

Regional YMCA OPEN

MEET ANNOUNCEMENT

About the Invitational Meet

Date: March 18-20, 2022

Location: 10 Huckleberry Hill Rd, Brookfield, CT 06804

Entry Deadline: March 7, 2022

Hosted by: Regional YMCA of Western CT

Meet Director: Lucy Suter

lsuter@regionalyymca.org

Web Site: www.makoswim.org

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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 or the host website for any updates.

COVID-19 Statement

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

COVID-19 Assumption of Risk Disclaimer

We, Regional YMCA of Western CT, 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 January Qualifier 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 the January Qualifier 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. Meet hosts may substitute a waiver approved by an attorney at law.](#) All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Coaches must collect waivers from their swimmers and can either scan all copies and email to Sarah Basile at sbasile@regionalyymca.org or deliver them in person at the meet.

ABOUT THE CHAMPIONSHIP MEET

This meet is a sanctioned, closed, inter-association YMCA Championship meet, and USA Approved **SC22-XX**. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. For the 2020-21 season only – if part or all of the meet is held virtually, the YMCA Virtual Meet Guidance will be followed. USA Swimming technical rules will be followed. The meet is YMCA sanctioned. \$2.00 per athlete league dues will be collected at this meet.

YMCA Sanction number: **xxxxxxxxx.**

USA Approved Number: SC22-XX

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Invitational meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet.

Friday: 11 & Over 1:45pm Warm-Up/2:45pm Start
 8 & Under 5:45pm Warm-Up/6:30pm Start
Saturday: 12 & Under 8:00am Warm-Up/9:00am Start
 13 & Over 1:00pm Warm-Up/2:00pm Start
Sunday: 12 & Under 8:00am Warm-Up/9:00am Start
 13 & Over 1:00pm Warm-Up/2:00pm Start

LOCATION: Greenknoll Aquatics Center 10 Huckleberry Hill Rd, Brookfield, CT 06804.
Emergency Phone Number: 203-775-1077 The Greenknoll Aquatics Center holds two 6 lane, 25 yard pools. For the competition pool: Water depth at start end is: 6ft. Water depth at turn end is: 6ft. For the warm-up pool: Water depth at start end is: 6ft. Water depth at turn end is: 3.5ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system with 6 lane display and touch pads at start and turn end. *Team seating is available.*
Spectator seating is NOT available. There will be deck chairs allowed in the facility. The meet will be streamed via YOUTUBE

COVID-19 RELATED PROTOCOLS: For the health and safety of everyone involved in this event, all protocols and procedures as required by local and state health authorities, the host YMCA, the host facility and the USA Swimming LSC will be followed. These are included in this document.

LOCATION AND FACILITY

Location: Greenknoll Aquatics Center 10 Huckleberry Hill Rd, Brookfield, CT 06804

Emergency Phone Number: 203-775-1077

WEB SITE

Meet Information can be found at: www.makoswim.org

Online Meet Results: [Meet Mobile](#) will be available

CONTACT INFORMATION

Meet Director: [Lucy Suter \(E\) lsuter@regionalmca.org](mailto:lsuter@regionalmca.org)

Entry Chairperson: [Lucy Suter \(E\) lsuter@regionalmca.org](mailto:lsuter@regionalmca.org)

Meet Referee: [Phillip James \(E\) phillip.m.james@gmail.com](mailto:phillip.m.james@gmail.com)

Administrative Official: [Sarah Basile \(E\) sbasile@regionalmca.org](mailto:sbasile@regionalmca.org)

Officials Coordinator: [Phillip James \(E\) phillip.m.james@gmail.com](mailto:phillip.m.james@gmail.com)

Safety Director: [Sarah Basile \(E\) sbasile@regionalmca.org](mailto:sbasile@regionalmca.org)

NOTICES

All teams will be required to supply timers in proportion to the size of their entry. Teams providing a list of officials by March 7, 2022 will be credited in their timing assignments. Watches to be provided by meet host. 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. YMCA Meets must be run under USA Swimming Technical Rules. It is recommended that they also follow the USA-S Administrative Regulations of Competition in Part Two of the Rulebook, modified to adapt to local conditions. YMCA Meets must be officiated by YMCA certified officials. USA-S certified officials may assist in the officiating and should be encouraged to do so. However, the Meet Referee must be YMCA certified and two additional YMCA certified officials must be on deck at all times, one of whom must be the deck referee. A copy of the Meet Referee's YMCA Certified Official's card must be submitted with the sanction request.

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the first day of the meet.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no "unattached" status in YMCA Swimming.

Age: Age determined as of **January 1, 2022**.

YMCA Meet Participation: All athletes must meet the standards regarding Swimmer Eligibility as stated in the YMCA of the USA Competitive Swimming Black Book. All teams must be currently registered through the YMCA Online Team Registration system in order to participate in the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed.

Times: There are minimum time standards for Friday's events and the 500 free.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS: 11 & Over Swimmers may swim 1 event on Friday. Saturday and Sunday Swimmers may participate in a maximum of 4 events per session, (1 relay and 3 individual), and no more than 7 total individual events. 8 & Under swimmers may participate in 5 total events (2 relays and 3 individual events).

QUALIFICATION PERIOD: NA

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: There are no time standards.

TIMES: No Times (NT) are not allowed. Submit entry times SCY. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: Electronic entries: \$10.00 for individual events, \$20.00 for relays. Manual entries: \$12.00 for individual events, \$24.00 for relays. No refunds will be given for entries that are accepted, for entries that are rejected due to improper entry, or for events that may be canceled due to conditions outside of the control of the Greenknoll YMCA.

ENTRY DEADLINE: March 7, 2022

ENTRY PROCEDURE: 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 lsuter@regionalyymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Payment, or a copy of an official check request must be postmarked or time stamped within two business days of the entry submission. Entries will be accepted on a first come, first served basis, in the order in which they are received, space permitting. Formal entry is determined by the date of email receipt as long as entry fee or check request is postmarked/ time stamped within two business days. Failure to send the payment or proof that payment will be made (check request) will cause entry to lose priority and formal entry will be based on the date that payment is actually received.

PAYMENT: Please make checks payable to the Regional YMCA of Western CT and mail to: Lucy Suter, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment must be received by 03/18/22.

OVER-SUBSCRIPTION: 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. 400IM and 500 Free will be limited to only the fastest 30 swimmers per gender.
2. 1650 Freestyle will be limited to only the fastest 30 swimmers per gender.
3. Number of relays entries will be reduced or eliminated.
4. Number of individual entries will be reduced by one (1).
5. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet. The host reserves

the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities. Notification of any cuts or changes will be made to Program Operations and the attending teams as soon as possible and not 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).

VOLUNTEERS/COACHES/OFFICIALS

All teams will be required to supply timers in proportion to the size of their entry. Watches to be provided by meet host. Participating clubs must be notified of work assignments by the Monday before the meet.

CHECK-IN PROCEDURE

COACHES MEETING/SCRATCH MEETING: Coaches will receive a scratch sheet for each preliminary and timed final session of the meet in their meet packets listing all of their swimmers and events for each session. Scratch sheets will be due to the computer table 30 minutes after the start of warm ups; these must be returned even if a team has no scratches.

OFFICIALS AND TIMERS MEETING: The meeting will be held 15 minutes prior to the start of the meet.

MEET PROCEDURES AND OPERATIONS

MEET COMMITTEE: The Committee will consist of the Meet Director and Meet Referee

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed finals format. Swimmer's age will be determined as 01/01/2022

. Results will be reported for 9/10, 11/12, 13/14 and 15-18 age groups.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: The 11&Over 1650yd freestyle, and the 11/12 and 9/10 500 Freestyle will be swum fastest to slowest and alternate girls and boys. The Meet Referee/Administrative Official reserves the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: No penalty

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

STARTS: 'Fly-over' starts may be used at this meet.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Meet Committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

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- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
 - Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity.” This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
 - Glass is not permitted on deck.
 - The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
 - Photographs are not allowed to be taken behind the block during competition.
 - Massage tables are not permitted.
 - Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
 - Shaving is not permitted in any areas of the facility.

AWARDS AND RECOGNITION

Medals will be awarded for 1-3 place and ribbons for 4-8 place individual events and medals for 1-3 place for relays. Events will be scored to 8 places. Individual Events: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2 Only each team's A, B, and C relays will be eligible for scoring and awards. Team Champion plaques will be awarded to the women's, men's and combined team that earn the most points across all ages.

SPECTATORS

Spectators WILL NOT be permitted.

HEAT SHEETS/PROGRAMS: Will be available on the Mako Team Website:

www.makoswim.org and Meet Mobile.

LOST AND FOUND: Yes will be available.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- Personal chairs will be allowed in the spectator area

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- Children are not allowed to roam the facility unattended.
 - The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
 - Spectators are not permitted on deck
 - No smoking, drugs, or alcohol are permitted in the swimming complex.

LIVE STREAMING: www.makoswim.org

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. The Declaration Form must be signed by each YMCA participating in the meet.

LIABILITY LIMITS:

- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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 meet.
- **REGIONAL YMCA of WESTERN CT FACILITY WAIVER**

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

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.

EVACUATION PROCEDURE: In the event if an evacuation, swimmers will use the closest emergency door.

DIRECTIONS

10 Huckleberry Hill Rd, Brookfield, CT 06804.

EVENTS

Session: 1 Friday 11 & Over

Day of Meet: 1 Starts at 02:45 PM Heat Interval: 15 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	1 Girls 400 IM	0	0	5:35.00	02:45 PM	_____
Finals	2 Boys 400 IM	0	0	5:29.00	02:45 PM	_____
Finals	3 Girls 11-12 200 Backstroke	0	0	3:08.00	02:45 PM	_____
Finals	4 Boys 11-12 200 Backstroke	0	0	3:20.00	02:45 PM	_____
Finals	5 Girls 11-12 200 Breaststroke	0	0	3:30.00	02:45 PM	_____
Finals	6 Boys 11-12 200 Breaststroke	0	0	3:40.00	02:45 PM	_____
Finals	7 Girls 11-12 200 Butterfly	0	0	3:23.00	02:45 PM	_____
Finals	8 Boys 11-12 200 Butterfly	0	0	3:30.00	02:45 PM	_____
Finals	9 Girls 1650 Freestyle	0	0	21:30.00	02:45 PM	_____
Finals	10 Boys 1650 Freestyle	0	0	21:30.00	02:45 PM	_____
	Finish Time					02:45
PM	_____					

Session: 2 8 & Under

Day of Meet: 1 Starts at 06:30 PM Heat Interval: 15 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	11 Mixed 8 & Under 100 Medley Relay	0	0		06:30 PM	_____
Finals	12 Girls 8 & Under 50 Freestyle	0	0	43.89	06:30 PM	_____
Finals	13 Boys 8 & Under 50 Freestyle	0	0	43.09	06:30 PM	_____
Finals	14 Girls 8 & Under 25 Backstroke	0	0		06:30 PM	_____
Finals	15 Boys 8 & Under 25 Backstroke	0	0		06:30 PM	_____
Finals	16 Girls 8 & Under 50 Breaststroke	0	0	58.19	06:30 PM	_____
Finals	17 Boys 8 & Under 50 Breaststroke	0	0	57.09	06:30 PM	_____
Finals	18 Girls 8 & Under 25 Freestyle	0	0		06:30 PM	_____
Finals	19 Boys 8 & Under 25 Freestyle	0	0		06:30 PM	_____
Finals	20 Girls 8 & Under 100 IM	0	0	1:47.59	06:30 PM	_____
Finals	21 Boys 8 & Under 100 IM	0	0	1:43.79	06:30 PM	_____
Finals	22 Girls 8 & Under 25 Butterfly	0	0		06:30 PM	_____
Finals	23 Boys 8 & Under 25 Butterfly	0	0		06:30 PM	_____
Finals	24 Girls 8 & Under 50 Backstroke	0	0	51.99	06:30 PM	_____
Finals	25 Boys 8 & Under 50 Backstroke	0	0	52.49	06:30 PM	_____
Finals	26 Girls 8 & Under 25 Breaststroke	0	0		06:30 PM	_____
Finals	27 Boys 8 & Under 25 Breaststroke	0	0		06:30 PM	_____
Finals	28 Girls 8 & Under 50 Butterfly	0	0	52.39	06:30 PM	_____
Finals	29 Boys 8 & Under 50 Butterfly	0	0	50.69	06:30 PM	_____
Finals	30 Girls 8 & Under 100 Freestyle Relay	0	0		06:30 PM	_____
Finals	31 Boys 8 & Under 100 Freestyle Relay	0	0		06:30 PM	_____
	Finish Time					06:30
PM	_____					

Session: 3 Saturday 9/10 & 11/12

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	32 Girls 9-10 50 Freestyle	0	0		09:00 AM	_____
Finals	33 Boys 9-10 50 Freestyle	0	0		09:00 AM	_____
Finals	34 Girls 11-12 50 Freestyle	0	0		09:00 AM	_____
Finals	35 Boys 11-12 50 Freestyle	0	0		09:00 AM	_____
Finals	36 Girls 9-10 100 Backstroke	0	0	1:39.50	09:00 AM	_____
Finals	37 Boys 9-10 100 Backstroke	0	0	1:44.00	09:00 AM	_____
Finals	38 Girls 11-12 50 Backstroke	0	0		09:00 AM	_____
Finals	39 Boys 11-12 50 Backstroke	0	0		09:00 AM	_____
Finals	40 Girls 9-10 50 Butterfly	0	0		09:00 AM	_____
Finals	41 Boys 9-10 50 Butterfly	0	0		09:00 AM	_____
Finals	42 Girls 11-12 100 Butterfly	0	0	1:28.50	09:00 AM	_____
Finals	43 Boys 11-12 100 Butterfly	0	0	1:40.00	09:00 AM	_____

Finals	44	Girls 9-10 200 Freestyle	0	0	3:07.00	09:00 AM	_____
Finals	45	Boys 9-10 200 Freestyle	0	0	3:13.00	09:00 AM	_____
Finals	46	Girls 11-12 200 Freestyle	0	0	2:36.48	09:00 AM	_____
Finals	47	Boys 11-12 200 Freestyle	0	0	2:43.00	09:00 AM	_____
Finals	48	Girls 9-10 200 IM	0	0	3:34.99	09:00 AM	_____
Finals	49	Boys 9-10 200 IM	0	0	3:37.99	09:00 AM	_____
Finals	50	Girls 11-12 100 IM	0	0	1:23.00	09:00 AM	_____
Finals	51	Boys 11-12 100 IM	0	0	1:31.00	09:00 AM	_____
Finals	52	Girls 9-10 50 Breaststroke	0	0		09:00 AM	_____
Finals	53	Boys 9-10 50 Breaststroke	0	0		09:00 AM	_____
Finals	54	Girls 11-12 100 Breaststroke	0	0	1:37.50	09:00 AM	_____
Finals	55	Boys 11-12 100 Breaststroke	0	0	1:42.50	09:00 AM	_____
Finals	56	Girls 9-10 200 Freestyle Relay	0	0		09:00 AM	_____
Finals	57	Boys 9-10 200 Freestyle Relay	0	0		09:00 AM	_____
Finals	58	Girls 11-12 200 Freestyle Relay	0	0		09:00 AM	_____
Finals	59	Boys 11-12 200 Freestyle Relay	0	0		09:00 AM	_____
Finals	60	Girls 9-10 500 Freestyle	0	0	7:27.50	09:00 AM	_____
Finals	61	Boys 9-10 500 Freestyle	0	0	7:40.00	09:00 AM	_____
		Finish Time					09:00
AM	_____						

Session: 4 Saturday 13/14 & 15-18

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at		
Finals	62	Girls 15-18 50 Freestyle	0	0		02:00 PM	_____
Finals	63	Boys 15-18 50 Freestyle	0	0		02:00 PM	_____
Finals	64	Girls 13-14 50 Freestyle	0	0		02:00 PM	_____
Finals	65	Boys 13-14 50 Freestyle	0	0		02:00 PM	_____
Finals	66	Girls 15-18 200 Backstroke	0	0	2:41.50	02:00 PM	_____
Finals	67	Boys 15-18 200 Backstroke	0	0	2:39.00	02:00 PM	_____
Finals	68	Girls 13-14 200 Backstroke	0	0	2:43.50	02:00 PM	_____
Finals	69	Boys 13-14 200 Backstroke	0	0	2:53.25	02:00 PM	_____
Finals	70	Girls 15-18 100 Butterfly	0	0		02:00 PM	_____
Finals	71	Boys 15-18 100 Butterfly	0	0		02:00 PM	_____
Finals	72	Girls 13-14 100 Butterfly	0	0		02:00 PM	_____
Finals	73	Boys 13-14 100 Butterfly	0	0		02:00 PM	_____
Finals	74	Girls 15-18 200 Freestyle	0	0	2:22.00	02:00 PM	_____
Finals	75	Boys 15-18 200 Freestyle	0	0	2:18.00	02:00 PM	_____
Finals	76	Girls 13-14 200 Freestyle	0	0	2:29.00	02:00 PM	_____
Finals	77	Boys 13-14 200 Freestyle	0	0	2:28.00	02:00 PM	_____
Finals	78	Girls 15-18 100 Breaststroke	0	0		02:00 PM	_____
Finals	79	Boys 15-18 100 Breaststroke	0	0		02:00 PM	_____
Finals	80	Girls 13-14 100 Breaststroke	0	0		02:00 PM	_____
Finals	81	Boys 13-14 100 Breaststroke	0	0		02:00 PM	_____
Finals	82	Girls 15-18 200 Freestyle Relay	0	0		02:00 PM	_____

Finals	83	Boys 15-18 200 Freestyle Relay	0	0		02:00 PM	_____
Finals	84	Girls 13-14 200 Freestyle Relay	0	0		02:00 PM	_____
Finals	85	Boys 13-14 200 Freestyle Relay	0	0		02:00 PM	_____
Finals	86	Girls 15-18 500 Freestyle	0	0	5:57.50	02:00 PM	_____
Finals	87	Boys 15-18 500 Freestyle	0	0	5:40.00	02:00 PM	_____
		Finish Time					02:00
PM	_____						

Session: 5 Sunday 9/10 & 11/12

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at		
Finals	88	Girls 11-12 100 Freestyle	0	0		09:00 AM	_____
Finals	89	Boys 11-12 100 Freestyle	0	0		09:00 AM	_____
Finals	90	Girls 9-10 100 Freestyle	0	0		09:00 AM	_____
Finals	91	Boys 9-10 100 Freestyle	0	0		09:00 AM	_____
Finals	92	Girls 11-12 100 Backstroke	0	0	1:24.00	09:00 AM	_____
Finals	93	Boys 11-12 100 Backstroke	0	0	1:30.00	09:00 AM	_____
Finals	94	Girls 9-10 50 Backstroke	0	0		09:00 AM	_____
Finals	95	Boys 9-10 50 Backstroke	0	0		09:00 AM	_____
Finals	96	Girls 11-12 50 Butterfly	0	0		09:00 AM	_____
Finals	97	Boys 11-12 50 Butterfly	0	0		09:00 AM	_____
Finals	98	Girls 9-10 100 Butterfly	0	0	1:58.00	09:00 AM	_____
Finals	99	Boys 9-10 100 Butterfly	0	0	2:03.00	09:00 AM	_____
Finals	100	Girls 11-12 50 Breaststroke	0	0		09:00 AM	_____
Finals	101	Boys 11-12 50 Breaststroke	0	0		09:00 AM	_____
Finals	102	Girls 9-10 100 Breaststroke	0	0	1:53.00	09:00 AM	_____
Finals	103	Boys 9-10 100 Breaststroke	0	0	2:02.50	09:00 AM	_____
Finals	104	Girls 11-12 200 IM	0	0	3:00.00	09:00 AM	_____
Finals	105	Boys 11-12 200 IM	0	0	3:07.00	09:00 AM	_____
Finals	106	Girls 9-10 100 IM	0	0	1:37.00	09:00 AM	_____
Finals	107	Boys 9-10 100 IM	0	0	1:38.00	09:00 AM	_____
Finals	108	Girls 11-12 200 Freestyle Relay	0	0		09:00 AM	_____
Finals	109	Boys 11-12 200 Freestyle Relay	0	0		09:00 AM	_____
Finals	110	Girls 9-10 200 Freestyle Relay	0	0		09:00 AM	_____
Finals	111	Boys 9-10 200 Freestyle Relay	0	0		09:00 AM	_____
Finals	112	Girls 11-12 500 Freestyle	0	0	6:40.00	09:00 AM	_____
Finals	113	Boys 11-12 500 Freestyle	0	0	6:45.00	09:00 AM	_____
		Finish Time					09:00
AM	_____						

Session: 6 Sunday 13/14 & 15-18
 Day of Meet: 3 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	114 Girls 13-14 100 Freestyle	0	0		02:00 PM	_____
Finals	115 Boys 13-14 100 Freestyle	0	0		02:00 PM	_____
Finals	116 Girls 15-18 100 Freestyle	0	0		02:00 PM	_____
Finals	117 Boys 15-18 100 Freestyle	0	0		02:00 PM	_____
Finals	118 Girls 13-14 100 Backstroke	0	0		02:00 PM	_____
Finals	119 Boys 13-14 100 Backstroke	0	0		02:00 PM	_____
Finals	120 Girls 15-18 100 Backstroke	0	0		02:00 PM	_____
Finals	121 Boys 15-18 100 Backstroke	0	0		02:00 PM	_____
Finals	122 Girls 13-14 200 Butterfly	0	0	3:00.00	02:00 PM	_____
Finals	123 Boys 13-14 200 Butterfly	0	0	3:01.00	02:00 PM	_____
Finals	124 Girls 15-18 200 Butterfly	0	0	2:50.00	02:00 PM	_____
Finals	125 Boys 15-18 200 Butterfly	0	0	2:45.00	02:00 PM	_____
Finals	126 Girls 13-14 200 Breaststroke	0	0	3:05.00	02:00 PM	_____
Finals	127 Boys 13-14 200 Breaststroke	0	0	3:13.00	02:00 PM	_____
Finals	128 Girls 15-18 200 Breaststroke	0	0	3:05.00	02:00 PM	_____
Finals	129 Boys 15-18 200 Breaststroke	0	0	2:56.00	02:00 PM	_____
Finals	130 Girls 13-14 200 IM	0	0	2:40.00	02:00 PM	_____
Finals	131 Boys 13-14 200 IM	0	0	2:42.50	02:00 PM	_____
Finals	132 Girls 15-18 200 IM	0	0	2:40.00	02:00 PM	_____
Finals	133 Boys 15-18 200 IM	0	0	2:35.00	02:00 PM	_____
Finals	134 Girls 13-14 200 Medley Relay	0	0		02:00 PM	_____
Finals	135 Boys 13-14 200 Medley Relay	0	0		02:00 PM	_____
Finals	136 Girls 15-18 200 Medley Relay	0	0		02:00 PM	_____
Finals	137 Boys 15-18 200 Medley Relay	0	0		02:00 PM	_____
Finals	138 Girls 13-14 500 Freestyle	0	0	6:04.50	02:00 PM	_____
Finals	139 Boys 13-14 500 Freestyle	0	0	6:08.50	02:00 PM	_____
	Finish Time					02:00
PM	_____					

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: Regional YMCA OPEN _____

Meet Date(s): February 6, 2022 _____

Meet Host: Regional YMCA of Western CT _____

Meet Location: 10 Huckleberry Hill Road, Brookfield CT 06804 _____

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the CT YMCA League 8 & Under Championships for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the CT YMCA League 8 & Under Championships.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, RYWC, their agents, representatives or assigns, and the Regional YMCA of Western CT. Furthermore, we understand that the YMCA of the USA and RYWC are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee

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 or any RYWC 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) RYWC and / or 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 March, 2022.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

NAMES OF MINOR CHILD(REN), IF ANY: _____

This is the last page of the Meet Announcement