

# 2025 Bob McDowell YMCA Thanksgiving Invitational hosted by Wilton Y Wahoos November 14-16, 2025

Wilton Family YMCA  
404 Danbury Rd.  
Wilton, CT 06897

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

This meet is a sanctioned, closed, inter-association YMCA Invitational meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. The meet is YMCA sanctioned and approved by the CT of USA Swimming.

YMCA Sanction number:

USA-S/CT Approval number: A25-2

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
<b>Meet Director:</b>	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384x249
<b>Meet Referee:</b>	Bruce VanVelzor	<a href="mailto:wvofficials@gmail.com">wvofficials@gmail.com</a>	
<b>Lead Admin Official</b>	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	
<b>Entry Chair:</b>	JoAnn McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384x249
<b>Safety Chair:</b>	Eric Holden	<a href="mailto:eholden@rivergbrookymca.org">eholden@rivergbrookymca.org</a>	
<b>Officials Contact:</b>	Bruce Van Velzor	<a href="mailto:wvofficials@gmail.com">wvofficials@gmail.com</a>	
<b>Disability Contact:</b>	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	

***This meet will have a theme of Pink in the Pool for Breast Cancer. \$1.00 of each entry will be donated to Susan G. Komen for the cure! Merchandise will be available for sale in the lobby.***

**MEET HOST:** Wilton Y Wahoos

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

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

**COURSE:** SCY

**SESSION TIMES:** Subject to change

**Friday Timed Finals**

12 & under (50 FR/200 FR/100 IM)	Warm-up: 1:00PM	Start: 2:00PM
13& over (400 IM/50 strokes/1000 FR)	Warm-up: 4:00 PM	Start 5:00 PM

**Saturday and Sunday**

13& Over AM Session*	Warm-up: 6:30AM	Start: 8:15AM
12& Under PM Session*	Warm-up: 12:00PM	Start: 1:00PM
Finals: (11& over)*	Warm-up: 4:30PM	Start: 5:30 PM

## AS a YMCA MEET you must submit

- **YMCA Sanctioned Championship Meet Declaration Form**
- **Certificate of insurance to the meet director**
  - **Form is attached**

**DEADLINES: Entry deadline is Friday 10/31/25.** Mail hard copy of file and payment to Jo Ann McCaffrey, Wahoo Finance Manager, 404 Danbury Road, Wilton, CT. 06897. All entries must use full names and registration numbers from USA Swimming registration ***No changes may be made after the entry deadline.*** ***Any entry received after the above dates will be returned.*** Formal team entry date is determined by the date the electronic file is received. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than Wednesday 11/3/25. Teams will be notified of any changes or cuts to the meet as soon as possible after the entry deadline but no later than Monday 11/10/25.

**PAYMENT INSTRUCTIONS:** Please make checks payable to Wilton Y Wahoos

Mail to:

Jo Ann McCaffrey,  
Wahoo Finance Manager,  
404 Danbury Rd.  
Wilton, CT 06897

Payment must be received by Friday 11/14/25

**ENTRY FEES:** Electronic entries: \$15.00 for individual events, \$24.00 for relays. Manual entries: \$17.00 for individual events, \$26.00 for relays. 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.

**USA REGISTERED SWIMMERS MUST HAVE BIRTHDATE AND USA ID # in the file.**

**MEET TYPE: CLOSED YMCA MEET** Sanctioned by YMCA of USA

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

### **MEET FORMAT:**

- **10 under events are timed finals**
- **11/ over events are prelim finals with the exception of Friday events**
- **Finals will be top 12 in each age group 11/12, 13/14, 15 over**
- Relays will be swum during the preliminary session.
- **11/12 200's are TIMED FINALS (200 Free/200 IM)**
- **Distance Events:**
  - All Heats of the **500Y freestyle** will be swum fast to slow during the Saturday morning session after the relays. **It will swim fastest to slowest alternating if in 1 pool, with the top 12 retuning at night. If it is 2 pools, both pools will start at the same time and will swim fast to slow.**
    - **Swimmers will need their own timers and counters**

- The 400Y IM/1000 free will also be swum fastest to slowest, alternating by heat women/men **if in one pool. (This may be changed after entries are received) If in 2bpoools , both pools will start those events at the same time.**
  - **Swimmers will need their own counters and timers for 1000.**
- **13 over Relays will be swum fastest to slowest and as timed finals in prelims**

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for each session of the meet in their information packets listing all of their swimmers and events for that session. Coaches must indicate all scratches on these sheets and turn them into the computer table within 15 minutes after the beginning of warm-up. Failure to do so will result in team being scratched from the meet

**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 yards 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.

**MEDICAL SUPERVISION:** Lifeguards are on deck during the entire meet. AED's are available

**WI-FI ACCESS:** YMCA has guest wi-fi available

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Warmups will be conducted in 2 pools with 6 lanes in each pool. 2 sessions will be provided if needed. A Session will be provided for sprints/pace/starts.

- Finals Warmups will be 12 lanes with a specific time and lanes for 11/12 swimmers

**EVENT INFORMATION:**

- **The 1000 Freestyle will be limited to a total of 8 heats, 4 women/4 men's heats.** Splash fees for entries, which are scratched due to heat limits, will be returned.
- **All 500 Free's will swim in the morning as prelim and top 12 will return at night for finals**
- **The Wilton Family YMCA and the Wilton Y Wahoos reserve the right to modify and/or cancel the meet for safety or other reasons.**

**ENTRY LIMITATIONS:** Swimmers may compete in three (3) individual events Friday and three (3) individual events on Saturday and Sunday with the maximum number of individual events being 8 total. Maximum of 750 swimmers will be accepted.

**SCRATCH PROCEDURES:**

- **Results of prelims** are announced, and swimmers have 30 min from announcement to declare scratch/intent
- **Failure to Compete in Finals:** Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
- **Exceptions for Failure to Compete in Finals:** No penalty shall apply for failure to compete in finals if:
  1. The Referee is notified in the event of injury of illness and accepts the proof thereof.
  2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes

after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**DECLARED FALSE START:** An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

**NO SHOW:** An athlete who is seeded in an event and fails to compete (i.e., a “no show”) shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

**SAFE SPORT POLICIES:** Spectators will be allowed on deck in the spectator area only on the scoreboard section of the pool.

**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.

## **ELIGIBILITY ATHLETE**

**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.

**Age:** An athlete must be at least 7 years of age, and not older than twenty-one (21) years of age on the first day Meet.

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

**Times:** There are no time standards for this meet

**Athletes with a Disability:** 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**

**Required Certifications:** Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

**Coach Registration:** Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck.

**Teams without A Coach at the Meet:** All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

## TEAM

**Team Registration:** Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

**Insurance:** Each team that participates in the meet, must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

**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 Ct. Swimming Office.

**ENTRY TIMES:** Submit entry times in SCY. No NT entries 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 should be emailed as an attachment to the entry chair at [jmccaffrey@riverbrookymca.org](mailto:jmccaffrey@riverbrookymca.org). Please check that your team's name, address, and contact information are listed correctly in this file. Payments should be received by the Wilton Wahoo office no later than 1 week prior to the start of the meet. Entry will be complete when the electronic file is received by the entry chair.

**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 Athletes and their parents, who enter without club affiliation will be required to attest to reading and understanding the Minor Athlete Abuse Prevention Policy.

**CUT PROTOCOL :** Maximum of 750 swimmers will be accepted. Clubs will be notified of cuts no later than Monday before the meet.

If the session is oversubscribed, the following cut protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participating number.

1. All relays will be eliminated.
2. The distance events 400yds or greater may be limited to the top heats of entries per gender in the order they are received.
3. The number of events per day may be reduced by (1)
4. Visiting teams may be cut on the date/time 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 Programs Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts will be made to Program Operations and the attending teams as soon as possible and no later than the Monday before the meet.

If the host is required to institute the published protocol, 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.

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

**RELAYS:** Yes. There are no relay limitations. 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.

**SWIMWEAR:** As defined by USA Swimming, swimmers 12 years 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 as the first day of the meet.

**PHOTOGRAPHY AND VIDEO RECORDING:**

Meet Management has the full authority to restrict any and all photography, audio and visual recording at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than the participating Coaches, unless prior authorization from the Meet Referee or his/her designee 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 or warmups. Flash photography is prohibited during the start of any heat, including whenever a swimmer is stepping up or standing on a block for the purpose of the start of a heat. 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 or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Additionally, the following “Non-Camera Zones” may be designated by Meet Management or 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.

**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 the USA Swimming Vice President of Program Operations

**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 3:00 pm for the afternoon session.** The fee for Time Trial entries is \$20.00 for individual events and \$ 30.00 for relays.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** A meet of this size and caliber requires many workers to make it run efficiently. The Wahoos welcome anyone who would like to assist with officiating during this meet. Please contact Bruce Van Velzor if you would like to help or include the name, phone number and level of any willing official with your entry. Clubs will be notified of work assignments 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. 12 places for Individual and Relays

- Ind. 16-13-12-11-10-9-7-5-4-3-2-1

- Relay 32-26-24-22-20-18-14-10-8-6-4-2

**AWARDS:** Awards will to the top 6 finishers in each individual event, and top 3 finishers in each relay event.  
13/14, 15 over

**High Point** will be awarded in each age group 10 u/,11/12, 13/14,15 over men and women

**Distance High point** will be awarded to top 13/14, 15/over swimmer who swim in all distance events (500 free, 400 IM, 1000 free)

**CONCESSIONS:** snacks and beverages will be available during the meet.

**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.

**FURTHER INFORMATION:** Please direct all questions regarding entries to the entry chairman and all other questions to the meet manager. Since we are the guest of the Wilton Family Y, all swimmers, coaches and guests are expected to treat the facility with respect. It is the responsibility of each team to provide supervision for the swimmers when they are not swimming. Any violation of the rules of sportsmanship and common courtesy could result in the expulsion of a swimmer and/or team from the meet.

There is deck seating and parking; overflow parking will be in the high school parking lot opposite the YMCA. There will be parking attendants to help! PLEASE PARK IN DESIGNATED AREAS ONLY!

Swimmers and their families are guests of the Wilton Family Y and must follow the rule **that no children under 12 years should be anywhere in the building unsupervised by an adult. No one should be in the 25 yard pool for any reason!**

*No deck chairs are permitted on the pool deck or in the hallways of the Wilton Family YMCA per Fire Marshall Regulation.*

**All athletes will sit in the gym when not competing in an event directly in the water. Athlete seating in the pool will be for immediate events and relays. Chairs are permitted in the gym.**

# 2024 Bob McDowell Thanksgiving Invitational Meet

November 15-17, 2024

## YMCA Sanctioned Meet Declaration Form

*(Note: Return signed Declaration form to the meet director)*

**Participating YMCA:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

**Meet Name:** \_\_\_\_\_

**Meet Date(s):** \_\_\_\_\_

**Meet Host:** \_\_\_\_\_

**Meet Location:** \_\_\_\_\_

We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the **Wilton Family YMCA** for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2021 Wilton YMCA Thanksgiving Invitational Meet

**RELEASE** - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Wilton Y Wahoos\_, their agents, representatives or assigns, and the Wilton Family YMCA\_ for any and all injuries which may be suffered by participants at the 2021 Wilton YMCA Thanksgiving Invitational Meet Furthermore, we understand that the YMCA of the USA and Wilton Y Wahoos are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

\_\_\_\_\_  
*Name and Signature of Head Coach*

\_\_\_\_\_  
*Name and Signature of YMCA Executive Director or Designee*



**2025 Bob McDowell YMCA Thanksgiving Invite - 11/14/2025 to 11/16/2025****Session Report**

Session: 1 Friday 12 under NORTH POOL

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 10 & Under 200 Freestyle	0	0	02:00 PM	_____
Finals	2 Boys 10 & Under 200 Freestyle	0	0	02:00 PM	_____
Finals	3 Girls 11-12 200 Freestyle	0	0	02:00 PM	_____
Finals	4 Boys 11-12 200 Freestyle	0	0	02:00 PM	_____
Finals	5 Girls 10 & Under 200 IM	0	0	02:00 PM	_____
Finals	6 Boys 10 & Under 200 IM	0	0	02:00 PM	_____
Finals	7 Girls 11-12 200 IM	0	0	02:00 PM	_____
Finals	8 Boys 11-12 200 IM	0	0	02:00 PM	_____
Finals	9 Girls 10 & Under 50 Freestyle	0	0	02:00 PM	_____
Finals	10 Boys 10 & Under 50 Freestyle	0	0	02:00 PM	_____
Finals	11 Girls 11-12 50 Freestyle	0	0	02:00 PM	_____
Finals	12 Boys 11-12 50 Freestyle	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____

Session: 2 Friday 13 over NORTH POOL

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

Round	Event	Entries	Heats	Starts at	
Finals	13 Girls 13 & Over 400 IM	0	0	05:00 PM	_____
Finals	14 Boys 13 & Over 400 IM	0	0	05:00 PM	_____
Finals	15 Girls 13 & Over 50 Freestyle	0	0	05:00 PM	_____
Finals	16 Boys 13 & Over 50 Freestyle	0	0	05:00 PM	_____
Finals	17 Girls 13 & Over 50 Breaststroke	0	0	05:00 PM	_____
Finals	18 Boys 13 & Over 50 Breaststroke	0	0	05:00 PM	_____
Finals	19 Girls 13 & Over 50 Backstroke	0	0	05:00 PM	_____
Finals	20 Boys 13 & Over 50 Backstroke	0	0	05:00 PM	_____
Finals	21 Girls 13 & Over 50 Butterfly	0	0	05:00 PM	_____
Finals	22 Boys 13 & Over 50 Butterfly	0	0	05:00 PM	_____
Finals	23 Girls 13 & Over 1000 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____

Session: 3 Friday 13 over 1000 south pool

Day of Meet: 1 Starts at 06:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	24 Boys 13 & Over 1000 Freestyle	0	0	06:30 PM	_____
	Finish Time			06:30 PM	_____

**2025 Bob McDowell YMCA Thanksgiving Invite - 11/14/2025 to 11/16/2025**

**Session Report**

Session: 4 13/14 South Pool

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

Round	Event	Entries	Heats	Starts at	
Prelims	25 Girls 13-14 100 Breaststroke	0	0	08:15 AM	_____
Prelims	26 Boys 13-14 100 Breaststroke	0	0	08:15 AM	_____
Prelims	29 Girls 13-14 200 Butterfly	0	0	08:15 AM	_____
Prelims	30 Boys 13-14 200 Butterfly	0	0	08:15 AM	_____
Prelims	33 Girls 13-14 100 Freestyle	0	0	08:15 AM	_____
Prelims	34 Boys 13-14 100 Freestyle	0	0	08:15 AM	_____
Prelims	37 Girls 13-14 200 Backstroke	0	0	08:15 AM	_____
Prelims	38 Boys 13-14 200 Backstroke	0	0	08:15 AM	_____
Finals	41 Girls 13-14 200 Medley Relay	0	0	08:15 AM	_____
Finals	42 Boys 13-14 200 Medley Relay	0	0	08:15 AM	_____
Prelims	45 Girls 13 & Over 500 Freestyle	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

Session: 5 Sat 15 Over North Pool

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

Round	Event	Entries	Heats	Starts at	
Prelims	27 Girls 15 & Over 100 Breaststroke	0	0	08:15 AM	_____
Prelims	28 Boys 15 & Over 100 Breaststroke	0	0	08:15 AM	_____
Prelims	31 Girls 15 & Over 200 Butterfly	0	0	08:15 AM	_____
Prelims	32 Boys 15 & Over 200 Butterfly	0	0	08:15 AM	_____
Prelims	35 Girls 15 & Over 100 Freestyle	0	0	08:15 AM	_____
Prelims	36 Boys 15 & Over 100 Freestyle	0	0	08:15 AM	_____
Prelims	39 Girls 15 & Over 200 Backstroke	0	0	08:15 AM	_____
Prelims	40 Boys 15 & Over 200 Backstroke	0	0	08:15 AM	_____
Finals	43 Girls 15 & Over 200 Medley Relay	0	0	08:15 AM	_____
Finals	44 Boys 15 & Over 200 Medley Relay	0	0	08:15 AM	_____
Prelims	46 Boys 13 & Over 500 Freestyle	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

**2025 Bob McDowell YMCA Thanksgiving Invite - 11/14/2025 to 11/16/2025**

**Session Report**

Session: 6 Sat 10 under Boys/ 11/12 Girls NORTH POOL

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	48 Boys 10 & Under 100 IM	0	0	01:00 PM	_____
Prelims	49 Girls 11-12 100 IM	0	0	01:00 PM	_____
Finals	52 Boys 10 & Under 100 Breaststroke	0	0	01:00 PM	_____
Prelims	53 Girls 11-12 100 Breaststroke	0	0	01:00 PM	_____
Finals	56 Boys 10 & Under 50 Backstroke	0	0	01:00 PM	_____
Prelims	57 Girls 11-12 50 Backstroke	0	0	01:00 PM	_____
Finals	60 Boys 10 & Under 100 Butterfly	0	0	01:00 PM	_____
Prelims	61 Girls 11-12 100 Butterfly	0	0	01:00 PM	_____
Finals	64 Boys 10 & Under 200 Medley Relay	0	0	01:00 PM	_____
Finals	65 Girls 11-12 200 Medley Relay	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

Session: 7 Sat 10 under GIRLS / 11/12 BOYS SOUTH POOL

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	47 Girls 10 & Under 100 IM	0	0	01:00 PM	_____
Prelims	50 Boys 11-12 100 IM	0	0	01:00 PM	_____
Finals	51 Girls 10 & Under 100 Breaststroke	0	0	01:00 PM	_____
Prelims	54 Boys 11-12 100 Breaststroke	0	0	01:00 PM	_____
Finals	55 Girls 10 & Under 50 Backstroke	0	0	01:00 PM	_____
Prelims	58 Boys 11-12 50 Backstroke	0	0	01:00 PM	_____
Finals	59 Girls 10 & Under 100 Butterfly	0	0	01:00 PM	_____
Prelims	62 Boys 11-12 100 Butterfly	0	0	01:00 PM	_____
Finals	63 Girls 10 & Under 200 Medley Relay	0	0	01:00 PM	_____
Finals	66 Boys 11-12 200 Medley Relay	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

**2025 Bob McDowell YMCA Thanksgiving Invite - 11/14/2025 to 11/16/2025**

**Session Report**

Session: 8 Saturday FINALS

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	45 Girls 13 & Over 500 Freestyle	0	2 u	05:30 PM	_____
Finals	46 Boys 13 & Over 500 Freestyle	0	2 u	05:48 PM	_____
Finals	53 Girls 11-12 100 Breaststroke	0	2 u	06:05 PM	_____
Finals	54 Boys 11-12 100 Breaststroke	0	2 u	06:10 PM	_____
Finals	25 Girls 13-14 100 Breaststroke	0	2 u	06:15 PM	_____
Finals	26 Boys 13-14 100 Breaststroke	0	2 u	06:19 PM	_____
Finals	27 Girls 15 & Over 100 Breaststroke	0	2 u	06:24 PM	_____
Finals	28 Boys 15 & Over 100 Breaststroke	0	2 u	06:28 PM	_____
Finals	61 Girls 11-12 100 Butterfly	0	2 u	06:33 PM	_____
Finals	62 Boys 11-12 100 Butterfly	0	2 u	06:37 PM	_____
Finals	29 Girls 13-14 200 Butterfly	0	2 u	06:42 PM	_____
Finals	30 Boys 13-14 200 Butterfly	0	2 u	06:50 PM	_____
Finals	31 Girls 15 & Over 200 Butterfly	0	2 u	06:57 PM	_____
Finals	32 Boys 15 & Over 200 Butterfly	0	2 u	07:05 PM	_____
Finals	49 Girls 11-12 100 IM	0	2 u	07:12 PM	_____
Finals	50 Boys 11-12 100 IM	0	2 u	07:17 PM	_____
Finals	33 Girls 13-14 100 Freestyle	0	2 u	07:21 PM	_____
Finals	34 Boys 13-14 100 Freestyle	0	2 u	07:26 PM	_____
Finals	35 Girls 15 & Over 100 Freestyle	0	2 u	07:30 PM	_____
Finals	36 Boys 15 & Over 100 Freestyle	0	2 u	07:34 PM	_____
Finals	57 Girls 11-12 50 Backstroke	0	2 u	07:38 PM	_____
Finals	58 Boys 11-12 50 Backstroke	0	2 u	07:42 PM	_____
Finals	37 Girls 13-14 200 Backstroke	0	2 u	07:45 PM	_____
Finals	38 Boys 13-14 200 Backstroke	0	2 u	07:53 PM	_____
Finals	39 Girls 15 & Over 200 Backstroke	0	2 u	08:01 PM	_____
Finals	40 Boys 15 & Over 200 Backstroke	0	2 u	08:09 PM	_____
	Entry / Heat Totals:	0	52		
	Finish Time			08:17 PM	_____

**2025 Bob McDowell YMCA Thanksgiving Invite - 11/14/2025 to 11/16/2025**

**Session Report**

Session: 9 Sunday 15 over SOUTH POOL

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

Round	Event	Entries	Heats	Starts at	
Prelims	69 Girls 15 & Over 200 Freestyle	0	0	08:15 AM	_____
Prelims	70 Boys 15 & Over 200 Freestyle	0	0	08:15 AM	_____
Prelims	73 Girls 15 & Over 100 Backstroke	0	0	08:15 AM	_____
Prelims	74 Boys 15 & Over 100 Backstroke	0	0	08:15 AM	_____
Prelims	77 Girls 15 & Over 200 Breaststroke	0	0	08:15 AM	_____
Prelims	78 Boys 15 & Over 200 Breaststroke	0	0	08:15 AM	_____
Prelims	81 Girls 15 & Over 100 Butterfly	0	0	08:15 AM	_____
Prelims	82 Boys 15 & Over 100 Butterfly	0	0	08:15 AM	_____
Prelims	85 Girls 15 & Over 200 IM	0	0	08:15 AM	_____
Prelims	86 Boys 15 & Over 200 IM	0	0	08:15 AM	_____
Finals	89 Girls 15 & Over 200 Freestyle Relay	0	0	08:15 AM	_____
Finals	90 Boys 15 & Over 200 Freestyle Relay	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

Session: 10 Sunday 13/14 NORTH POOL

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

Round	Event	Entries	Heats	Starts at	
Prelims	67 Girls 13-14 200 Freestyle	0	0	08:15 AM	_____
Prelims	68 Boys 13-14 200 Freestyle	0	0	08:15 AM	_____
Prelims	71 Girls 13-14 100 Backstroke	0	0	08:15 AM	_____
Prelims	72 Boys 13-14 100 Backstroke	0	0	08:15 AM	_____
Prelims	75 Girls 13-14 200 Breaststroke	0	0	08:15 AM	_____
Prelims	76 Boys 13-14 200 Breaststroke	0	0	08:15 AM	_____
Prelims	79 Girls 13-14 100 Butterfly	0	0	08:15 AM	_____
Prelims	80 Boys 13-14 100 Butterfly	0	0	08:15 AM	_____
Prelims	83 Girls 13-14 200 IM	0	0	08:15 AM	_____
Prelims	84 Boys 13-14 200 IM	0	0	08:15 AM	_____
Finals	87 Girls 13-14 200 Freestyle Relay	0	0	08:15 AM	_____
Finals	88 Boys 13-14 200 Freestyle Relay	0	0	08:15 AM	_____
	Finish Time			08:15 AM	_____

**2025 Bob McDowell YMCA Thanksgiving Invite - 11/14/2025 to 11/16/2025**  
**Session Report**

Session: 11 Sunday 10 underG 11/12 B North pool  
 Day of Meet: 3 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	91 Girls 10 & Under 100 Backstroke	0	0	01:00 PM	_____
Prelims	94 Boys 11-12 100 Backstroke	0	0	01:00 PM	_____
Finals	95 Girls 10 & Under 50 Breaststroke	0	0	01:00 PM	_____
Prelims	98 Boys 11-12 50 Breaststroke	0	0	01:00 PM	_____
Finals	99 Girls 10 & Under 50 Butterfly	0	0	01:00 PM	_____
Prelims	102 Boys 11-12 50 Butterfly	0	0	01:00 PM	_____
Finals	103 Girls 10 & Under 100 Freestyle	0	0	01:00 PM	_____
Prelims	106 Boys 11-12 100 Freestyle	0	0	01:00 PM	_____
Finals	107 Girls 10 & Under 200 Freestyle Relay	0	0	01:00 PM	_____
Finals	110 Boys 11-12 200 Freestyle Relay	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

Session: 12 Sunday 10 under Boys/11/12 Girls South pool  
 Day of Meet: 3 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	92 Boys 10 & Under 100 Backstroke	0	0	01:00 PM	_____
Prelims	93 Girls 11-12 100 Backstroke	0	0	01:00 PM	_____
Finals	96 Boys 10 & Under 50 Breaststroke	0	0	01:00 PM	_____
Prelims	97 Girls 11-12 50 Breaststroke	0	0	01:00 PM	_____
Finals	100 Boys 10 & Under 50 Butterfly	0	0	01:00 PM	_____
Prelims	101 Girls 11-12 50 Butterfly	0	0	01:00 PM	_____
Finals	104 Boys 10 & Under 100 Freestyle	0	0	01:00 PM	_____
Prelims	105 Girls 11-12 100 Freestyle	0	0	01:00 PM	_____
Finals	108 Boys 10 & Under 200 Freestyle Relay	0	0	01:00 PM	_____
Finals	109 Girls 11-12 200 Freestyle Relay	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

**2025 Bob McDowell YMCA Thanksgiving Invite - 11/14/2025 to 11/16/2025**

**Session Report**

Session: 13 Sunday FINALS

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	67 Girls 13-14 200 Freestyle	0	2 u	05:30 PM	_____
Finals	68 Boys 13-14 200 Freestyle	0	2 u	05:37 PM	_____
Finals	69 Girls 15 & Over 200 Freestyle	0	2 u	05:44 PM	_____
Finals	70 Boys 15 & Over 200 Freestyle	0	2 u	05:51 PM	_____
Finals	93 Girls 11-12 100 Backstroke	0	2 u	05:58 PM	_____
Finals	94 Boys 11-12 100 Backstroke	0	2 u	06:03 PM	_____
Finals	71 Girls 13-14 100 Backstroke	0	2 u	06:09 PM	_____
Finals	72 Boys 13-14 100 Backstroke	0	2 u	06:13 PM	_____
Finals	73 Girls 15 & Over 100 Backstroke	0	2 u	06:18 PM	_____
Finals	74 Boys 15 & Over 100 Backstroke	0	2 u	06:23 PM	_____
Finals	97 Girls 11-12 50 Breaststroke	0	2 u	06:28 PM	_____
Finals	98 Boys 11-12 50 Breaststroke	0	2 u	06:31 PM	_____
Finals	75 Girls 13-14 200 Breaststroke	0	2 u	06:34 PM	_____
Finals	76 Boys 13-14 200 Breaststroke	0	2 u	06:42 PM	_____
Finals	77 Girls 15 & Over 200 Breaststroke	0	2 u	06:51 PM	_____
Finals	78 Boys 15 & Over 200 Breaststroke	0	2 u	06:59 PM	_____
Finals	101 Girls 11-12 50 Butterfly	0	2 u	07:07 PM	_____
Finals	102 Boys 11-12 50 Butterfly	0	2 u	07:10 PM	_____
Finals	79 Girls 13-14 100 Butterfly	0	2 u	07:13 PM	_____
Finals	80 Boys 13-14 100 Butterfly	0	2 u	07:17 PM	_____
Finals	81 Girls 15 & Over 100 Butterfly	0	2 u	07:22 PM	_____
Finals	82 Boys 15 & Over 100 Butterfly	0	2 u	07:26 PM	_____
Finals	105 Girls 11-12 100 Freestyle	0	2 u	07:30 PM	_____
Finals	106 Boys 11-12 100 Freestyle	0	2 u	07:35 PM	_____
Finals	83 Girls 13-14 200 IM	0	2 u	07:39 PM	_____
Finals	84 Boys 13-14 200 IM	0	2 u	07:47 PM	_____
Finals	85 Girls 15 & Over 200 IM	0	2 u	07:54 PM	_____
Finals	86 Boys 15 & Over 200 IM	0	2 u	08:02 PM	_____
	Entry / Heat Totals:	0	56		
	Finish Time			08:09 PM	_____