

## 2022 CONNECTICUT SENIOR INVITE

March 3-6, 2022

Youth Development and Aquatic Center  
10 Huckleberry Hill Rd, Brookfield CT 06804

[google maps](#)

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit [ctswim.org](http://ctswim.org) or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S21-77. 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. Sponsored by Connecticut Swimming and the Senior Committee, the meet will be run in accordance with USA Swimming rules unless otherwise noted. The meet will be open to eligible 2022 USA Swimming registered clubs and swimmers who have swum the attached time standards.

### COVID-19 Statement

In applying for this sanction, the Host, [Regional YMCA of Western CT Makos](#) agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, Town of Brookfield, <https://www.brookfieldct.gov/>

### COVID-19 Assumption of Risk Disclaimer

We, [Regional YMCA of Western CT Makos](#), 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 [CSI 2022 SC Senior Invite](#) or on site at [Regional YMCA of Western CT](#). 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 [2022 SC Senior Invite](#) and being on site at [Regional YMCA of Western CT](#), 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:** [Waivers with signatures are required.](#) All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. [Each team will collect and hold on site with them their teams complete team entry waivers.](#)

## EVENTS

<b>MEET DIRECTOR:</b>	Jason Paige	<a href="mailto:jpaige@regionalmca.org">jpaige@regionalmca.org</a>
<b>MEET REFEREE:</b>	Phillip James	<a href="mailto:phillip.m.james@gmail.com">phillip.m.james@gmail.com</a>
<b>ADMINISTRATIVE REFEREE:</b>	<i>pending</i>	
<b>MEET ENTRY INFO:</b>	Henk Jansen	<a href="mailto:office@ctswim.org">office@ctswim.org</a>
<b>WEBSITE:</b>	ctswim.org	
<b>SAFETY CHAIRMAN:</b>	Lucy Sutter	<a href="mailto:lsutter@regionalmca.org">lsutter@regionalmca.org</a>
<b>EMERGENCY NO:</b>	203-775-1077	

**FACILITY:** Youth Development and Aquatic Center, 10 Huckleberry Hill Rd, Brookfield CT 06804

- The Youth Development and Aquatic Center Pool is a six lane 50-meter venue with two moveable bulkheads allowing for 2 six lane 25yd pools with a Colorado Timing System. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start and turn end of the competition pool (south pool) is 6'. Water depth at the start end of the north pool is 5'6" and 3'6" at turn end.
- No locks may be left on YDAC lockers. No shaving on premises is permitted.
- Changing into or out of swimsuits, whole or in part, other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Misbehavior, unsportsmanlike conduct, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.
- No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet.
- Seating for swimmers on the pool deck is available. The meet director will alert teams on whether swimmers may bring their own deck chairs.
- Spectators will be not allowed in the pool area. The meet will be live streamed via the Regional YMCA of Western CT YouTube page.
- Any vehicle parked anywhere other than in a parking space will be subject to fines and being towed.
- The pool deck capacity is limited to 375, which includes swimmers, coaches, officials and meet staff. No spectators will be permitted on deck.
- Overflow seating will be provided in a heated tent connected to the facility. Swimmers will need footwear and clothing in the tented area.

**DISABLED/ELDERLY ACCESS:** Limited handicapped parking available. Disabled access is through front entrance only. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

**SCHEDULE:** Warm-up Start



Thursday Evening	4:30 p.m.	5:30 p.m.
Trials -Fri-Sat-Sun	7:00 a.m.	8:45 a.m.
Finals -Fri-Sat-Sun	4:15 p.m.	5:30 p.m.

**Subject to change based on meet size.**

**WARM-UP:** All clubs must warm-up under the supervision of a coach. Coaches should register in the office when they arrive in order for their clubs to begin warm-up. Only swimmers entered in this meet may use the warm-up lanes. All athletes must have a coach in attendance. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify Meet Director. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets and on the CT website. No diving will be permitted, except in the sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches. No training equipment is allowed in the pool except at the discretion of the Meet Referee. Entry into pool is feet-first from the turn ends of the pool.

**FORMAT:** The meet will be run as a preliminary/ finals invitational in a SCY course. The meet is only open to CT registered swimmers aged 12ys old and older. Depending on the size of the meet in regards to deck capacity, the meet may be split into multiple sessions. ie: by events, by age (16 and Over/ 15 and Under) or into an A & B Flight based on entry times.

**SEATING:** Team seating will be assigned on the pool deck. Teams will be alerted if swimmers will need to bring their own folding chairs. Overflow seating will be provided in a heated tent connected to the facility.

**PRELIMS:** Prelims will be conducted **SCY**. Two pools will be run (a women's pool and a men's pool) with a ten minute break after each event for swimmers in adjacent events to cool down/warm up. If the time line allows, the meet will run in one 6-Lane course, allowing for the shallow pool to be used as cool down/ warm up throughout the meet.

**FINALS:** Finals will be conducted as **SCY** in a 6-lane course. Four heats (Top 24) will return for the evening session, with the exception of the 1000 and 1650 Freestyle events which are timed final events and the 400IM and 500 Free where only the top 12 will return for finals. Races will be conducted in the following order: - D Final (19-24), C Final (13-18), B Final (7-12), and A Final (top 6). **All Relays will swim during the evening Finals sessions (see relays section for more information on how relays will be conducted).** The shallow pool will remain open for cool down/ warm up throughout the finals sessions of the meet. Swimmers not competing in finals that would like to loosen up are asked to wait until the finals session begins to do so. Both pools will close 30 minutes after the conclusion of finals or at 9:00pm (whichever comes first) each evening.

**READY ROOM:** There will be no ready room or athlete parade. Swimmers in the A Final will be announced behind the blocks prior to the start of their race.

**COACHES' MEETING:** A brief coaches meeting will be held on Friday morning at a time designated by the meet referee. Meeting time will be announced Friday morning.

**ELIGIBILITY:** This meet is open to all CT - USA Registered swimmers 12yrs old and older. Clubs and swimmers must be 2022 registered members of USA Swimming. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible. 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. Coaches will be required to check-in at the pool office in order to be on deck.

**ADULT ATHLETES:** All athletes who will be 18 years of age or older must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

**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.

**ADAPTED SWIMMING:** Any USA Swimming athlete 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 may contact [office@ctswim.org](mailto:office@ctswim.org) for time standards and other information.

**FEES:** Splash fees: \$15.00 per individual event, \$24.00 per relay, and \$20 per time trial. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Payment is required upon entry submission. Credit card and checks accepted.

**OUTREACH:** Participating clubs may request, in writing, that individual entry fees be waived for Outreach athletes listed on the club's entry. See <https://www.ctswim.org/Content/www/CMS/files/Membership/Outreach-Entry-Fees.pdf> for policy and procedure.

**SCORING:** The meet will not be scored

**AWARDS:** Individual awards will be presented for 1st through 3rd place at finals immediately following the men's event's A final for the previous women's and men's events. The awards presentation for Thursday evening's events will be presented prior to the start of Friday finals. There are no awards for relays.

**ENTRIES:** Swimmers may enter any individual event for which they qualify, but may only compete in three (3) individual events per day and a maximum of seven (7) individual events for the meet. Bonus events are allowed for events 200yds or shorter. The allowable number of bonus swims is as follows:

Qualified Events	Bonus Events
1	4
2	3
3	2
4	1
5 or more	No Bonus

Swimmers qualified in either the 1000 or 1650 Freestyle may bonus the alternative distance event if they have not achieved the qualifying standard in that alternative distance event. This will count towards the total number of allowable bonus swims for an individual. They must have achieved the bonus time for the alternate distance to be eligible.

**ENTRY INFORMATION:** Swimmers must have equaled or bettered the attached time standards since January 1, 2020 and before the entry deadline.

**SEEDING:** All conforming SCY times will be seeded first, then LCM qualifying times followed by SCY bonus then LCM bonus times. Prelims will be seeded in accordance with USA Swimming rules 102.5 unless otherwise stated herein. Events will be swum slowest to fastest unless otherwise stated herein. See *DISTANCE EVENTS* section.

**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.

**ENTRY DEADLINE:** Entry deadline for all entries is **5pm, Tuesday, February 22<sup>nd</sup>, 2022**. Payment will be due with submission of entry. Please see PAYMENT section for details. All custom times must be submitted for approval by 9:00pm, Monday February 21<sup>st</sup>.

**LATE QUALIFIERS:** Any entered club that has a swimmer achieve an initial qualifying time during the period of **February 25<sup>th</sup>, 2022 through February 27<sup>th</sup>, 2022** may enter, **no later than 5:00pm Monday, February 28<sup>th</sup>, 2022**, using FAST Online Entries. After this deadline, no late qualifier entries will be accepted. No exceptions will be made to this deadline. No improvements in seed time will be accepted. Splash fees for late qualifiers are due on **Monday, February 28<sup>th</sup>, 2022** by check (postmarked) or credit card. CSI reserves the right to remove the unpaid entries from the meet.

**CORRECTIONS:** Only for teams entered in the meet by the entry deadline. The psych sheets will be posted on ctswim.org and clubs will be given until **5:00 p.m. Monday, February 28<sup>th</sup>, 2022** to email corrections to [office@ctswim.org](mailto:office@ctswim.org). No exceptions will be made to this deadline. No improvements in seed time will be accepted, including improvements due to changes in course. Corrections will be accepted by email only. \$5 will be assessed for each correction. CSI is not responsible for entry errors based on incorrect meet files, computer/server errors, software bugs, etc. Splash fees for corrections are due on **Monday, February 28<sup>th</sup>, 2022** by check (postmarked) or credit card. CSI reserves the right to remove the unpaid entries from the meet.

**PAYMENT:** Payment will be collected upon submission of entry by credit cards or signed check/check request. If paying by check an image of the signed check/check request must be submitted with the entry. The check must then be mailed to the address below.

Connecticut Swimming  
68 Nichols Ave  
Shelton, CT 06484

**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 will be acceptable as proof of time. Eligible times not verified in Connecticut FAST may be proven 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 pages of the meet results. Failure to pre-prove an entry time will prevent that 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 per event. The \$100 fine must be paid by May 1<sup>st</sup>, 2022, to the Connecticut Swimming office.

**ENTRY INFORMATION:** 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). Unattached athletes not affiliated with a CSI club or non CSI clubs 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. Extra fees for manual entries will apply. See Proof of Entry Times section for acceptable proof.

**SCRATCHES & POSITIVE CHECK IN:** Coaches will receive a team packet containing swimmer entry lists for each day's events upon team check in. All scratches are to be submitted to the Clerk of Course by the appropriate scratch deadlines. Positive check in will be located with the Clerk of Course on deck.

This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. Scratches from finals can only be done directly with the Administrative Referee.

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event, preliminary or timed final heat, in which he/she has been entered and has not been scratched will be barred from further individual and relay events on that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events.

**Scratch and Positive Check-In deadlines are as follows:**

Thursday Distance and Relays:

- Scratches and Positive Check in for all events (including relays): 4:45pm, Thursday, March 3<sup>rd</sup>
- Scratches for Fri-Sat-Sun Preliminary events are due the evening before at the following times:  
Friday Preliminary Scratches Due: Thursday, 3/3/22 by 7:00pm  
Saturday Preliminary Scratches Due: Friday, 3/4/22 by 7:00pm  
Sunday Preliminary and Timed Finals Scratches Due: Saturday 3/5/22 by 7:00pm
- Positive Check in for Relays is due by the end of prelims each day.

Sunday Distance Events:

- Positive Check in is for the Sunday distance events: 7:00pm, Saturday, March 5<sup>th</sup>

A swimmer qualifying for an A Final, B Final, or C final (**prior to or as a result of any preliminary scratches**) who fails to compete and who has not scratched shall be barred from all further competition in the meet. No penalty will apply if:

1. The referee is notified in the event of illness or injury and accepts the proof.
2. A swimmer qualifying for finals based on the results of preliminaries notified the Clerk of Course within 30 minutes of the announcement of qualifiers that he/she may not intend to compete and confirm his/her final intention within 30 minutes following his/her last preliminary event.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**DISTANCE EVENTS:**



- Positive check-in is required for the Women's 1650 and Men's 1000 freestyle by 4:45 p.m. on Thursday, March 3, 2022 (Coaches may email the meet director to positively check in or scratch if needed)
- Positive check-in is required for the Women's 1000 and Men's 1650 freestyle events by 7:00 PM on Saturday March 5<sup>th</sup>, 2022
- Failure to positively check-in will result in the swimmer not being seeded into the event with their entry time. Any swimmer that does not scratch or positively check in by the check-in time will be seeded at "NT."

Thursday Distance Freestyle Events (W 1650/M 1000), will be swum as timed finals and alternate women, then men by heat fastest to slowest in a 6-lane course. All swimmers need to supply their own timer and counter. Subject to change based on total number of entries for the Thursday distance events. Teams will be notified of any changes by Tuesday, March 1<sup>st</sup>, 2022.

Sunday Distance Freestyle Events (W 1000/M 1650), will begin approximately 30 minutes after the conclusion of the Sunday preliminary session and will be swum as timed finals alternating women, then men by heat fastest to slowest in a 6 lane course (subject to change based on the number of entries for the Sunday distance events). The top heat (fastest 6) of women and men will swim at the beginning of the evening finals session. The heat order and schedule will be published after the Positive Check-in deadline on Saturday night. Swimmers must supply their own timer and counter for all heats except those swum during Sunday's finals. Swimmers need only supply their own counter if competing in the finals session.

Prelims of the 400Y IM and 500Y Free will be swum in two courses (women's pool and men's pool) as follows: top twenty-four, with the top 12 being circle seeded, followed by a brief break, then all remaining heats, continuing fastest to slowest. Swimmers must provide their own timers during prelims for the 400Y IM and 500Y Free. Only the top 12 swimmers after preliminaries will return for finals in the 400Y IM and 500Y Freestyle.

**RELAYS:** Teams participating in the relay events MUST positively check-in and declare their intent to swim those relays by the PCI deadline for that day's relay events. **Relays that do not check-in by the appropriate deadline will be scratched.** Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the start of the relay event. **Teams must provide their own timers for the Thursday evening relays and the 800m Freestyle Relay on Friday evening.**

Clubs may enter a maximum of two relay entries per relay event. 'Relay only' swimmers are not allowed. The time for each relay may be submitted as a composite. All relays will be swum as timed finals at the end of the evening sessions with the exception of the 200 Medley Relay, which will be held at the beginning of the Thursday evening session. The order for the relays shall be the women's slowest to fastest and then men's slowest to fastest.

**OVERSUBSCRIPTION:** In the event of over subscription (beyond the pool deck capacity), the Senior Committee and meet management with approval from Program Development reserve the right to close the meet to additional entries (no late qualifiers and no corrections), and to make adjustments to the meet as necessary. This may also include removing all 12yr old swimmers from the meet and modifying sessions to accommodate the deck capacity limit. Possible modifications include conducting multiple sessions by events, age or A and B flights based on entry times.

**MEET JURIES:** The Meet Juries shall be announced by the Meet Referee at the Coaches Meeting. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone and that fee is refundable if the protest is upheld.

**TIME TRIALS:** Time trials will be conducted based on the availability of time in-between prelims and finals only and at the discretion of the Meet Referee, 15 minutes after the completion of each preliminary session. Time trials will be conducted for those swimmers participating in individual events in the meet in accordance with USA Swimming rules. Each individual time trial will count as one of the seven individual swims allowed each swimmer. Swimmers must sign up for time trials Friday/Saturday/Sunday between 9:00am-10:30am (subject to change). Special consideration will be made for athletes who swim events after the deadline closes and who choose to swim that event as a time trial offering an additional deadline 10 min after that event is swum. Fees: paid in cash are \$20.00/individual event; \$30.00/relay. Swimmers entered in time trials must provide their own timers and lap counters. The meet referee reserves the right to combine events as necessary. Note: Entering time trials constitutes an agreement to swim in combined heats with no lane separation. **A no show for time trials will not count towards a swimmer's total number of allowed events for the meet.**

Time trials will be swum in the following order at the discretion of the meet referee to facilitate efficient conduct of the time trials:

Friday Time Trials:	Friday/Saturday/Sunday/Thursday events in that order
Saturday Time Trials:	Saturday/Sunday/Thursday/Friday events in that order
Sunday Time Trials:	Sunday/Thursday (relays only)/Friday/Saturday events in that order

The 1000 and 1650 events will only be offered as the last event on either Friday or Saturday (time permitting). The day will be announced at the Coaches Meeting. Note: 1000 and 1650 events may be swum as time trials in the slowest seeded heat during the meet if lanes are open. Athletes will be considered on a first come basis until the heat is full.

For every 400 athletes, there will be max 1 hour of Time Trials, not to exceed 2 hours of Time Trials. The Meet Referee reserves the right to limit Time Trials entries based on circumstances.

**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=230> or contact the meet referee by **February 25th**.

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.

**REFRESHMENTS:** Hospitality will be provided for coaches and officials and computer operators. Water will be distributed on deck to volunteers/timers. Concessions will not be provided.



**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.

**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.

**DIRECTIONS:** The Youth Development and Aquatic Center is located at 10 Huckleberry Hill Road, Brookfield, CT 06804. <https://goo.gl/maps/enzLp>

**LODGING:**

**Hampton Inn Danbury**

81 Newtown Rd  
Danbury, CT 06810  
**203-748-6677**

**La Quinta Inn & Suites by  
Wyndham Danbury**

116 Newtown Rd  
Danbury, CT 06801  
**203-798-1200**

**Courtyard by Marriott  
Danbury**

3 Eagle Rd  
Danbury, CT 06801  
**203-730-2228**

**2022 Senior Invite  
ORDER OF EVENTS  
March 3<sup>rd</sup> – 6<sup>th</sup>, 2022**

**WOMEN**

**MEN**

**THURSDAY, March 3, 2022**

<u>NO.</u>	<u>LCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>SCY</u>	<u>LCM</u>	<u>NO.</u>
1			200 Medley Relay			2
3	19:59.49 20:09.99	19:30.89 19:54.39	W 1650/ M 1000 Free <i>Alt Distance Bonus</i>	11:20.59 11:33.19	10:05.89 10:18.99	4
5			<b>10 Minute Break</b> 400 Freestyle Relay			6

**FRIDAY, March 4, 2022**

7	30.79	27:09	50 Freestyle	24.69	28:09	8
9	2:47.29	2:27.29	200 Butterfly	2:19.59	2:37.09	10
11	1:25.79	1:16.29	100 Breaststroke	1:09.39	1:22.89	12
13	2:23.19	2:06.79	200 Freestyle	1:57.09	2:12.89	14
15	5:49.89	5:06.79	400 IM	4:47.49	5:32.09	16
			<b>10 Minute Break</b>			
17			800 Freestyle Relay (in Finals only)			18

**SATURDAY, March 5, 2022**

19	1:13.09	1:04.79	100 Butterfly	59.79	1:08.19	20
21	3:05.89	2:46.29	200 Breaststroke	2:36.39	3:01.59	22
23	1:13.89	1:05.49	100 Backstroke	1:01.19	1:12.39	24
25	5:02.59	5:36.99	500Y/400M Freestyle	5:16.89	4:49.79	26
			<b>10 Minute Break</b>			
27			400 Medley Relay (in Finals only)			28

**SUNDAY, March 6, 2022**

29	10:27.49 10:40.39	11:40.99 11:54.89	W 1000/ M 1500 Free <i>Alt Distance Bonus</i>	18:54.69 19:17.39	19:56.99 20:06.99	30
31	2:40.59	2:22.59	200 Backstroke	2:14.19	2:37.09	32
33	1:05.99	58.49	100 Freestyle	53.29	1:00.99	34
35	2:40.49	2:22.99	200Y IM	2:11.89	2:34.09	36
			<b>10 Minute Break</b>			
37			200Y Free Relay (in finals only)			38

## 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 Regional YMCA of Western CT Makos or any Regional YMCA of Western CT 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) Regional YMCA of Western CT Makos or any Regional YMCA of Western CT 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 COVENANT 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: \_\_\_\_\_

