

2026 Greenwich Town Championship Meet
Invitational Sponsored by Greenwich YWCA Dolphins
November 27 & 28, 2026
Greenwich High School, 55 Hillside Road, Greenwich, CT 06830

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S26-37. 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	GYWD-CT
Meet Director	Nick Cavataro ncavataro@iona.edu 914-438-9115
Entry Chair	Nick Cavataro ncavataro@iona.edu 914-438-9115
Referee	David Heller Hellerd@nationwide.com 203-509-7320
Safety Chair	David Fine dave@greenwichdolphins.com 203-246-8420
Official's Contact	David Heller Hellerd@nationwide.com 203-509-7320
FACILITY INFORMATION	
Location	Greenwich High School, 55 Hillside Road, Greenwich, CT 06830
Facilities	8-lanes, 25-yard pool. Colorado Timing. The competition course <u>has not</u> been certified in accordance with 104.2.2C(4). Water depth at start end and turn end 12.5 to 4.0 ft. * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Course	SCY
Emergency Phone	203-869-6501
Website	www.greenwichdolphins.com
Wifi Access	Public WiFi will not be available
Medical Supervision	Lifeguards & AED on-site
Safe Sport	There will be an adult-only lavatory in the hall outside pool. Spectators may view the meet from the bleacher area, adjacent to pool deck.
Handicapped/Disabled Access	Ample parking in main lot adjacent to pool, including designated handicapped parking. The main entrance is handicapped accessible. For more information, please contact person listed on page 1
Parking	Ample parking in lot adjacent to pool, use designated open spaces.
Deck Access	List any restrictions here. Feel free to edit the following. 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 November 11, 2026 by electronic entry & confirmed by e-mail.
Entry Fees	Individual: \$15.00 flat fee per session/per swimmer ** No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.
Send Payment to	Nick Cavataro YWCA of Greenwich 259 East Putnam Avenue Greenwich, CT 06831. Payment must be received by 11/27/26.
Makes checks payable to	YWCA of Greenwich
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 ncavataro@iona.edu . Please check that your team name, address, and contact information are listed correctly in this file. Payments due prior to start of 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.
MEET INFORMATION	
Meet Format	The meet will be swum as 1. Timed-Final. Friday events are fast to slow and mixed gender. Saturday events are slow to fast..
Entry Limitations	Swimmers may swim TWO events on Friday and THREE events on Saturday
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	This is Age Group Competition
Hospitality	No
Concession	No
Awards	Ribbons will be awarded to the top 6 finishers in each individual event, Awards mailed or delivered to participating teams. .
SCHEDULE	
Friday	Session 1 Warm up: 12:00pm Start: 1:00pm
Saturday	Session 1 Warm up: 12:00pm Start: 1:00pm

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 <u>prior</u> 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	Timers will be assigned proportional to teams entry size; swimmers must supply their own timers. 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 participates 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	Scratches for the Friday session close at 12:30pm. The Saturday sessions will be pre-seeded. Entry coordinators should work with the meet director to scratch swimmers as needed in advance.
Eligibility	Select one: 1. All USA Swimming clubs and individuals; 2. All CT Swimming clubs and individuals; 3. USA Swimming clubs by invitation (for Short course yard meets only). Invited clubs are listed here: YMA of Greenwich YMCA and Greenwich. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible. Additionally, any other registered athlete living in the Town of Greenwich or attending a school in Greenwich may participate 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. List any restrictions, such as age, etc. 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	Optional

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. Athletes aged 7 and Under will be cut from the meet.
2. All relays, if planned, will be eliminated.
3. The distance events (400 meters or yards or greater) may be heat limited to the 4 heats of entries per gender in the order they were received. 4The maximum number of events allowed per day may be reduced by one (1).
- 4.

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 Greenwich Town Championship - 11/27/2026 to 11/28/2026**Session Report**

Session: 1 Friday Distance Events

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 35 Seconds / Back +35 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 8-10 100 Butterfly	0	0	01:00 PM	_____
Finals	2 Mixed 10 & Over 200 Butterfly	0	0	01:00 PM	_____
Finals	3 Mixed 8-10 100 Breaststroke	0	0	01:00 PM	_____
Finals	4 Mixed 10 & Over 200 Breaststroke	0	0	01:00 PM	_____
Finals	5 Mixed 8-10 100 Backstroke	0	0	01:00 PM	_____
Finals	6 Mixed 10 & Over 200 Backstroke	0	0	01:00 PM	_____
Finals	7 Mixed 9 & Over 500 Freestyle	0	0	01:00 PM	_____
Finals	8 Mixed 10 & Over 400 IM	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

2026 Greenwich Town Championship - 11/27/2026 to 11/28/2026**Session Report**

Session: 2 Saturday Events

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Girls 15 & Over 100 Freestyle	0	0	01:00 PM	_____
Finals	10 Boys 15 & Over 100 Freestyle	0	0	01:00 PM	_____
Finals	11 Girls 13-14 100 Freestyle	0	0	01:00 PM	_____
Finals	12 Boys 13-14 100 Freestyle	0	0	01:00 PM	_____
Finals	13 Girls 11-12 50 Freestyle	0	0	01:00 PM	_____
Finals	14 Boys 11-12 50 Freestyle	0	0	01:00 PM	_____
Finals	15 Girls 9-10 50 Freestyle	0	0	01:00 PM	_____
Finals	16 Boys 9-10 50 Freestyle	0	0	01:00 PM	_____
	Break: 3 Minutes:				
Finals	17 Girls 8 & Under 25 Freestyle	0	0	01:03 PM	_____
Finals	18 Boys 8 & Under 25 Freestyle	0	0	01:03 PM	_____
	Break: 3 Minutes:				
Finals	19 Girls 15 & Over 100 Backstroke	0	0	01:06 PM	_____
Finals	20 Boys 15 & Over 100 Backstroke	0	0	01:06 PM	_____
Finals	21 Girls 13-14 100 Backstroke	0	0	01:06 PM	_____
Finals	22 Boys 13-14 100 Backstroke	0	0	01:06 PM	_____
Finals	23 Girls 11-12 50 Backstroke	0	0	01:06 PM	_____
Finals	24 Boys 11-12 50 Backstroke	0	0	01:06 PM	_____
Finals	25 Girls 9-10 50 Backstroke	0	0	01:06 PM	_____
Finals	26 Boys 9-10 50 Backstroke	0	0	01:06 PM	_____
	Break: 3 Minutes:				
Finals	27 Girls 8 & Under 25 Backstroke	0	0	01:09 PM	_____
Finals	28 Boys 8 & Under 25 Backstroke	0	0	01:09 PM	_____
	Break: 3 Minutes:				
Finals	29 Girls 15 & Over 100 Breaststroke	0	0	01:12 PM	_____
Finals	30 Boys 15 & Over 100 Breaststroke	0	0	01:12 PM	_____
Finals	31 Girls 13-14 100 Breaststroke	0	0	01:12 PM	_____
Finals	32 Boys 13-14 100 Breaststroke	0	0	01:12 PM	_____
Finals	33 Girls 11-12 50 Breaststroke	0	0	01:12 PM	_____
Finals	34 Boys 11-12 50 Breaststroke	0	0	01:12 PM	_____
Finals	35 Girls 9-10 50 Breaststroke	0	0	01:12 PM	_____
Finals	36 Boys 9-10 50 Breaststroke	0	0	01:12 PM	_____
	Break: 3 Minutes:				
Finals	37 Girls 8 & Under 25 Breaststroke	0	0	01:15 PM	_____
Finals	38 Boys 8 & Under 25 Breaststroke	0	0	01:15 PM	_____
	Break: 3 Minutes:				
Finals	39 Girls 15 & Over 100 Butterfly	0	0	01:18 PM	_____
Finals	40 Boys 15 & Over 100 Butterfly	0	0	01:18 PM	_____
Finals	41 Girls 13-14 100 Butterfly	0	0	01:18 PM	_____
Finals	42 Boys 13-14 100 Butterfly	0	0	01:18 PM	_____
Finals	43 Girls 11-12 50 Butterfly	0	0	01:18 PM	_____
Finals	44 Boys 11-12 50 Butterfly	0	0	01:18 PM	_____
Finals	45 Girls 9-10 50 Butterfly	0	0	01:18 PM	_____
Finals	46 Boys 9-10 50 Butterfly	0	0	01:18 PM	_____

2026 Greenwich Town Championship - 11/27/2026 to 11/28/2026
Session Report

Session: 2 Saturday Events
Day of Meet: 2 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event			Starts at	
	Break: 3 Minutes:				
Finals	47 Girls 8 & Under 25 Butterfly	0	0	01:21 PM	_____
Finals	48 Boys 8 & Under 25 Butterfly	0	0	01:21 PM	_____
	Finish Time			01:21 PM	_____