

**FARMINGTON VALLEY YMCA TSUNAMIS**  
**CHRISTMAS INVITATIONAL**  
**DEC 16&17, 2023**

97 SALMONG STREET, GRANBY, CT 06035

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S23-53. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Mario Francisco	Mario.francisco@ghymca.org	860-707-5569
<b>Meet Referee:</b>	Dylan Lee	dylantlee@gmail.com	860-235-3074
<b>Lead Admin Official:</b>	JoAnn McCaffrey	jmccaffrey@riverbrookymca.org	
<b>Entry Chair:</b>	Mario Francisco	Mario.francisco@ghymca.org	860-707-5569
<b>Safety Chair:</b>	Mario Francisco	Mario.francisco@ghymca.org	860-707-5569
<b>Officials Contact:</b>	Mike Beauchene	michael.beauchene@sbcglobal.net	
<b>Disability Contact (who to contact for disability access to your facility)</b>	Mario Francisco	Mario.francisco@ghymca.org	860-707-5569

**MEET HOST:** FVYT.

**WEBSITE:** [www.teamunify/ymca-0964](http://www.teamunify/ymca-0964)

**POOL EMERGENCY NUMBER:** 869-653-5524

**COURSE:** Short Course Yard, SCY

**SESSION TIMES:** Subject to Change

Saturday and Sunday:

12&U – Warm Up 12:00 Meet Start: 1:00pm

13&Over: Warm Up:3:30 pm Meet Start: 4:45 pm

**DEADLINES:** deadline is Entry deadline is December 1, 2023. Mail hardcopy and payment to the entry chairperson: Mario Francisco – 97 Salmon Book Street, Granby, CT 06053. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come – first served basis.

**PAYMENT INSTRUCTIONS:** Please make checks payable to **My Swim Club**.

Mail to:

**Mario Francisco**

97 Salmon Book Street, Granby, CT 06053

Payment must be received by **before the start of the swim meet**.

**ENTRY FEES:** Electronic entries:12.00 for individual events, \$12.00 for distance events Per Swimmer Facility Fee: \$0.00. Manual entries: \$15,.00 for individual events, \$15.00 for distance events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**REGISTRATION REPORTING:** The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction USA/CT Swimming meet.

**SANCTIONED OR APPROVED:** Sanctioned

**MEET DURATION:** Full meet with time limits as defined by CT/USA Swimming.

**MEET FORMAT:** The meet will be swum as [Timed-Final](#)

**FACILITY:** [The Farmington valley YMCA pool 1 is an 8-lane, 25-yard pool.](#) Water depth at start end 6.0 Water depth at turn end is:  $3 \frac{1}{2}$ . The competition course has not been certified in accordance with 104.2.2C(4). Colorado electronic timing will be used. A balcony spectator space exists. WiFi will be available to spectators and swimmers.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**MEDICAL SUPERVISION:** Lifeguards will be on duty from warm-up through the completion of each session. An AED is located on the emergency door to the pool. Should emergency personnel be needed, 911 will be called and they will respond as needed.

**WIFI ACCESS:** List if Wi-Fi is available [Password YMCAwifi123](#)

**WARM-UPS:** Swimming Warm-Up Procedures will be in effect. The warm-up schedule will be finalized when entries are closed. All 8 lanes will be used with multiple warm-up sessions to ensure each team has the opportunity to warm-up.

**EVENT INFORMATION:** [Deck entries will be accepted if approved by referee.](#)

**ENTRY LIMITATIONS:** swimmers may enter 4 events per day.

**SCRATCH PROCEDURES:** Scratch sheets will be due no more than 25 minutes after warm up begins.

### **FACILITY PROTOCOLS:**

**SAFE SPORT POLICIES:** Specific instructions will be sent to attending teams upon finalization of meet numbers.

**DISABLED ACCESS:** Handicap parking is available near the front entrance. An elevator is located just off the lobby which brings the athlete down next to the Family Locker Room.

**ELIGIBILITY:** All USA Swimming clubs and individuals. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible

**For Sanctioned Meets:** All athletes must be current athlete members of [USA Swimming](#). Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](#). Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming meet policies:

<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>

and

[https://www.ctswim.org/Customer-Content/www/CMS/files/policies\\_admin/RegistrationPolicyforMeetHosts.pdf](https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf)

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being

proficient in performing a racing start or must start each race from within the water **without the use of the backstroke ledge**. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**ADAPTED SWIMMING:** Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to the [Connecticut Swimming office](#).

**ENTRY TIMES:** Submit entry times in: Submit entry times in: SCY – NT time entries will not be accepted. Please do your best in guestimating an entry time

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at [mario.francisco@ghymca.org](mailto:mario.francisco@ghymca.org) Please check that your team name, address, and contact information are listed correctly in this file. [Payment must be received by the start of the swim meet.](#)

**ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION:** Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

**OUTREACH ENTRY FEE REIMBURSEMENT:** Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on [ctswim.org](http://ctswim.org).

### **CUT PROTOCOL:**

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

1. Athletes aged 7 and Under will be cut from the meet.
2. The distance events (400 meters or greater) may be heat limited to the **first 4** heats of entries per gender [in the order they were received](#).
3. The maximum number of events allowed per day may be reduced by one (1).
4. 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 requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

**NOTE:** If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

**RESERVE THE RIGHT TO MAKE CHANGES:** In accordance with CSI Policies, the meet referee 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. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

**RELAYS:** No

**SAFETY:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**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.

**PHOTOGRAPHY AND VIDEO RECORDING:**

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
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- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** **Yes** Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is/are **2:00 pm** for 12 and under sessions and **5:30** for 13 and over sessions. The fee for Time Trial entries are **\$12.00** for individual events and **\$20.00** for relays.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** 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.

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

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

**AWARDS:** **Yes** **heat winners**

**CONCESSIONS:** **Yes**

**HOSPITALITY FOR COACHES AND OFFICIALS:** **Yes**

**MISCELLANEOUS:**

**PARKING:** **YMCA PARKING LOT**

**DIRECTIONS:** **[97 SALMONG STREET, GRANBY, CT 06035](#)**

**LODGING:** **(OPTIONAL)**

**2021 Farmington Valley YMCA Invitational - 12/16/2023 to 12/17/2023**  
**Session Report**

Session: 1 12&U SATURDAY

Day of Meet: 1 Starts at 01:10 PM Heat Interval: 45 Seconds / Back +15 Seconds

Finals	101	Girls 12 & Under 500 Freestyle
Finals	102	Boys 12 & Under 500 Freestyle
Finals	103	Girls 12 & Under 50 Butterfly
Finals	104	Boys 12 & Under 50 Butterfly
Finals	105	Girls 12 & Under 100 Backstroke
Finals	106	Boys 12 & Under 100 Backstroke
Finals	107	Girls 12 & Under 200 Butterfly
Finals	108	Boys 12 & Under 200 Butterfly
Finals	109	Girls 12 & Under 50 Freestyle
Finals	110	Boys 12 & Under 50 Freestyle
Finals	111	Girls 12 & Under 100 Breaststroke
Finals	112	Boys 12 & Under 100 Breaststroke
Finals	113	Girls 12 & Under 100 IM
Finals	114	Boys 12 & Under 100 IM

**2021 Farmington Valley YMCA Invitational - 12/16/2023 to 12/17/2023**  
**Session Report**

Session: 2 13&OVER SATURDAY

Day of Meet: 1 Starts at 04:45 PM Heat Interval: 45 Seconds / Back +15 Seconds

- Finals 201 Girls 500 Freestyle
  - Finals 202 Boys 500 Freestyle
  - Finals 203 Girls 100 Breaststroke
  - Finals 204 Boys 100 Breaststroke
  - Finals 205 Girls 50 Freestyle
  - Finals 206 Boys 50 Freestyle
  - Finals 207 Girls 200 Butterfly
  - Finals 208 Boys 200 Butterfly
  - Finals 209 Girls 200 IM
  - Finals 210 Boys 200 IM
  - Finals 211 Girls 100 Backstroke
  - Finals 212 Boys 100 Backstroke
  - Finals 215 Mixed 1000 Freestyle
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**2021 Farmington Valley YMCA Invitational - 12/16/2023 to 12/17/2023**  
**Session Report**

Session: 3 12&U SUNDAY

Day of Meet: 2 Starts at 01:10 PM Heat Interval: 45 Seconds / Back +15 Seconds

Finals	301	Girls 12 & Under 200 Freestyle
Finals	302	Boys 12 & Under 200 Freestyle
Finals	303	Girls 12 & Under 100 Butterfly
Finals	304	Boys 12 & Under 100 Butterfly
Finals	305	Girls 12 & Under 200 Breaststroke
Finals	306	Boys 12 & Under 200 Breaststroke
Finals	307	Girls 12 & Under 50 Backstroke
Finals	308	Boys 12 & Under 50 Backstroke
Finals	309	Girls 12 & Under 100 Freestyle
Finals	310	Boys 12 & Under 100 Freestyle
Finals	311	Girls 12 & Under 200 Backstroke
Finals	312	Boys 12 & Under 200 Backstroke
Finals	313	Girls 12 & Under 50 Breaststroke
Finals	314	Boys 12 & Under 50 Breaststroke
Finals	315	Girls 12 & Under 200 IM
Finals	316	Boys 12 & Under 200 IM



**2021 Farmington Valley YMCA Invitational - 12/16/2023 to 12/17/2023**  
**Session Report**

Session: 4 13&OVER SUNDAY

Day of Meet: 2 Starts at 04:45 PM Heat Interval: 45 Seconds / Back +15 Seconds

Finals 401 Girls 200 Backstroke  
Finals 402 Boys 200 Backstroke  
Finals 403 Girls 100 Freestyle  
Finals 404 Boys 100 Freestyle  
Finals 405 Girls 200 Breaststroke  
Finals 406 Boys 200 Breaststroke  
Finals 407 Girls 100 Butterfly  
Finals 408 Boys 100 Butterfly  
Finals 409 Girls 200 Freestyle  
Finals 410 Boys 200 Freestyle  
Finals 413 Mixed 400 IM

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