

VSYM November 2025 Pentathlon
November 9th 2025
Valley Shore YMCA
201 Spencer Plain Road, Westbrook, CT 06498
Mapping software link: <https://goo.gl/maps/Azy9l>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S25-25. 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.

	Name	Email	Phone
Meet Director:	Teddy Weeks	Marlins@vsymca.org	(860) 399-9622
Meet Referee:	Misha Van Berkel	mischavanberkel@me.com	(860) 510-2174
Lead Admin Official:	Teddy Weeks	Marlins@vsymca.org	(860) 399-9622
Entry Chair:	Teddy Weeks	Marlins@vsymca.org	(860) 399-9622
Safety Chair:	Megan Uiling	meganuiling@me.com	(860) 510-2174
Officials Contact:	Misha Van Berkel	mischavanberkel@me.com	(860) 510-2174
Disability Contact	Andrea Lendroth	alendroth@vsymca.org	(860) 399-9622

MEET HOST: VSYM

WEBSITE: www.vsymarlins.org

POOL EMERGENCY NUMBER: 860-399-9622

COURSE: SCY

SESSION TIMES: Subject to Change

Session 1: (12/U & 13/0): Warm up @ 7:00am Start Time @ 8:30am

DEADLINES: November 3rd, 2025. Mail hardcopy and payment to the entry chairperson: Teddy Weeks, 201 Spencer Plains Rd, Westbrook, CT 06498.

All entries must be legible and must use full names and registration numbers from USA Swimming registration. Teams will receive confirmation of receipt of entry, via email, within 24 hours of receiving that entry. This confirmation will include notice of acceptance or rejection of the entry. Entries will be accepted in the order they are received. In the event you are not emailed confirmation of receiving the entry within 24 hours after sending it, please email the meet director immediately. If you have not received a confirmation, you need to assume the entry was not delivered. All entries must be legible and must use full names and registration numbers from USA Swimming registration.

PAYMENT INSTRUCTIONS: Please make checks payable to Valley Shore YMCA Marlins and mail to: Teddy Weeks, 201 Spencer Plains Rd, Westbrook, CT 06498. Payment must be received by 5 business days after receipt of entry has been confirmed by email, but no later than 11/03/25.

ENTRY FEES: Electronic entries: \$10.00 for individual 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: Sanctioned

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

MEET FORMAT: The meet will be swum as Timed-Final

FACILITY: The Valley Shore YMCA Competition Pool is a 6-lane, 25-yard pool. Water depth at start end is: 9ft. Water depth at turn end is: 3ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system will be used. There is limited spectator seating on the pool deck. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

MEDICAL SUPERVISION: Lifeguards will be on deck with an AED on the pool deck.

WIFI ACCESS: WiFi will be available to spectators and swimmers and connectivity strength is good

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All 6 lanes will be used for warm ups.

EVENT INFORMATION: All events will be swum as timed finals and will be deck seeded according to the swimmers' SCY times. Deck entries will not be allowed.

ENTRY LIMITATIONS: Swimmers are limited to entering and swimming in a maximum of 5 events.

SCRATCH PROCEDURES: Scratch sheets should be handed in 30 minutes after the first warm up. Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures. USA Swimming Rulebook 102.3

FACILITY PROTOCOLS: Athletes and coaches will be stationed in the GYM. Athletes will be escorted by volunteers from the GYM to the pool deck for their events. We recommend that coaches provide supervision in the GYM and on the pool deck.

SAFE SPORT POLICIES: Parents will be able to watch the swim meet in the bleachers on the pool deck.

DISABLED ACCESS: Handicapped parking is directly in front of the building. Handicapped access to pool locker rooms and spectator area are available once inside. Anyone needing assistance should contact the Meet Director prior to the meet. For more information, please contact the person listed on page 1.

ELIGIBILITY: All USA Swimming clubs and individuals

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

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.

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.

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 marlins@vsymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Please make checks payable to Valley Shore YMCA Marlins and mail to: Teddy Weeks, 1 Evergreen Drive, Clinton, CT 06413. Payment must be received by 5 business days after receipt of entry has been confirmed by email, but no later than 11/03/25.

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.

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. 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.

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- 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: Work assignments will be based on team entries. Teams supplying names of volunteers willing to officiate will have their timing assignments adjusted. 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. Athletes swimming all 5 events are eligible for awards.

AWARDS: Yes. Ribbons will be awarded to the top 3 overall finishers based on their combined times from all 5 events. Awards will be given to coaches at the conclusion of the meet.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS: Athletes and coaches will be stationed in the GYM. Athletes will be escorted by volunteers from the GYM to the pool deck for their events. We recommend that coaches provide supervision in the GYM and on the pool deck. Parents are not permitted in the GYM but may spectate from the pool bleachers.

PARKING: There is additional parking in the back field.

DIRECTIONS: <https://www.mapquest.com/us/connecticut/valley-shore-ymca-373224807>

VSYM November Pentathlon, Sanction #: S25-25**November 9th 2025 @ Valley Shore YMCA****Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 10 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	1 Girls 10 & Under 50 Butterfly	0	0	08:30 AM	NA
Finals	2 Boys 10 & Under 50 Butterfly	0	0	08:30 AM	NA
Finals	3 Girls 11-12 50 Butterfly	0	0	08:30 AM	NA
Finals	4 Boys 11-12 50 Butterfly	0	0	08:30 AM	NA
Finals	5 Girls 13-14 100 Butterfly	0	0	08:30 AM	NA
Finals	6 Boys 13-14 100 Butterfly	0	0	08:30 AM	NA
Finals	7 Girls 15 & Over 100 Butterfly	0	0	08:30 AM	NA
Finals	8 Boys 15 & Over 100 Butterfly	0	0	08:30 AM	NA
Finals	9 Girls 10 & Under 50 Backstroke	0	0	08:30 AM	NA
Finals	10 Boys 10 & Under 50 Backstroke	0	0	08:30 AM	NA
Finals	11 Girls 11-12 50 Backstroke	0	0	08:30 AM	NA
Finals	12 Boys 11-12 50 Backstroke	0	0	08:30 AM	NA
Finals	13 Girls 13-14 100 Backstroke	0	0	08:30 AM	NA
Finals	14 Boys 13-14 100 Backstroke	0	0	08:30 AM	NA
Finals	15 Girls 15 & Over 100 Backstroke	0	0	08:30 AM	NA
Finals	16 Boys 15 & Over 100 Backstroke	0	0	08:30 AM	NA
Finals	17 Girls 10 & Under 50 Breaststroke	0	0	08:30 AM	NA
Finals	18 Boys 10 & Under 50 Breaststroke	0	0	08:30 AM	NA
Finals	19 Girls 11-12 50 Breaststroke	0	0	08:30 AM	NA
Finals	20 Boys 11-12 50 Breaststroke	0	0	08:30 AM	NA
Finals	21 Girls 13-14 100 Breaststroke	0	0	08:30 AM	NA
Finals	22 Boys 13-14 100 Breaststroke	0	0	08:30 AM	NA
Finals	23 Girls 15 & Over 100 Breaststroke	0	0	08:30 AM	NA
Finals	24 Boys 15 & Over 100 Breaststroke	0	0	08:30 AM	NA
Finals	25 Girls 10 & Under 50 Freestyle	0	0	08:30 AM	NA
Finals	26 Boys 10 & Under 50 Freestyle	0	0	08:30 AM	NA
Finals	27 Girls 11-12 50 Freestyle	0	0	08:30 AM	NA
Finals	28 Boys 11-12 50 Freestyle	0	0	08:30 AM	NA
Finals	29 Girls 13-14 100 Freestyle	0	0	08:30 AM	NA
Finals	30 Boys 13-14 100 Freestyle	0	0	08:30 AM	NA
Finals	31 Girls 15 & Over 100 Freestyle	0	0	08:30 AM	NA
Finals	32 Boys 15 & Over 100 Freestyle	0	0	08:30 AM	NA
Finals	33 Girls 10 & Under 100 IM	0	0	08:30 AM	NA
Finals	34 Boys 10 & Under 100 IM	0	0	08:30 AM	NA
Finals	35 Girls 11-12 100 IM	0	0	08:30 AM	NA
Finals	36 Boys 11-12 100 IM	0	0	08:30 AM	NA
Finals	37 Girls 13-14 200 IM	0	0	08:30 AM	NA
Finals	38 Boys 13-14 200 IM	0	0	08:30 AM	NA
Finals	39 Girls 15 & Over 200 IM	0	0	08:30 AM	NA
Finals	40 Boys 15 & Over 200 IM	0	0	08:30 AM	NA
	Finish Time			08:30 AM	e08:30 AM