

# 2026 WYW Freestyle Frenzy

## November 3, 2026

Wilton Family YMCA  
Melissa & Mark Nickel Pool  
404 Danbury Road  
Wilton, CT 06987

<https://goo.gl/maps/zBZWL8N6iDpgnqGg6>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S26-23. 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.

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Host Team Code</b>              | WYW                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Meet Director</b>               | Jo Ann McCaffrey<br>203-762-8384 x 249<br><a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>                                                                                                                                                                                                                                                                                                 |
| <b>Entry Chair</b>                 | Jo Ann McCaffrey<br>203-762-8384 x 249<br><a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>                                                                                                                                                                                                                                                                                                 |
| <b>Referee</b>                     | Bruce VanVelzor<br><a href="mailto:wywofficials@gmail.com">wywofficials@gmail.com</a>                                                                                                                                                                                                                                                                                                                                      |
| <b>Safety Chair</b>                | Eric Holden<br>203-762-8384 x<br><a href="mailto:Eholden@ricerbrookymca.org">Eholden@ricerbrookymca.org</a>                                                                                                                                                                                                                                                                                                                |
| <b>Official's Contact</b>          | Bruce VanVelzor<br><a href="mailto:wywofficials@gmail.com">wywofficials@gmail.com</a>                                                                                                                                                                                                                                                                                                                                      |
| <b>FACILITY INFORMATION</b>        |                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Location</b>                    | 404 Danbury Road Wilton, CT 06897                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Facilities</b>                  | (2) 6-lanes, 25-yard pool. Daktronic Timing. The competition course has been certified in accordance with 104.2.2C(4). 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 * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. |
| <b>Course</b>                      | SCY                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Emergency Phone</b>             | 203-762-8384                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Website</b>                     | <a href="http://www.wywohooos.org">www.wywohooos.org</a>                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Wifi Access</b>                 | Guest wifi is available, but sometimes limited                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Medical Supervision</b>         | Lifeguards will be in both pools for duration of meet. The facility has AED devices                                                                                                                                                                                                                                                                                                                                        |
| <b>Safe Sport</b>                  | At the time of writing, there will be spectators on deck. Spectators will have to enter through the lobby of the building and through the revolving doors to the pool deck. Meet will be live-streamed and info will be provided. There is also limited viewing from the lobby area                                                                                                                                        |
| <b>Handicapped/Disabled Access</b> | There is handicap parking at the YMCA entrance. Entrance to the pool and locker rooms are handicap accessible. Please contact the meet director for any assistance                                                                                                                                                                                                                                                         |

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| <b>Parking</b>                                        | Parking is limited at the YMCA and there are parking attendants in the lot directing traffic flow. Plenty of parking available across street at Wilton High School.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Deck Access</b>                                    | . Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>ENTRY INFORMATION</b>                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>CT ONLY Deadline</b>                               | There are no CT ONLY deadlines for any meet in the SC season                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Entry Deadline</b>                                 | Deadline is <b>10/21/26</b> . All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be determined by the date an email entry is received .                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Entry Fees</b>                                     | Individual: \$15.00<br>Manual Entry Fees: \$2.00 will be added to the amounts above<br>** No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Send Payment to</b>                                | Wilton Y Wahoos<br>c/o Jo Ann McCaffrey<br>404 Danbury Road<br>Wilton, CT 06897<br>Payment must be received by <b>11/3/26</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Makes checks payable to</b>                        | Wilton Y Wahoos                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Electronic Entries</b>                             | 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 <a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a> Please check that your team name, address, and contact information are listed correctly in this file. Payment is due no later than October 17, 2026.                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Entries from Athletes with no club affiliation</b> | 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. |
| <b>MEET INFORMATION</b>                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Meet Format</b>                                    | The meet will be swum as Timed-Final and scored.<br>12 under 500 free will be limited to top 24 swimmers. 13 over 500 free will be limited to the top 36 swimmers. (more heats will be added if time permits) <b><i>Swimmers must provide their own timers and counters for the 500 free</i></b><br>All events are mixed. And will swim fast to slow                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Entry Limitations</b>                              | Limited to 5 individual events (see cut protocol.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Meet Duration</b>                                  | Full meet with time limits as defined by CT/USA Swimming.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Sanction Type</b>                                  | Sanctioned                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Rules</b>                                          | Current USA Swimming rules will govern all competition.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Relays</b>                                         | NO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Time Trials</b>                                    | NO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Adult Athletes</b>                                 | All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the <a href="#">Minor Athlete Abuse Prevention Policy</a> .                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Hospitality</b>                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Concession</b>                                     | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Awards</b>                                         | Yes will be given to top finisher Girls/Boy in 8/u, 9-10, 11-12,13-14-15/16-17 over <b>for 25/50/100/200 Free</b><br>500 free is a bonus and not scored                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

| <b>SCHEDULE</b>                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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|                                                                                 | <b>Subject to change</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Saturday</b>                                                                 | <b>Session 1</b><br><b>Warm up: 3:45 pm</b><br><b>Start: 5:00 pm</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <b>Please confirm that this matches the start times in your Session Report.</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>CT Swimming Warm-Up Procedures will be in effect.</b>                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>MISCELLANEOUS</b>                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Adapted Swimming</b>                                                         | 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 <u>prior</u> to competition. Adapted athletes may direct questions to the <a href="#">Connecticut Swimming office</a> .                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Outreach</b>                                                                 | 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 <a href="#">Outreach Athlete</a> page on ctswim.org.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Work Assignments</b>                                                         | <p><a href="#">Teams will be asked to provide timers.</a> Participating clubs will be notified of work assignments by the Monday before the meet.<br/> <b>500 events will be time your own</b></p> <p>All volunteers will be required to attest to reading and understanding the <a href="#">Minor Athlete Abuse Prevention Policy</a>.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Registration Reporting</b>                                                   | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Meet Changes</b>                                                             | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Scratch Procedure</b>                                                        | <p><a href="#">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</a></p> <p>Scratches will need to be turned in <b>20 minutes after the start of warmup</b> session, or the team will be scratched from all their events .</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Eligibility</b>                                                              | <p>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.</p> <p><a href="#">For Sanctioned Meets:</a> All athletes must be current athlete members of <a href="#">USA Swimming</a>. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. <a href="#">List any restrictions, such as age, etc.</a> Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete <a href="#">registration procedures</a>. 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 <b>\$100 fine</b> per instance, as described in CT Swimming meet policies:<br/> <a href="https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf">https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf</a><br/> and<br/> <a href="https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf">https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf</a></p> <p>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 <b>without the use of the backstroke ledge</b>. When unaccompanied by a member-coach, it is</p> |

|                      |                                                                                                                                                                                                                                                                                                                                                |
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|                      | the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.                                                                                                                                                                                                                                  |
| <b><i>Drones</i></b> | 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. |

### **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. 500 free will be limited to top 24 12 under swimmers and top 36 swimmers. Heats will be added if time allows
2. The maximum number of events allowed per day may be reduced by one (1).
3. 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
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

**2026 - 11/3/2026****Session Report**

Session: 1 25 free South pool

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

| Round  | Event                | Entries | Heats | Starts at |       |
|--------|----------------------|---------|-------|-----------|-------|
| Finals | 1 Mixed 25 Freestyle | 0       | 0     | 05:00 PM  | _____ |
|        | Finish Time          |         |       | 05:00 PM  | _____ |

Session: 1 North pool

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

| Round  | Event                            | Entries | Heats | Starts at |       |
|--------|----------------------------------|---------|-------|-----------|-------|
| Finals | 2 Mixed 50 Freestyle             | 0       | 0     | 05:30 PM  | _____ |
| Finals | 3 Mixed 100 Freestyle            | 0       | 0     | 05:30 PM  | _____ |
| Finals | 4 Mixed 200 Freestyle            | 0       | 0     | 05:30 PM  | _____ |
| Finals | 5 Mixed 12 & Under 500 Freestyle | 0       | 0     | 05:30 PM  | _____ |
| Finals | 6 Mixed 13 & Over 500 Freestyle  | 0       | 0     | 05:30 PM  | _____ |
|        | Finish Time                      |         |       | 05:30 PM  | _____ |