	_____
Finals	20 Boys 15-18 100 Backstroke	0	0	08:25 AM	_____
	Break: 10 Minutes:				
Finals	21 Girls 13-18 50 Freestyle	0	0	08:35 AM	_____
Finals	22 Boys 13-18 50 Freestyle	0	0	08:35 AM	_____
Finals	23 Girls 15-18 200 IM	0	0	08:35 AM	_____
Finals	24 Boys 15-18 200 IM	0	0	08:35 AM	_____
Finals	25 Girls 15-18 100 Freestyle	0	0	08:35 AM	_____
Finals	26 Boys 15-18 100 Freestyle	0	0	08:35 AM	_____
	Break: 10 Minutes:				
Finals	27 Girls 15-18 200 Freestyle Relay	0	0	08:45 AM	_____
Finals	28 Boys 15-18 200 Freestyle Relay	0	0	08:45 AM	_____
	Finish Time			08:45 AM	_____

**2026 CT YMCA State Championship - 1/30/2026 to 2/1/2026****Session Report**

Session: 3 Saturday Mid-Day: 8 &amp; Under

Day of Meet: 2 Starts at 12:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	29 Girls 8 & Under 100 Medley Relay	0	0	12:30 PM	_____
Finals	30 Boys 8 & Under 100 Medley Relay	0	0	12:30 PM	_____
	Break: 5 Minutes:				
Finals	31 Girls 8 & Under 25 Backstroke	0	0	12:35 PM	_____
Finals	32 Boys 8 & Under 25 Backstroke	0	0	12:35 PM	_____
Finals	33 Girls 8 & Under 25 Breaststroke	0	0	12:35 PM	_____
Finals	34 Boys 8 & Under 25 Breaststroke	0	0	12:35 PM	_____
	Break: 5 Minutes:				
Finals	35 Girls 8 & Under 50 Freestyle	0	0	12:40 PM	_____
Finals	36 Boys 8 & Under 50 Freestyle	0	0	12:40 PM	_____
Finals	37 Girls 8 & Under 25 Butterfly	0	0	12:40 PM	_____
Finals	38 Boys 8 & Under 25 Butterfly	0	0	12:40 PM	_____
Finals	39 Girls 8 & Under 25 Freestyle	0	0	12:40 PM	_____
Finals	40 Boys 8 & Under 25 Freestyle	0	0	12:40 PM	_____
Finals	41 Girls 8 & Under 100 IM	0	0	12:40 PM	_____
Finals	42 Boys 8 & Under 100 IM	0	0	12:40 PM	_____
	Break: 5 Minutes:				
Finals	43 Girls 8 & Under 100 Freestyle Relay	0	0	12:45 PM	_____
Finals	44 Boys 8 & Under 100 Freestyle Relay	0	0	12:45 PM	_____
	Finish Time			12:45 PM	_____

**2026 CT YMCA State Championship - 1/30/2026 to 2/1/2026****Session Report**

Session: 4 Saturday Afternoon: 9-10

Day of Meet: 2 Starts at 04:35 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	45 Girls 9-10 200 Medley Relay	0	0	04:35 PM	_____
Finals	46 Boys 9-10 200 Medley Relay	0	0	04:35 PM	_____
	Break: 5 Minutes:				
Finals	47 Girls 9-10 100 Freestyle	0	0	04:40 PM	_____
Finals	48 Boys 9-10 100 Freestyle	0	0	04:40 PM	_____
Finals	49 Girls 9-10 50 Breaststroke	0	0	04:40 PM	_____
Finals	50 Boys 9-10 50 Breaststroke	0	0	04:40 PM	_____
Finals	51 Girls 9-10 50 Backstroke	0	0	04:40 PM	_____
Finals	52 Boys 9-10 50 Backstroke	0	0	04:40 PM	_____
	Break: 5 Minutes:				
Finals	53 Girls 9-10 100 IM	0	0	04:45 PM	_____
Finals	54 Boys 9-10 100 IM	0	0	04:45 PM	_____
Finals	55 Girls 9-10 50 Butterfly	0	0	04:45 PM	_____
Finals	56 Boys 9-10 50 Butterfly	0	0	04:45 PM	_____
Finals	57 Girls 9-10 50 Freestyle	0	0	04:45 PM	_____
Finals	58 Boys 9-10 50 Freestyle	0	0	04:45 PM	_____
	Break: 5 Minutes:				
Finals	59 Girls 9-10 200 Freestyle Relay	0	0	04:50 PM	_____
Finals	60 Boys 9-10 200 Freestyle Relay	0	0	04:50 PM	_____
	Finish Time			04:50 PM	_____

**2026 CT YMCA State Championship - 1/30/2026 to 2/1/2026****Session Report**

Session: 5 Sunday Morning: 13-14

Day of Meet: 3 Starts at 08:45 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	61 Girls 13-14 200 Medley Relay	0	0	08:45 AM	_____
Finals	62 Boys 13-14 200 Medley Relay	0	0	08:45 AM	_____
	Break: 10 Minutes:				
Finals	63 Girls 13-14 100 Breaststroke	0	0	08:55 AM	_____
Finals	64 Boys 13-14 100 Breaststroke	0	0	08:55 AM	_____
Finals	65 Girls 13-14 200 Freestyle	0	0	08:55 AM	_____
Finals	66 Boys 13-14 200 Freestyle	0	0	08:55 AM	_____
Finals	67 Girls 13-14 100 Butterfly	0	0	08:55 AM	_____
Finals	68 Boys 13-14 100 Butterfly	0	0	08:55 AM	_____
Finals	69 Girls 13-14 100 Backstroke	0	0	08:55 AM	_____
Finals	70 Boys 13-14 100 Backstroke	0	0	08:55 AM	_____
	Break: 10 Minutes:				
Finals	71 Girls 13-14 50 Freestyle	0	0	09:05 AM	_____
Finals	72 Boys 13-14 50 Freestyle	0	0	09:05 AM	_____
Finals	73 Girls 13-14 200 IM	0	0	09:05 AM	_____
Finals	74 Boys 13-14 200 IM	0	0	09:05 AM	_____
Finals	75 Girls 13-14 100 Freestyle	0	0	09:05 AM	_____
Finals	76 Boys 13-14 100 Freestyle	0	0	09:05 AM	_____
Finals	77 Girls 13-14 200 Freestyle Relay	0	0	09:05 AM	_____
Finals	78 Boys 13-14 200 Freestyle Relay	0	0	09:05 AM	_____
	Finish Time			09:05 AM	_____

**2026 CT YMCA State Championship - 1/30/2026 to 2/1/2026****Session Report**

Session: 6 Sunday Afternoon: 11-12

Day of Meet: 3 Starts at 01:35 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	79 Girls 11-12 200 Medley Relay	0	0	01:35 PM	_____
Finals	80 Boys 11-12 200 Medley Relay	0	0	01:35 PM	_____
	Break: 5 Minutes:				
Finals	81 Girls 11-12 100 Freestyle	0	0	01:40 PM	_____
Finals	82 Boys 11-12 100 Freestyle	0	0	01:40 PM	_____
Finals	83 Girls 11-12 50 Breaststroke	0	0	01:40 PM	_____
Finals	84 Boys 11-12 50 Breaststroke	0	0	01:40 PM	_____
Finals	85 Girls 11-12 50 Backstroke	0	0	01:40 PM	_____
Finals	86 Boys 11-12 50 Backstroke	0	0	01:40 PM	_____
	Break: 5 Minutes:				
Finals	87 Girls 11-12 100 IM	0	0	01:45 PM	_____
Finals	88 Boys 11-12 100 IM	0	0	01:45 PM	_____
Finals	89 Girls 11-12 50 Butterfly	0	0	01:45 PM	_____
Finals	90 Boys 11-12 50 Butterfly	0	0	01:45 PM	_____
Finals	91 Girls 11-12 50 Freestyle	0	0	01:45 PM	_____
Finals	92 Boys 11-12 50 Freestyle	0	0	01:45 PM	_____
	Break: 5 Minutes:				
Finals	93 Girls 11-12 200 Freestyle Relay	0	0	01:50 PM	_____
Finals	94 Boys 11-12 200 Freestyle Relay	0	0	01:50 PM	_____
	Finish Time			01:50 PM	_____