VSYM Superbowl Pentathlon 2027
February 14th 2027
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. #S26-68. 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.

Host Team Code	VSYM
Meet Director	Teddy Weeks Marlins@vsymca.org (860) 399-9622
Entry Chair	Teddy Weeks Marlins@vsymca.org (860) 399-9622
Referee	Misha Van Berkel mischavanberkel@me.com (860) 510-2174
Safety Chair	Megan Uiling meganuiling@me.com (860) 510-2174
Official's Contact	Misha Van Berkel mischavanberkel@me.com (860) 510-2174
FACILITY INFORMATION	
Location	201 Spencer Plain Road, Westbrook, CT 06498
Facilities	6-lanes, 25-yard pool. Colorado Timing. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end and turn end 9 to 3 ft. * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Course	SCY
Emergency Phone	(860) 399-9622
Website	www.vsymarlins.org
Wifi Access	WiFi will be available to spectators and swimmers and connectivity strength is good
Medical Supervision	Lifeguards will be on deck with an AED on the pool deck.
Safe Sport	Parents will be able to watch the swim meet in the bleachers on the pool deck.
Handicapped/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.
Parking	There is additional parking in the back field.
Deck Access	Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.
ENTRY INFORMATION	
CT ONLY Deadline	There are no CT ONLY deadlines for any meet in the SC season
Entry Deadline	Deadline is February 8th 2027
Entry Fees	Individual: $10.00 ** No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.
Send Payment to	Mail hardcopy and payment to the entry chairperson: Teddy Weeks, 201 Spencer Plains Rd, Westbrook, CT 06498.

Makes checks payable to	Please make checks payable to Valley Shore YMCA Marlins and mail to: Teddy Weeks, 201 Spencer Plains Rd, Westbrook, CT 06498.
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. Payment must be received by 5 business days after receipt of entry has been confirmed by email, but no later than 11/02/26.
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.
MEET INFORMATION	
Meet Format	The meet will be swum as Timed-Final
Entry Limitations	Swimmers are limited to entering and swimming in a maximum of 5 events.
Meet Duration	Full meet with time limits as defined by CT/USA Swimming.
Sanction Type	Sanctioned
Rules	Current USA Swimming rules will govern all competition.
Relays	No
Time Trials	No
Adult Athletes	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.
Hospitality	Yes
Concession	Yes
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.
SCHEDULE	
Sunday	Session 1 (All Ages) Warm up: 7:00am Start: 8:30am
CT Swimming Warm-Up Procedures will be in effect.	
MISCELLANEOUS	
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.
Outreach	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.
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. 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.
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.
Meet Changes	Once the meet has begun, the Meet Referee may make adjustments to the conduct of competition in accordance with USA Swimming Rule 102.11. Any pre-meet changes to the provisions of this meet announcement may only be made with approval of CT Swim Program Operations, unless specifically authorized by CT Swim policy.
Scratch Procedure	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
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. 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.
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.
Lodging	None

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).

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.

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
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Session Report

Session: 1 Session 1

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +25 Seconds

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