

# 2023 WYW Distance Day

**January 27, 2024**

Wilton Family YMCA  
404 Danbury Rd.  
Wilton, CT. 06897

<http://maps.google.com/maps?hl=en&tab=wl>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S23-78. 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.

	Name	Email	Phone
Meet Director:	JoAnn McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384 x249
Meet Referee:	Liza Heller	<a href="mailto:Liza.j.heller@gmail.com">Liza.j.heller@gmail.com</a>	
Lead Admin Official	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	
Entry Chair:	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384 x249
Safety Chair	Eric Holden	<a href="mailto:eholden@riverbrookymca.org">eholden@riverbrookymca.org</a>	
Officials Contact:	Liza Heller	<a href="mailto:Liza.j.heller@gmail.com">Liza.j.heller@gmail.com</a>	
Disability Contact	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	

**MEET HOST:** Wilton Y Wahoos

**WEBSITE:** <http://www.wywahoos.org>

**POOL EMERGENCY NUMBER:** 203-762-8384

**COURSE:** SCY

**SESSION TIMES:** (Subject to change)

Warmup 7:30 am Start 9:00 am

**DEADLINE:** January 8, 2024. **MAX Entry LIMIT is 150 swimmers!** Entry will be determined by email receipt. All entries must be legible and must use full names and registration numbers from USA Swimming registration. *Any entry received after the above dates will be returned. Teams with "place holder" entries will be financially responsible for that entry fee as of that date.* Formal team entry date is determined by the date of the email entry receipt. Teams whose entries cannot be accepted will be notified as soon as the meet is full.

**PAYMENT INSTRUCTIONS:** Please make checks payable to Wilton Y Wahoos

mail to: Jo Ann McCaffrey,

Wilton Wahoos,

404 Danbury Rd.,

Wilton, CT 06897.

Payment must be received by Monday, January 22, 2024

**ENTRY FEES:** Electronic entries: \$15.00 for individual events. Manual entries: \$17.00 for individual 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 to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers may participate in a USA/CT sanctioned meet.

**SANCTIONED OR APPROVED:** Sanctioned

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

**MEET FORMAT:** The meet will be swum as timed-finals format. The events (1650 FR, 400 IM, 500 FR) will be swum combined gender, fast to slow. Depending on entries, 2 pools may be used. The meet referee reserves the right to make any adjustments to the provisions of the meet announcement necessary to ensure the fair and efficient running of the meet. Events will swim mixed gender and age, slowest to fastest.

**FACILITY:** Wilton Family YMCA, 404 Danbury Rd., Wilton, CT. The Wilton YMCA pool is a 6 lane by 50 meter facility with a dividing bulkhead and Daktronics electronic timing. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The pool is 50 meters x 15 yards with a north end pool depth of 6 ½ ft and south end pool depth of 4 ft. Some bleacher seating is provided for spectators and athletes. When the pool is divided into the 2 SCY pools, the North course is 6 .7 Ft. at the dive end and 6 .7 ft at turn end. The South Course is 6 .7 ft at the dive end and 4.7 ft at the turn end. When the pool is set up for SCY, there is a section that is 5 yards x 15 yards across between the two courses and its depth is 6.7 ft. This portion of the pool is not used during competition. Daktronic timing system will be used.

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

**MEDICAL SUPERVISION:** Lifeguards will be on deck for the entire meet. AED devices are available.

**WIFI ACCESS:** Wi-Fi is available at the YMCA , and connectivity is good.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. 6 Lanes will be used for warmups with sufficient sessions to accommodate swimmers. There will be a specific session for sprints and pace. The meet director has the right to expand or decrease warm up format dependent upon the number of swimmers.

**EVENT INFORMATION:** All events will be swum as timed finals and will be deck seeded according to the swimmers' SCY times. Deck entries **WILL NOT BE ALLOWED**

**ENTRY LIMITATIONS:** All swimmers may enter up to 2 individual events

**SCRATCH PROCEDURES:** Meet announcements and advance information shall specify check in and scratch procedures for individual and relay events and penalties for violations of those procedures. USA Swimming Rulebook 102.3

Coaches will receive a scratch sheet for each session of the meet in their information packet, listing all of their swimmers and events for that session. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table within **15 minutes after** the beginning of warm-ups. Teams failing to comply with scratch procedures will be barred from swimming in that session.

**SAFE SPORT POLICIES:** Depending on the size of the meet, spectators will be allowed on deck in a specific area or in the lobby area for limited viewing. If livestreaming is available a link will be sent out.

**DISABLED ACCESS:** Wilton Family YMCA is Handicapped-accessible. Pool deck and spectator area are accessible through men's and women's locker rooms and are also handicapped-accessible. Contact [jmccaffrey@riverbrookymca.org](mailto:jmccaffrey@riverbrookymca.org)

**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.

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 SCY.

**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 [jmccaffrey@riverbrookymca.org](mailto:jmccaffrey@riverbrookymca.org). Please check that your team name, address, and contact information are listed correctly in this file.

**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 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.

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

- Once the meet is fully subscribed, teams will be cut based on entry date
- Events will be limited to 1 event

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:** YES

**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 anytime.
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.

**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.

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

**TIME TRIALS:** NO

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** **Officials:** A meet of this size and caliber requires many workers to make it run efficiently. The Wahoos welcome anyone who would like to assist with officiating during this meet. Please contact Liza Heller (contact information listed above) if you have any officials that will be able to help, or include name, phone number and level of official with entry.

**Timers:** If necessary, *the host team will require timers from teams in proportion to the size of their entries.* Team assignments will be emailed to your team contact on the Monday before the meet. Swimmers must provide timers and counters for distance events.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

**DECK ACCESS:** Spectators will be assigned an area on deck if entries allow. **There are bleachers on deck for swimmers to sit.** Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the other areas of the pool deck.

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

**AWARDS:** No

**CONCESSIONS:** No

**HOSPITALITY FOR COACHES AND OFFICIALS: Yes**

**PARKING:** There is limited parking at the Wilton Family YMCA. Additional parking is available across the street at Wilton High School . There will be a drop off area in the lot for swimmers. Parking attendants will be available. Please park in the allowed areas only!

**DIRECTIONS:**

**From New York:** Take the Merritt Parkway to Exit 39B Follow the Route 7 North freeway to its end and turn right at the light. Turn left onto Rt. 7 North. Go 4.4 miles and turn right into the Y parking lot. The Wilton Family Y is on the right, and the Wilton High School is on the left.

**From New Haven:** Take the Merritt Parkway to exit 41(Rt 33). At the end of the ramp, turn left (north) onto Rt 33. Go North along Rt.33 for 2.5 miles. Rt 33 merges with Rt. 7. Stay on Rt. 7 for 2.6 miles to the Y. The Wilton Y is on the right and the Wilton High School is on the left.

**From I 95:** Take exit 15 to Rt. 7 North. Follow Rt 7 freeway to the end and turn right at the light. At the end of the road turn left onto old Rt. 7 North. Proceed to the Wilton Y as above.

Swimmers and their families are guests of the Wilton Family Y and must follow the rule **that no children under 12 years should be anywhere in the building unsupervised by an adult.**

**2024 WYW Distance Saturday - 1/27/2024**  
**Session Report**

Session: 1 1650 free

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Mixed 1650 Freestyle	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

Session: 2 400 IM 500 Free

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	2 Mixed 400 IM	0	0	09:00 AM	_____
Finals	3 Mixed 500 Freestyle	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____