

**CONNECTICUT SWIMMING, INC.**  
**2022 10/U CONNECTICUT AGE GROUP SWIMMING**  
**CHAMPIONSHIP**

**Westport Weston Family Y**  
**14 Allen Raymond Lane**  
**Westport, CT 06880**

**March 11 – 13, 2022**

Click [here](#) for map

**COVID-19 Statement**

In applying for this sanction, the Host, Westport Weston Family Y Water Rat Swim Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, the Westport Weston Health District. Click here to access the Health District's website.

**COVID-19 Assumption of Risk Disclaimer**

We, Westport Weston Family Y Water Rat Swim Team, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at the 2021 Water Rat 8 & Under Meet, or on site at the Westport Weston Family Y. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at the Water Rat 8 & Under Meet and being on site at the Westport Weston Family Y, you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19 Release**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**

**WAIVER:** All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Participating teams must collect all necessary form for their swimmers and attending spectators.

## EVENTS

Held under the sanction of USA Swimming, Inc. S21-78. In granting this sanction, it is understood and agreed that CT Swimming and USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

The 2022 SC Season Connecticut Age Group Swimming Championship for 10/U will be held at Westport Weston Family YMCA. This SCY meet is open to all Connecticut Swimming registered clubs and swimmers who meet the eligibility criteria and time standards (included). The meet will be run in accordance with USA Swimming rules unless otherwise noted.

**MEET DIRECTOR:** Ellen Johnston [ejohnston@westporty.org](mailto:ejohnston@westporty.org)

**MEET REFEREE:** Barbara Wiederecht [bwiedere@optonline.net](mailto:bwiedere@optonline.net)

**ADMINISTRATIVE REFEREE:** Margy Sargent [mhsarge@att.net](mailto:mhsarge@att.net)

**MEET ENTRY INFO:** Henk Jansen [office@ctswim.org](mailto:office@ctswim.org)

**SAFETY CHAIR:** Rob Urban [rurban@westporty.org](mailto:rurban@westporty.org)

**EMERGENCY PHONE:** (203) 226-8981

## **VENUE INFORMATION**

**FACILITY:** The Strittmatter Family Aquatic Center houses a 10 lane x 25 yard competition pool. Water depth at start end is: 9'. Water depth at turn end is: 4'. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System will be used with full display color board. Off deck spectator seating is available. NO personal folding chairs will be allowed on deck or spectator area.

- ALL swimmers, coaches and volunteers are to wear masks while on the pool deck. Swimmers may put masks in a waterproof bag when at the blocks for his/her race.
- Swimmers are asked to wear suits prior to arriving for the meet. Locker rooms are open but we want to avoid any unnecessary grouping in small spaces.

**COURSE:** Short Course Yards (SCY)

**TIMING SYSTEM:** Colorado Timing System, in compliance with USA Swimming Rulebook (102.24).

**SPECTATOR SEATING:** No spectators will be allowed inside the venue. The meet will be streamed live – here is the [link](#).

**DIRECTIONS:** Westport Weston Family Y, 14 Allen Raymond Lane, Westport, CT 06880

The Westport Weston Family Y is located directly off Exit 41 – northbound – of the Merritt Parkway.

I-95: From north or south, left turn off exit ramp. Follow up to the Merritt Parkway – Route 15. Get in the right lane and turn onto what looks to be the on ramp for the Merritt Parkway but stay in the right lane.

**PARKING:** Swimmers may be dropped off in the front of the building. Upon circling through the drop-off in front of the Y, go to the second left of the parking lot entrances and go to the last two rows for swim meet parking. *Please do not park in the two rows closest to the Merritt Parkway as that is Y member parking.*

<b>SCHEDULE:</b>	<u>Ages</u>	<u>Warm-Up</u>	<u>Start</u>
Fri Sat-Sun Timed Finals Session	10/U	3pm	430pm

**RULES:** Current USA Swimming Rules will govern this meet. The swimmer's age as of March 11, 2022 governs age group participation for the entire meet.

**ELIGIBILITY CRITERIA:** Clubs and all athletes must be 2021 CSI-registered members of USA Swimming. Registration will not be processed at the meet. Athletes with Flex memberships are not eligible to swim at this meet.

1. Athletes must be current USA/CT Registered Swimmers
2. Swimmers DO NOT have to have swum in any CT Sanctioned Meets in the 2022 Short Course Schedule
3. 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.
4. Have been properly entered prior to the appropriate deadline contained in either the ENTRY DEADLINE, CORRECTION, or LATE QUALIFIERS sections below, and;
5. To be eligible to compete in individual events, each swimmer **MUST** have achieved the qualifying time for each individual event entered since January 1, 2020. Swimmers may qualify with times from 25 yard (SCY), 25 meter (SCM) or 50 meter (LCM) courses.

**ADAPTED SWIMMING:** Any CSI-registered swimmer with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy available on [ctswim.org](http://ctswim.org) and contact [office@ctswim.org](mailto:office@ctswim.org) for time standards and other information. Coaches or athletes must notify the referee of any disability prior to competition.

**OUTREACH POLICY:** CSI has adopted an outreach policy to enable Outreach athletes to enter this championship meet with their entry fees waived. See the OUTREACH ATHLETES section for more info.

**DECK ACCESS:** Swimmers on deck must be supervised by a USA Swimming registered coach. 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. Coaches not affiliated with a CSI registered club may be on deck only for those sessions in which they are coaching associated unattached swimmers. Only swimmers entered in this meet shall be allowed in the pool during warm-ups/warm-downs. Children not participating in the meet must be supervised at all times by an adult and are not allowed on the pool deck for any reason. The Meet Director and Referee reserve the right to limit such deck access in the event of overcrowding, inappropriate behavior or for any other reason. CSI Rules of Conduct will be strictly enforced.

Team seating will be assigned and mailed out to all attending teams.

**COACHES' MEETING:** A brief coaches' meeting will be held on Friday at 3:15p and as necessary on Saturday and/or Sunday.

### **ENTRIES FOR INDIVIDUAL AND RELAY EVENTS**

- Swimmers may enter any individual event for which they qualify but may only compete in six (6) individual events for the meet and a maximum of four (4) individual events per day.
- The 10/Under session will offer bonus cuts for qualifiers that are within 1 second for the 50s, 2 seconds for 100s, and 4 seconds for 200s based on the new Age Group Cuts. 500s will not be considered for bonus cuts. If achieve 1 Cut - you may bonus 3 more. 2 cuts = 2 Bonus Swims. 3 Cuts = 1 Bonus Swim. No bonus swims for those with 4 or more cuts.
- Swimmers may also compete in up to two relays per day.
- Coaches may enter athletes who have met the Time Standards, attached. Coaches may enter athletes, by event, using the athlete's fastest SCY, LCM or SCM time. LCM and SCM entry times will be converted by the meet host after the entry process to SCY times to seed the meet.
- Clubs may enter up to three relay-only swimmers per age group per gender for 10/Under Girls & 10/Under Boys, only to fill out an "A" relay. Teams with B & C relays may only use 1 relay-only swimmer. (i.e. to have a B relay, a team must have at least 7 individual qualifiers.)
- Each club may enter up to three (3) relay teams per relay event. "No-times" for relay events will not be accepted. Please estimate or use a composite.
- Unattached swimmers (UN) must be indicated on the entry. Coaches wishing to change the attachment status of swimmers during the meet should bring such requests, which must be consistent with USA Swimming rules, to the Administrative Referee.
- A swimmer entered into this meet may **NOT** update that time with any time achieved after the meet entry deadline of 9pm, Tuesday, March 1, except as specified in the Late Qualifier section.
- Bonus Cuts for relay-only swimmers will be offered if the Relay only swimmer achieves the bonus time standard of ONLY the 50 Fly/Bk/Br/Free. These will be submitted via email, as a late qualifier would be, and manually added into the meet.

**PROOF OF ENTRY TIMES:** All entry times must be pre-proven. The results of any USA Swimming sanctioned, approved, or observed meet or a meet attested by a USA Referee or CIAC/ Independent Referee will be acceptable as proof of time. Eligible times not verified in Connecticut FAST may be proven by using the Connecticut FAST custom times tool available to CSI clubs or, in the case of unattached entries, by sending an email to the entry chair, which includes the meet name, date, location, referee attestation, and pertinent page(s) of the results. Failure to pre-prove an entry time will prevent the swimmer from being entered in that event. **Proof of time is the responsibility of each coach.** In accordance with CSI policy, (Integrity Statement 1/25/94), the Club from which a swimmer's time cannot be proven, shall be fined the sum of \$100.00 per event. The \$100.00 fine must be paid by October 1, 2021, to the Connecticut Swimming office.

**ENTRY DEADLINE:** Entries must be received by 9pm – Tuesday, March 1

**ENTRY SUBMISSION:** CSI-member USA Swimming clubs will enter using [Connecticut FAST Online Entries](#) and enter an adapted athlete by contacting [office@ctswim.org](mailto:office@ctswim.org). CSI-member unattached athletes, not affiliated with a CSI club, should email an entry file (\*.sd3 or \*.cl2) and proof of time to [office@ctswim.org](mailto:office@ctswim.org). If meet entry software is not available, email [office@ctswim.org](mailto:office@ctswim.org) the athlete name, USA ID, age, event number, event name, time, and proof of time. See Proof of Entry Times section for acceptable proof. Manually typed entries are subject to extra fees and all times done in courses other than a 50-meter course must be marked on the entry form by writing SCM or SCY at the entry time. All computer entry files should be coded to indicate the course in which the time was achieved.

**FEES:** Splash Fee: \$12.00 per individual event, \$24.00 per relay. A \$3.50 per swimmer entry fee applies to relay-only swimmers. If no electronic entry is provided, there is an additional \$10.00 manual entry fee per swimmer.

**PAYMENT:** The payment deadline for entries is upon receipt of final entry. Payment will be collected upon submission of entry by check. The check may be mailed to the address below or brought to the meet.

Payable to: WRAT Parent Club

Send to: Ellen Johnston- WRAT  
14 Allen Raymond Lane  
Westport, CT 06880

**OUTREACH ATHLETES:** Entry fees for CSI registered Outreach Athletes are waived. When submitting the meet entry, the entering club must request, in writing, that the individual entry fees be waived for the Outreach athlete(s) listed on the club's entry. The Entry Chair shall confirm the Outreach status of the athlete(s) using USA Swimming's national registration database. If confirmed, all individual event entry fees shall be waived for that Outreach Athlete(s).

**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 member coach prior to the meet. Athletes unaccompanied by a member coach will not be permitted on deck. Please contact the Meet Director for assistance. and
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 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 the Meet Director with the entry.

**LATE QUALIFIERS:** Any entered club that has a swimmer achieve an initial qualifying time during the period of March 2 - 6 must enter, no later than 5pm – Monday, March 7 thru OME. Exceptions to this deadline will not be entertained. **No improvements in seed time will be accepted unless the new seed time is in a different course than originally entered.** Include payment of late qualifiers with original splash fees. See Payment section of this announcement. WRAT or CSI reserves the right to remove the unpaid entries from the meet

**CORRECTIONS:** Meet entry corrections will be accepted by the meet entry chair until 5pm – Monday, March 7. Email corrections to the Entry Chair [office@ctswim.org](mailto:office@ctswim.org). After this deadline, no corrections will be accepted. Exceptions to this deadline will not be entertained. Under no circumstances will corrections (other than changes of attachment status) be accepted after this time. Corrections are not the same as exchanging one event for another (swapping out). Corrections are adding events that were, for whatever reason, not included in the original entry. **No improvements in seed time will be accepted unless the new seed time is in a different course than originally entered.** For **each** correction, including but not limited to event, age group, proof of time, clubs will be assessed \$10.00 in addition to the published splash fee (see examples below).

- If John Doe is omitted from a club's entry in six (6) events, his club will be charged \$60 in addition to the cost of his entry. Total for John Doe \$120.00.
- If a relay team is added, the charge will be \$10.00 plus splash fee. Total for additional relay \$30.00.

If any entry times must be corrected, the fee will be \$10.00 per correction. Include payment of late qualifiers with original splash fees. See Payment section of this announcement. WRAT or CSI reserves the right to remove the unpaid entries from the meet

**CHECK-IN/WARM-UP:** All clubs must warm-up under the supervision of a coach or marshal. Swimmers without a coach in attendance must report to the office and have a supervisor assigned. Lane assignments for general warm-up will be provided in the coaches' packets and are subject to the discretion of the Meet Referee. No diving will be permitted, except in the assigned lanes during one-way Sprints. Pace lanes will be available

during sessions. Due to limited warm-up space, **only swimmers entered in individual events or expected to swim relays in each session may enter the pool in that session's warm-up period.**

### ***SCRATCH PROCEDURES:***

- Scratches are due by the start of the 2<sup>nd</sup> Warm-Up Session and will be each day of the Meet.
- If a scratch sheet is not received by the deadline, all swimmers on that scratch sheet will be considered NOT scratched and will be seeded in their entered events, except that any over-entered swimmers will be scratched from their last event(s) until they are in compliance with entry rules.

***FAILURE TO COMPETE PENALTIES:*** Failure to show for a Timed final event will not result in a penalty. However, a missed event will count as an event entry and included in both the daily and meet event limitations.

### ***CONDUCT OF COMPETITION***

***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.

***SEEDING:*** Seeding will be in accordance with USA Swimming rule 102.5. All times shall be arranged from Fastest to Slowest in Short Course Yards or SCY equivalents. All Short Course Meter (SCM) and Long Course Meters (LCM) times will be converted to SCY and arranged within the SCY times. The order of heats shall be swum slowest to fastest except as otherwise noted (See DISTANCE EVENTS).

If the timeline warrants, the number of lanes may be adjusted to fewer than 8 lanes.

### ***INDIVIDUAL EVENTS***

- All 10/Under Individual Events will be swum as Timed Finals.

### ***BONUS CUTS:***

- The 10/Under session will offer bonus cuts for qualifiers that are within 1 second for the 50s, 2 seconds for 100s, and 4 seconds for 200s based on the new Age Group Cuts. 500s will not be considered for bonus cuts. If achieve 1 Cut - you may bonus 3 more. 2 cuts = 2 Bonus Swims. 3 Cuts = 1 Bonus Swim. No bonus swims for those with 4 or more cuts. Bonus cuts are found at the bottom of the document
- Bonus Cuts for relay-only swimmers will be offered if the Relay only swimmer achieves the bonus time standard of ONLY the 50 Fly/Bk/Br/Free. These will be submitted via email, as a late qualifier would be, and manually added into the meet.

### ***DISTANCE EVENTS***

- The meet program is not the final determinant of seeding. Late entries, corrections or scratches may impact which swimmers will swim earlier as opposed later. Seeding will be posted as soon as possible after the scratch deadline.

### ***RELAYS***

- Relay cards will be given to club coaches, who must list the relay team swimmers' names in order of swim. Failure to do so will prevent the relay team from competing. Upon reporting to the starting block prior to the relay heat in which the team is entered, the completed relay card shall be given to the head timer. No further changes will be permitted. Incomplete or inaccurate relay cards will result in disqualification if discovered after the swim.

- For the 200M & 400M Relay Events: Clubs may enter up to three relay-only swimmers per age group per gender for 10/Under Girls & 10/Under Boys, only to fill out an “A” relay. Teams with B & C relays may only use 1 relay-only swimmer. (i.e. to have a B relay, a team must have at least 7 individual qualifiers.)
- Mixed Relays require a qualifier from each gender before being filled out.
- Swimmers entered in relay events **only** must be listed on the meet entry with their USA Swimming numbers and ages.
- There will be at least a 5-minute break preceding all relay events that do not begin the session. This break will provide use of the pool for relay warm-up but will NOT include start or sprint only accommodations.

**TIME TRIALS:** None

**BREAKS:** Breaks of five (5) minutes in length will be observed after each boys event where time allows. The addition of any unpublished breaks in the competition schedule is at the discretion of the Meet Referee. Coaches and swimmers should note that entering and swimming “back to back” events, under normal circumstances of meet operation does not warrant an unscheduled break. **ALL BREAKS ARE GENERAL WARMUP AND WILL NOT INCLUDE START/SPRINT ACCOMMODATIONS.**

**AWARDS & SCORING:**

- Events will be scored to 16 places. For individual events, medals will be awarded through 8<sup>th</sup> place with ribbons awarded from 9<sup>th</sup> through 16<sup>th</sup> place. For relay events, medals will be awarded through 3<sup>rd</sup> place.
- At the CSI Annual Awards Banquet, high point trophies will be awarded to the individual female and male swimmers and to the women's, men's and combined teams who score the most points in the 10/Under Girls & Boys categories. Additionally, "Distance" high point trophies will be awarded to the female and male swimmers who score the most points in the following categories:
  - 10/Under - 200 Free, 200 IM, and 500 Free
- **All clubs must make arrangements to collect their awards prior to leaving the building on Sunday night.** CSI will not be able to provide storage or shipment of awards.

- **Scoring Table:**

Individual Events:	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays:	40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**WORK ASSIGNMENTS:** All teams are required to provide workers (e.g. timers, runners, marshals, officials, etc.) in proportion to the size of their entry. Team contacts will be notified of their team's work assignments as soon as possible after the entries are received. Please include the name, phone number and address of the team contact for work assignments. Interested officials should apply online at <https://fast.ctswim.org/CTNet/CFPaintForm.aspx?f=280> by March 8, 2022.

Any team which fails to provide its workers or whose workers do not work for the entire session will be fined by Connecticut Swimming, Inc. Clubs will be fined \$100 per each worker that fails to show and \$60 for each worker that is late or leaves early. **NOTE WELL:** that a work assignment is for the duration of the session. It is up to the team to provide a backup worker in case the team's worker for any reason is unable to perform or complete the work assignment.

Failure to supply worker	\$100 per worker per session
Leaving assignment early	\$60 per worker per session
Arriving late for assignment	\$60 per worker per session

Each club shall submit the name and telephone number of a club liaison responsible for that club’s work assignments. If no representative is shown, the club coach shall be responsible for performing the function of the liaison.

***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. Electronic audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, or locker rooms.

***INCLEMENT WEATHER OR CANCELLATION:*** In the event of weather delays, events may be cut. Please review [CSI's Inclement Weather Policy](#).

***RULES:*** Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy](#), will govern all competition.

***PHOTOGRAPHY AND VIDEO RECORDING:*** Meet Management has the full authority to restrict ANY AND ALL photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. 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.

Additionally, the following "Non-Camera Zones" shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

***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 the USA Swimming Vice President of Program Operations.

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.



**2022 10/U CONNECTICUT AGE GROUP SWIMMING CHAMPIONSHIP**

**ORDER OF EVENTS**

March 11 – 13, 2022

**Friday, MARCH 11, 2022**

**GIRLS**

**BOYS**

<b><u>NO</u></b>	<b><u>SCY</u></b>	<b><u>SCM</u></b>	<b><u>LCM</u></b>	<b><u>EVENT</u></b>	<b><u>LCM</u></b>	<b><u>SCM</u></b>	<b><u>SCY</u></b>	<b><u>NO</u></b>
1	----	----	----	200Y Mixed Medley Relay	----	----	----	
2	2:40.29	2:52.79	2:55.99	200Y Freestyle	2:56.49	2:53.29	2:38.49	3
4	37.24	40.69	41.39	50Y Butterfly	41.99	41.29	37.49	5
6	1:22.99	1:32.12	---	100Y IM	---	1:32.12	1:22.99	7
8	43.49	47.99	48.99	50Y Breaststroke	51.29	50.29	44.29	9
10	----	----	---	400 Medley Relay	---	---	---	11

**SATURDAY, MARCH 12, 2022**

**GIRLS**

**BOYS**

<b><u>NO</u></b>	<b><u>SCY</u></b>	<b><u>SCM</u></b>	<b><u>LCM</u></b>	<b><u>EVENT</u></b>	<b><u>LCM</u></b>	<b><u>SCM</u></b>	<b><u>SCY</u></b>	<b><u>NO</u></b>
12	----	----	----	200Y Medley Relay	----	----	----	13
14	1:22.49	1:31.79	1:32.99	100Y Back	1:34.99	1:33.09	1:22.99	15
16	32.59	34.99	35.79	50Y Free	35.99	35.19	32.49	17
18	1:35.49	1:45.29	1:47.29	100Y Breast	1:51.89	1:49.89	1:38.79	19
20	---	---	---	200Y Free Relay	---	---	---	21
22	7:03.49	6:08.59	6:14.99	500Y Freestyle	6:25.99	6:19.59	7:04.99	23

**SUNDAY, MARCH 13, 2022**

**GIRLS**

**BOYS**

<b><u>NO</u></b>	<b><u>SCY</u></b>	<b><u>SCM</u></b>	<b><u>LCM</u></b>	<b><u>EVENT</u></b>	<b><u>LCM</u></b>	<b><u>SCM</u></b>	<b><u>SCY</u></b>	<b><u>NO</u></b>
24	----	----	----	200Y Mixed Free Relay	----	----	----	25
26	3:01.99	3:19.29	3:22.49	200Y IM	3:25.99	3:22.79	3:01.99	27
28	1:12.49	1:18.59	1:20.19	100Y Free	1:20.99	1:19.39	1:11.99	29
30	1:29.49	1:39.59	1:40.99	100Y Fly	1:43.99	1:42.59	1:29.49	31
32	38.29	42.09	42.69	50Y Back	43.99	43.39	38.49	33
34	---	---	---	400Y Free Relay	---	---	---	35

**10/Under BONUS Time Standards**

<b><u>SCY</u></b>	<b><u>SCM</u></b>	<b><u>LCM</u></b>	<b><u>Event</u></b>	<b><u>LCM</u></b>	<b><u>SCM</u></b>	<b><u>SCY</u></b>
33.59	35.99	36.79	50 Free	36.99	36.19	33.49
1:14.49	1:20.59	1:22.19	100 Free	1:22.99	1:20.39	1:13.99
2:44.29	2:56.79	2:55.99	200 Free	3:00.49	2:57.29	2:42.49
---	---		400/500 Free	---	---	
39.29	43.09	43.69	50 Back	44.99	44.39	39.49
1:24.29	1:33.79	1:34.99	100 Back	1:36.29	1:35.09	1:24.99
44.49	48.99	49.99	50 Breast	52.29	51.29	45.29
1:37.49	1:47.29	1:49.29	100 Breast	1:53.89	1:51.89	1:40.79
38.24	41.69	42.39	50 Fly	42.99	42.29	37.49
1:31.49	1:41.59	1:42.99	100 Fly	1:45.99	1:44.59	1:31.49
1:24.99	1:34.12		100 IM		1:34.12	1:24.99
3:05.99	3:23.29	3:26.49	200 IM	3:29.99	3:26.79	3:05.99

**WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT**

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at **Westport/Weston Family YMCA and Westport Water Rat** related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) **Water Rat** and / or **Westport/Weston Fmaily YMCA** and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this \_\_\_\_ day of \_\_\_\_\_ 2022.  
(day) (month)

SIGNATURE: \_\_\_\_\_

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

NAMES OF MINOR CHILD(REN), IF ANY: \_\_\_\_\_

\_\_\_\_\_