

2025 Seals Autumn Age Group Qualifier

November 22 & 23, 2025

Francis T. Maloney High School Pool
121 Gravel Street, Meriden, CT 06450

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S25-33. 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:	Cathy Lewis	clewis@meridenymca.org	203-808-1672
Meet Referee:	Joe Guenther	jguentherjr@gmail.com	860-338-6912
Lead Admin Official:	Sarah Kowalczyk	skowalczyk@harsco.com	860-637-7324
Entry Chair:	Cathy Lewis	clewis@meridenymca.org	203-808-1672
Safety Chair:	Zachary Lewis	travis.morse@ghymca.org	860-418-7860
Officials Contact:	Joe Guenther	jguentherjr@gmail.com	860-338-6912
Disability Contact (who to contact for disability access to your facility)	Cathy Lewis	clewis@meridenymca.org	203-808-1672

MEET HOST: SEAL

WEBSITE: Seals <https://www.teamunify.com/Home.jsp?team=yymca-0975>

POOL EMERGENCY NUMBER: 203-238-2334 ext 8010

COURSE: SCY

SESSION TIMES: Subject to Change.

Session 1 – 10 and Unders -Arrival 6:45 am/ 7:00 am warm up / 8:15 am Start

Session 2 - 9-12 year olds - Arrival 6:45 am/ 7:00 am warm up / 8:15 am Start

Session 3 – 13 and overs – Arrival 12:00 pm/12:15 pm warm up / 1:15 pm Start

DEADLINES: November 3rd, 2025. Mail hardcopy and payment to the entry chairperson: Cathy Lewis, 110 West Main Street, Meriden, CT 06451. 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 **MNBBY SWIM TEAM**

Mail to:

Cathy Lewis

Meriden YMCA, 110 West Main St

Meriden, CT, 06451

Payment must be received by **11/22/2025**

ENTRY FEES: Electronic entries: \$12.00 for individual events. No facilities charge. Manual entries \$24.00. 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-Finals. The 11 and over 1000 Free will be swum mixed Gender and Fastest to Slowest. The 12 and under 500 Free will be swum mixed gender and Slowest to Fastest. All 200's will be swum mixed gender and slowest to fastest.

FACILITY: [The Maloney High School Pool is a 6-lane, 25-yard pool.](#) Water depth at start end is: [11 feet.](#) Water depth at turn end is: [3ft 4in.](#) [A 6 lane Colorado timing system and touch pads will be used.](#) [Spectator bleacher seating is located on the floor above the pool.](#)

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

MEDICAL SUPERVISION: [Lifeguards on Duty](#)

WIFI ACCESS: [List if Wifi is available and of reasonable connectivity.](#) [Log in under guest](#)

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Open warm up at 5:00 pm. 6 lanes available.

EVENT INFORMATION: deck entries will be allowed for a fee of \$24.00 per event

ENTRY LIMITATIONS: Swimmers are limited to 4 Event maximum for the Meet.

SCRATCH PROCEDURES: SCRATCH PROCEDURES: All Scratches are due no later than 20 minutes prior to the Start of the Meet. Failure to comply with this procedure will result in swimmers being entered with NT.

FACILITY PROTOCOLS: SAFE SPORT POLICIES: If spectators are allowed during the Meet, it may not be Livestreamed. If there are no spectators allowed during the Meet, it will be Livestreamed. Coaches will be notified if/when Spectators will be allowed no later than 1 week before the start of the Meet.

DISABLED ACCESS: The Maloney High School Pool is handicap accessible in all facets including parking, entrance/exit, with level access for viewing the pool in the bleacher seating. For further accommodations, please contact the Safety Chair, Cathy Lewis at clewis@meridenymca.org.

ELIGIBILITY: All USA Swimming clubs and individuals; 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

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 clewis@meridenymca.org Please check that your team name, address, and contact information are listed correctly in this file.

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. [All relays, if planned, will be eliminated.](#)
3. [The distance events \(400 meters or greater\) may be heat limited to the first 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: All Teams participating in the Meet will be given Volunteer Assignments. All Visiting Team Officials should contact the Meet Referee. All Swimmers in the 500/1000 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 not](#) be scored.

AWARDS: [No.](#)

CONCESSIONS: [Yes](#)

HOSPITALITY FOR COACHES AND OFFICIALS: [Yes](#)

MISCELLANEOUS:

PARKING: There is parking on both sides of the school building. The pool/spectators entrance is on the right side of the building.

2025 MNBBY Autumn Age Group Qualifier - 11/22/2025 to 11/23/2025**Session Report**

Session: 1 10 and Under

Day of Meet: 1 Starts at 08:15 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	1 Girls 8 & Under 50 Freestyle	08:15 AM	_____
Finals	2 Boys 8 & Under 50 Freestyle	08:15 AM	_____
Finals	3 Girls 9-10 100 Freestyle	08:15 AM	_____
Finals	4 Boys 9-10 100 Freestyle	08:15 AM	_____
Finals	5 Girls 8 & Under 25 Backstroke	08:15 AM	_____
Finals	6 Boys 8 & Under 25 Backstroke	08:15 AM	_____
Finals	7 Girls 9-10 50 Backstroke	08:15 AM	_____
Finals	8 Boys 9-10 50 Backstroke	08:15 AM	_____
Finals	9 Girls 8 & Under 25 Breaststroke	08:15 AM	_____
Finals	10 Boys 8 & Under 25 Breaststroke	08:15 AM	_____
Finals	11 Girls 9-10 50 Breaststroke	08:15 AM	_____
Finals	12 Boys 9-10 50 Breaststroke	08:15 AM	_____
Finals	13 Girls 8 & Under 25 Butterfly	08:15 AM	_____
Finals	14 Boys 8 & Under 25 Butterfly	08:15 AM	_____
Finals	15 Girls 9-10 50 Butterfly	08:15 AM	_____
Finals	16 Boys 9-10 50 Butterfly	08:15 AM	_____
Finals	17 Girls 10 & Under 100 IM	08:15 AM	_____
Finals	18 Boys 10 & Under 100 IM	08:15 AM	_____
Finals	19 Girls 8 & Under 25 Freestyle	08:15 AM	_____
Finals	20 Boys 8 & Under 25 Freestyle	08:15 AM	_____
Finals	21 Girls 9-10 50 Freestyle	08:15 AM	_____
Finals	22 Boys 9-10 50 Freestyle	08:15 AM	_____
	Finish Time	08:15 AM	_____

2025 MNBBY Autumn Age Group Qualifier - 11/22/2025 to 11/23/2025**Session Report**

Session: 2 Ages 9-12

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

Round	Event	Starts at
Finals	25 Girls 11-12 100 Freestyle	08:15 AM _____
Finals	26 Boys 11-12 100 Freestyle	08:15 AM _____
Finals	27 Girls 9-10 100 Backstroke	08:15 AM _____
Finals	28 Boys 9-10 100 Backstroke	08:15 AM _____
Finals	29 Girls 11-12 50 Backstroke	08:15 AM _____
Finals	30 Boys 11-12 50 Backstroke	08:15 AM _____
Finals	31 Girls 9-10 100 Breaststroke	08:15 AM _____
Finals	32 Boys 9-10 100 Breaststroke	08:15 AM _____
Finals	33 Girls 11-12 50 Breaststroke	08:15 AM _____
Finals	34 Boys 11-12 50 Breaststroke	08:15 AM _____
Finals	35 Girls 9-10 200 Freestyle	08:15 AM _____
Finals	36 Boys 9-10 200 Freestyle	08:15 AM _____
Finals	37 Girls 11-12 200 Freestyle	08:15 AM _____
Finals	38 Boys 11-12 200 Freestyle	08:15 AM _____
Finals	43 Girls 9-10 100 Butterfly	08:15 AM _____
Finals	44 Boys 9-10 100 Butterfly	08:15 AM _____
Finals	45 Girls 11-12 50 Butterfly	08:15 AM _____
Finals	46 Boys 11-12 50 Butterfly	08:15 AM _____
Finals	47 Girls 9-10 200 IM	08:15 AM _____
Finals	48 Boys 9-10 200 IM	08:15 AM _____
Finals	49 Girls 11-12 200 IM	08:15 AM _____
Finals	50 Boys 11-12 200 IM	08:15 AM _____
Finals	51 Girls 9-10 50 Freestyle	08:15 AM _____
Finals	52 Boys 9-10 50 Freestyle	08:15 AM _____
Finals	53 Girls 11-12 50 Freestyle	08:15 AM _____
Finals	54 Boys 11-12 50 Freestyle	08:15 AM _____
	Finish Time	08:15 AM _____

2025 MNBBY Autumn Age Group Qualifier - 11/22/2025 to 11/23/2025**Session Report**

Session: 3 13 and overs

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

Round	Event	Starts at
Finals	55 Girls 13-14 200 Freestyle	01:15 PM _____
Finals	56 Boys 13-14 200 Freestyle	01:15 PM _____
Finals	57 Girls 15 & Over 200 Freestyle	01:15 PM _____
Finals	58 Boys 15 & Over 200 Freestyle	01:15 PM _____
Finals	59 Girls 13-14 100 Backstroke	01:15 PM _____
Finals	60 Boys 13-14 100 Backstroke	01:15 PM _____
Finals	61 Girls 15 & Over 100 Backstroke	01:15 PM _____
Finals	62 Boys 15 & Over 100 Backstroke	01:15 PM _____
Finals	63 Girls 13-14 500 Freestyle	01:15 PM _____
Finals	64 Boys 13-14 500 Freestyle	01:15 PM _____
Finals	65 Girls 15 & Over 500 Freestyle	01:15 PM _____
Finals	66 Boys 15 & Over 500 Freestyle	01:15 PM _____
Finals	67 Girls 13-14 100 Breaststroke	01:15 PM _____
Finals	68 Boys 13-14 100 Breaststroke	01:15 PM _____
Finals	69 Girls 15 & Over 100 Breaststroke	01:15 PM _____
Finals	70 Boys 15 & Over 100 Breaststroke	01:15 PM _____
Finals	71 Girls 13-14 100 Butterfly	01:15 PM _____
Finals	72 Boys 13-14 100 Butterfly	01:15 PM _____
Finals	73 Girls 15 & Over 100 Butterfly	01:15 PM _____
Finals	74 Boys 15 & Over 100 Butterfly	01:15 PM _____
Finals	75 Girls 13-14 100 Freestyle	01:15 PM _____
Finals	76 Boys 13-14 100 Freestyle	01:15 PM _____
Finals	77 Girls 15 & Over 100 Freestyle	01:15 PM _____
Finals	78 Boys 15 & Over 100 Freestyle	01:15 PM _____
Finals	79 Girls 13-14 200 IM	01:15 PM _____
Finals	80 Boys 13-14 200 IM	01:15 PM _____
Finals	81 Girls 15 & Over 200 IM	01:15 PM _____
Finals	82 Boys 15 & Over 200 IM	01:15 PM _____
Finals	83 Girls 13-14 50 Freestyle	01:15 PM _____
Finals	84 Boys 13-14 50 Freestyle	01:15 PM _____
Finals	85 Girls 15 & Over 50 Freestyle	01:15 PM _____
Finals	86 Boys 15 & Over 50 Freestyle	01:15 PM _____
	Finish Time	01:15 PM _____