

FARMINGTON VALLEY YMCA TSUNAMIS
FAST & FUN 25s FOR EVERYONE
OCTOBER 18-19
97 SALMONG STREET, GRANBY, CT 06035

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #A25-1. 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:	Mario Francisco	Mario.francisco@ghymca.org	860-707-5569
Meet Referee:	Dave Benoit		
Lead Admin Official:	Joann Bresnahan		
Entry Chair:	Mario Francisco	Mario.francisco@ghymca.org	860-707-5569
Safety Chair:	Mario Francisco	Mario.francisco@ghymca.org	860-707-5569
Officials Contact:	Mike Beauchene	michael.beauchene@sbcglobal.net	
Disability Contact (who to contact for disability access to your facility)	Mario Francisco	Mario.francisco@ghymca.org	860-707-5569

MEET HOST: FVYT.

WEBSITE: www.teamunify/ymca-0964

POOL EMERGENCY NUMBER: 860-653-5524

COURSE: Short Course Yard, SCY

SESSION TIMES: Subject to Change

Saturday and Sunday:

12&U – Warm Up 12:00 Meet Start: 1:00pm

13&Over: Warm Up: 3:30 pm Meet Start: 4:45 pm

DEADLINES: deadline is Entry deadline is Wednesday October 8, 2025. Mail hardcopy and payment to the entry chairperson: Mario Francisco – 97 Salmon Book Street, Granby, CT 06053. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come – first served basis.

PAYMENT INSTRUCTIONS: Please make checks payable to **Farmington Valley YMCA**

Mail to:

[Farmington Valley YMCA](#)

97 Salmon Book Street, Granby, CT 06053

Payment must be received by **before the start of the swim meet.**

ENTRY FEES: Electronic entries: 10.00 for individual events, \$10.00 for distance events and \$20 per relay. Per Swimmer Facility Fee: \$5.00. Manual entries: \$15.00 for individual events, \$15.00 for distance 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: Approved - YMCA registered Teams ONLY.

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 Farmington valley YMCA pool 1 is an 8-lane, 25-yard pool.](#) Water depth at start end 6.0 Water depth at turn end is: 3 1/2. The competition course has not been certified in accordance with 104.2.2C(4). Colorado electronic timing will be used. A balcony spectator space exists. WiFi will be available to spectators and swimmers.

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

MEDICAL SUPERVISION: Lifeguards will be on duty from warm-up through the completion of each session. An AED is located on the emergency door to the pool. Should emergency personnel be needed, 911 will be called and they will respond as needed.

WIFI ACCESS: [List if Wi-Fi is available Password YMCAwifi123](#)

WARM-UPS: Swimming Warm-Up Procedures will be in effect. The warm-up schedule will be finalized when entries are closed. All 8 lanes will be used with multiple warm-up sessions to ensure each team has the opportunity to warm-up.

EVENT INFORMATION: [Deck entries will be accepted if approved by referee.](#)

ENTRY LIMITATIONS: swimmers may enter 4 events per day and 1 relay.

SCRATCH PROCEDURES: Scratch sheets will be due no more than 25 minutes after warm up begins.

FACILITY PROTOCOLS:

SAFE SPORT POLICIES: Specific instructions will be sent to attending teams upon finalization of meet numbers.

DISABLED ACCESS: Handicap parking is available near the front entrance. An elevator is located just off the lobby which brings the athlete down next to the Family Locker Room.

ELIGIBILITY: YMCA registered Swimmers ONLY. Swimmers who are USA and Y registered will have times loaded into SWIMS.

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: Submit entry times in: SCY – NT time entries will not be accepted. Please do your best in guestimating an entry time.

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 mario.francisco@ghymca.org Please check that your team name, address, and contact information are listed correctly in this file. [Payment must be received by the start of the swim meet.](#)

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. [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.](#)
3. [The maximum number of events allowed per day may be reduced by one \(1\).](#)
4. 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: 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. 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: [Yes](#) Time trials may 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 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/are [2:00 pm](#) for 12 and under sessions and [5:30](#) for 13 and over sessions. The fee for Time Trial entries are [\\$152.00](#) for individual events and [\\$20.00](#) for relays.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet.

All volunteers will be required to attest to reading and understanding the Minor Athlete Abuse Prevention Policy.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The meet will not be scored.

AWARDS: [Yes heat winners](#)

CONCESSIONS: [Yes](#)

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

Farmington Valley YMCA

2025 Farmington Valley YMCA Fast& Fun 25s for Everyone – 10/18/5 to 10/19/2025

MISCELLANEOUS:

PARKING: [YMCA PARKING LOT](#)

DIRECTIONS: [97 SALMONG STREET, GRANBY, CT 06035](#)

LODGING: (OPTIONAL)

Session: 1 SATURDAY 12 & U

Day of Meet: 1 Starts at 01:00 PM

Finals 101 Girls 12 & Under 500 Freestyle
Finals 102 Boys 12 & Under 500 Freestyle
Finals 103 Girls 10 & Under 25 Backstroke
Finals 104 Boys 10 & Under 25 Backstroke
Finals 105 Girls 12 & Under 50 Breaststroke
Finals 106 Boys 12 & Under 50 Breaststroke
Finals 107 Girls 10 & Under 25 Butterfly
Finals 108 Boys 10 & Under 25 Butterfly
Finals 109 Girls 12 & Under 100 Freestyle
Finals 110 Boys 12 & Under 100 Freestyle
Finals 111 Girls 10 & Under 50 Backstroke
Finals 112 Boys 10 & Under 50 Backstroke
Finals 113 Girls 10 & Under 25 Breaststroke
Finals 114 Boys 10 & Under 25 Breaststroke
Finals 115 Girls 12 & Under 50 Butterfly
Finals 116 Boys 12 & Under 50 Butterfly
Finals 117 Girls 12 & Under 25 Freestyle
Finals 118 Boys 12 & Under 25 Freestyle
Finals 119 Girls 12 & Under 100 Butterfly
Finals 120 Boys 12 & Under 100 Butterfly
Finals 121 Girls 12 & Under 200 IM
Finals 122 Boys 12 & Under 200 IM
Finals 123 Girls 8 & Under 100 Freestyle Relay
Finals 124 Boys 8 & Under 100 Freestyle Relay
Finals 125 Girls 10 & Under 200 Freestyle Relay
Finals 126 Boys 10 & Under 200 Freestyle Relay
Finals 127 Girls 11-12 200 Freestyle Relay
Finals 128 Boys 11-12 200 Freestyle Relay

Session: 2 Saturday 13 and Over

Day of Meet: 1 Starts at 04:45 PM

Finals 201 Girls 13 & Over 500 Freestyle
Finals 202 Boys 13 & Over 500 Freestyle
Finals 203 Girls 13 & Over 50 Backstroke
Finals 204 Boys 13 & Over 50 Backstroke
Finals 205 Girls 13 & Over 100 Breaststroke
Finals 206 Boys 13 & Over 100 Breaststroke
Finals 207 Girls 13 & Over 100 Freestyle
Finals 208 Boys 13 & Over 100 Freestyle

Finals 209 Girls 13 & Over 200 Backstroke
Finals 210 Boys 13 & Over 200 Backstroke
Finals 211 Girls 13 & Over 100 Butterfly
Finals 212 Boys 13 & Over 100 Butterfly
Finals 213 Girls 13 & Over 25 Freestyle
Finals 214 Boys 13 & Over 25 Freestyle
Finals 215 Girls 13 & Over 200 IM
Finals 216 Boys 13 & Over 200 IM
Finals 217 Girls 13 & Over 200 Freestyle Relay
Finals 218 Boys 13 & Over 200 Freestyle Relay

Session: 3 Sunday 12 & Under

Day of Meet: 2 Starts at 01:00 PM

Finals 301 Girls 12 & Under 200 Freestyle
Finals 302 Boys 12 & Under 200 Freestyle
Finals 303 Girls 12 & Under 100 Backstroke
Finals 304 Boys 12 & Under 100 Backstroke
Finals 305 Girls 12 & Under 200 Butterfly
Finals 306 Boys 12 & Under 200 Butterfly
Finals 307 Girls 12 & Under 100 Breaststroke
Finals 308 Boys 12 & Under 100 Breaststroke
Finals 309 Girls 12 & Under 50 Freestyle
Finals 310 Boys 12 & Under 50 Freestyle
Finals 311 Girls 12 & Under 200 Backstroke
Finals 312 Boys 12 & Under 200 Backstroke
Finals 313 Girls 12 & Under 200 Breaststroke
Finals 314 Boys 12 & Under 200 Breaststroke
Finals 315 Girls 12 & Under 50 Backstroke
Finals 316 Boys 12 & Under 50 Backstroke
Finals 317 Girls 12 & Under 100 IM
Finals 318 Boys 12 & Under 100 IM
Finals 319 Girls 10 & Under 200 Medley Relay
Finals 320 Boys 10 & Under 200 Medley Relay
Finals 321 Girls 11-12 200 Medley Relay
Finals 322 Boys 11-12 200 Medley Relay

Session: 4 Sunday 13 and Over

Day of Meet: 2 Starts at 04:45 PM

Finals 401 Girls 13 & Over 200 Freestyle
Finals 402 Boys 13 & Over 200 Freestyle
Finals 403 Girls 13 & Over 100 Backstroke
Finals 404 Boys 13 & Over 100 Backstroke
Finals 405 Girls 13 & Over 50 Breaststroke
Finals 406 Boys 13 & Over 50 Breaststroke
Finals 407 Girls 13 & Over 200 Butterfly
Finals 408 Boys 13 & Over 200 Butterfly
Finals 409 Girls 13 & Over 50 Freestyle
Finals 410 Boys 13 & Over 50 Freestyle
Finals 411 Girls 13 & Over 100 IM
Finals 412 Boys 13 & Over 100 IM
Finals 413 Girls 13 & Over 50 Butterfly
Finals 414 Boys 13 & Over 50 Butterfly

Finals 415 Girls 13 & Over 200 Breaststroke
Finals 416 Boys 13 & Over 200 Breaststroke
Finals 417 Girls 13 & Over 50 Backstroke
Finals 418 Boys 13 & Over 50 Backstroke
Finals 419 Boys 13 & Over 200 Medley Relay
Finals 420 Girls 13 & Over 200 Medley Rela