# Candlewood Cup Invitational October 20-22, 2023

2 Huckleberry Hill Road, Brookfield, CT 06804

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S23-10. 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
<b>Meet Director:</b>	Lucy Suter	lsuter@regionalymca.org	203-775-1077
Meet Referee:	Leon Istambouli	Istambouli@gmail.com	
Lead Admin Official:	Sarah Basile	sbasile@regionalymca.org	203-775-1077
Entry Chair:	Lucy Suter	lsuter@regionalymca.org	203-775-1077
Safety Chair:	Eileen Earle	eearle@regionalymca.org	203-775-1077
<b>Officials Contact:</b>	Leon Istambouli	Istambouli@gmail.com	
<b>Disability Contact:</b>	Eileen Earle	eearle@regionalymca.org	203-775-1077

**MEET HOST:** RYWC

**WEBSITE:** www.makoswim.org

**POOL EMERGENCY NUMBER: 203-775-1077** 

**COURSE:** SCY

**SESSION TIMES: Subject to Change** 

Friday OPEN: 1:00pm Warm-Up/2:00 pm Start Friday Distance: 5:00pm Warm-Up/6:00pm Start

Saturday/Sunday 13&Over: 7:30am Warm-Up/8:30am Start Saturday/Sunday 12&Under: 12:00pm Warm-Up/1:00pm Start Saturday/Sunday OPEN: 4:00pm Warm-Up/5:00pm Start

**DEADLINES:** deadline is 10/12/23. Email pdf of hardcopy and CL2 or SD3 file to the entry chairperson: Lucy Suter at: lsuter@regionalymca.org. Payment or a copy of a check request must be received on 10/20/23 as well. All entries must be legible and must use full names and registration numbers from USA Swimming registration. The time date stamp on the email containing the electronic entry file will determine that order in which entries are received. **Teams are financially responsible for their initial entry, unless they are asked to reduce the size of the entry due to oversubscription.** 

**PAYMENT INSTRUCTIONS**: Please make checks payable to **Regional YMCA of Western CT**.

Mail to: Lucy Suter 2 Huckleberry Hill Road Brookfield, CT 06804 Payment must be received by 10/20/23.

**ENTRY FEES:** Electronic entries: \$12.00 for individual events, \$20.00 for relay events. Manual entries: \$15.00 for individual events, \$25.00 for relay events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. **Deck Entries will only be accepted from athletes already in the meet at double the electronic entry price.** 

**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-Finals. Events will be swum slow to fast, with the exception of the 400 IM and 500 Free on Friday evening and the 1000 on Sunday, they will run fastest to slowest alternating by gender. All Swimmers must provide their own timers for the distance session on Friday and the 1000 free on Sunday.

**FACILITY:** The Greenknoll Aquatics Center offers two 6 lane, 25 yard pools for warm up and competition. Water depth at start end of competition pool is: 6ft. Water depth at turn end is: 6ft. 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 end. Team and spectator seating is available. The Greenknoll Aquatics Center is covered by an air structure during the fall and winter months.

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

**MEDICAL SUPERVISION:** Lifeguards will be on duty for the duration of the meet, AED device is on the pool deck.

**WIFI ACCESS:** WiFi will be available to spectators and swimmers under the bubble and connectivity strength is fair.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. 12-lanes will be used for warm-ups. Warm up tiers will be conducted, and teams will be assigned a warm up time.

**EVENT INFORMATION:** Sessions 1, 5, and 8 are OPEN Sessions with qualifying times, standards are CT Senior Invite SCY time standards. Session 2 is a Distance session Friday, all swimmers must provide their own timers in the 400 IM and 500 Free. Sessions 3 and 6 are 13&Over Sessions with no time standards. Sessions 4 and 7 are 12&Under.

**ENTRY LIMITATIONS:** All Swimmers may compete in 4 individual events and 1 relay in every session. Swimmers may only compete in 1 event in the Friday distance session.

**SCRATCH PROCEDURES:** Teams will receive scratch sheets at the start of each session. Scratches are due at the computer table no later than 30 minutes after the start of warm up.

**FACILITY PROTOCOLS:** The locker rooms are open, but swimmers should arrive prepared to warm up. Swimmers will enter and exit the YDAC facility through the main building doors and enter and exit the pool area through the revolving doors. Any swimmer, coach, official, volunteer or spectator that is experiencing COVID-19 symptoms may not enter. Heat sheets will be posted on Meet Mobile after scratches are received. Coaches and officials will be given a hard copy of the heat sheets, but no other paper copies of the heat sheets will be posted.

**SAFE SPORT POLICIES:** Spectators will be permitted using a bracelet system, the number of spectators allowed will be based on the number of swimmers and volunteers on the pool deck. The RYWC must adhere to

bubble capacity. The meet will be livestreamed via LIVEBARN. Specific instructions on how to access livebarn feed will be shared with participating teams.

**DISABLED ACCESS:** Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email: eearle@regionalymca.org in advance to make arrangements.

**ELIGIBILITY:** 1. 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: <a href="https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf">https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf</a> and

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 <u>prior</u> to competition. Adapted athletes may direct questions to the <u>Connecticut Swimming office</u>.

**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 lsuter@regionalymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Payment or a copy of a check request must be received on 10/20/23 as well. Mail payment to: Lucy Suter, at 2 Huckleberry Hill Rd, Brookfield CT, 06804. The time date stamp on the email containing the electronic entry file will determine that order in which entries are received. Teams are financially responsible for their initial entry, unless they are asked to reduce the size of the entry due to oversubscription.

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 athletes, and their parents, 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 <u>Outreach Athlete</u> page on 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. The maximum number of events allowed per day may be reduced by one (1).
- 2. 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:** Yes. All relay swimmers must be officially entered in the meet.

#### **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
- 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

**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: No.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Teams may be assigned volunteer positions. Officials should contact Leon Istambouli. 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 be scored, 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 and B relays will be eligible for scoring and awards.

**AWARDS:** Yes. Ribbons for the top 8 swimmers in each individual event and the top 3 relay finishers will be awarded. Overall Team Champion award will be given.

**CONCESSIONS:** No.

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

**MISCELLANEOUS:** Teams are asked to please clean their team area at the conclusion of the session. The shallow pool will be open for warm up/warm down during the session. The starting blocks are to only be used during designated one-way sprints prescribed in the meet warm up.

**PARKING:** All athlete and spectator parking will be in the lower and side lot of the YMCA Main Building. Coaches and officials will also be asked to park in the lower and side lot of the YMCA Building. Additional parking can be found at the medical building next to the YMCA @ 60 Old New Milford Road, Brookfield CT. Parents will be allowed to pull into the YDAC parking for swimmer drop-off, but there will be NO parking in this lot.

Session: 1 FRIDAY OPEN

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	1	Girls 50 Freestyle	0	0	26.69	02:00 PM	
Finals	2	Boys 50 Freestyle	0	0	24.69	02:00 PM	
Finals	3	Girls 200 Butterfly	0	0	2:27.30	02:00 PM	
Finals	4	Boys 200 Butterfly	0	0	2:19.60	02:00 PM	
Finals	5	Girls 100 Breaststroke	0	0	1:16.29	02:00 PM	
Finals	6	Boys 100 Breaststroke	0	0	1:09.39	02:00 PM	
Finals	7	Girls 200 Freestyle	0	0	2:03.40	02:00 PM	
Finals	8	Boys 200 Freestyle	0	0	1:57.10	02:00 PM	
Finals	9	Girls 400 IM	0	0	5:06.79	02:00 PM	
Finals	10	Boys 400 IM	0	0	4:47.49	02:00 PM	
Finals	11	Girls 400 Freestyle Relay	0	0		02:00 PM	
Finals	12	Boys 400 Freestyle Relay	0	0		02:00 PM	
		Finish Time				02:00 PM	

Session: 2 FRIDAY DISTANCE

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	13	Girls 11 & Over 400 IM	0	0		06:00 PM	
Finals	14	Boys 11 & Over 400 IM	0	0		06:00 PM	
Finals	15	Girls 10 & Over 500 Freestyle	0	0		06:00 PM	
Finals	16	Boys 10 & Over 500 Freestyle	0	0		06:00 PM	
		Finish Time				06:00 PM	

Session: 3 13&OVER SAT AM

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	17	Girls 13 & Over 50 Freestyle	0	0		08:30 AM	
Finals	18	Boys 13 & Over 50 Freestyle	0	0		08:30 AM	
Finals	19	Girls 13 & Over 200 IM	0	0		08:30 AM	
Finals	20	Boys 13 & Over 200 IM	0	0		08:30 AM	
Finals	21	Girls 13 & Over 100 Backstroke	0	0		08:30 AM	
Finals	22	Boys 13 & Over 100 Backstroke	0	0		08:30 AM	
Finals	23	Girls 13 & Over 200 Butterfly	0	0		08:30 AM	
Finals	24	Boys 13 & Over 200 Butterfly	0	0		08:30 AM	
Finals	25	Girls 13 & Over 100 Breaststroke	0	0		08:30 AM	
Finals	26	Boys 13 & Over 100 Breaststroke	0	0		08:30 AM	
Finals	27	Girls 13 & Over 200 Freestyle	0	0		08:30 AM	
Finals	28	Boys 13 & Over 200 Freestyle	0	0		08:30 AM	
Finals	29	Girls 13 & Over 50 Butterfly	0	0		08:30 AM	
Finals	30	Boys 13 & Over 50 Butterfly	0	0		08:30 AM	
		Finish Time				08:30 AM	

Session: 4 12&UNDER SAT

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	31	Girls 12 & Under 50 Freestyle	0	0		01:00 PM	
Finals	32	Boys 12 & Under 50 Freestyle	0	0		01:00 PM	
Finals	33	Girls 12 & Under 100 Breaststroke	0	0		01:00 PM	
Finals	34	Boys 12 & Under 100 Breaststroke	0	0		01:00 PM	
Finals	35	Girls 12 & Under 50 Backstroke	0	0		01:00 PM	
Finals	36	Boys 12 & Under 50 Backstroke	0	0		01:00 PM	
Finals	37	Girls 12 & Under 200 Freestyle	0	0		01:00 PM	
Finals	38	Boys 12 & Under 200 Freestyle	0	0		01:00 PM	
Finals	39	Girls 12 & Under 50 Butterfly	0	0		01:00 PM	
Finals	40	Boys 12 & Under 50 Butterfly	0	0		01:00 PM	
		Finish Time				01:00 PM	

Session: 5 SAT OPEN

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	41	Girls 100 Butterfly	0	0	1:04.59	05:00 PM	
Finals	42	Boys 100 Butterfly	0	0	59.79	05:00 PM	
Finals	43	Girls 200 Breaststroke	0	0	2:44.90	05:00 PM	
Finals	44	Boys 200 Breaststroke	0	0	2:36.40	05:00 PM	
Finals	45	Girls 100 Backstroke	0	0	1:05.79	05:00 PM	
Finals	46	Boys 100 Backstroke	0	0	1:01.19	05:00 PM	
Finals	47	Girls 500 Freestyle	0	0	5:31.29	05:00 PM	
Finals	48	Boys 500 Freestyle	0	0	5:16.89	05:00 PM	
Finals	49	Girls 400 Medley Relay	0	0		05:00 PM	
Finals	50	Boys 400 Medley Relay	0	0		05:00 PM	
		Finish Time				05:00 PM	

Session: 6 13&OVER SUN AM

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	51	Girls 13 & Over 50 Breaststroke	0	0		08:30 AM	
Finals	52	Boys 13 & Over 50 Breaststroke	0	0		08:30 AM	
Finals	53	Girls 13 & Over 100 Freestyle	0	0		08:30 AM	
Finals	54	Boys 13 & Over 100 Freestyle	0	0		08:30 AM	
Finals	55	Girls 13 & Over 200 Backstroke	0	0		08:30 AM	
Finals	56	Boys 13 & Over 200 Backstroke	0	0		08:30 AM	
Finals	57	Girls 13 & Over 100 Butterfly	0	0		08:30 AM	
Finals	58	Boys 13 & Over 100 Butterfly	0	0		08:30 AM	
Finals	59	Girls 13 & Over 200 Breaststroke	0	0		08:30 AM	
Finals	60	Boys 13 & Over 200 Breaststroke	0	0		08:30 AM	
Finals	61	Girls 13 & Over 50 Backstroke	0	0		08:30 AM	
Finals	62	Boys 13 & Over 50 Backstroke	0	0		08:30 AM	
		Finish Time				08:30 AM	

Session: 7 12&UNDER SUN

Day of Meet: 3 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	63	Girls 12 & Under 100 Freestyle	0	0		01:00 PM	
Finals	64	Boys 12 & Under 100 Freestyle	0	0		01:00 PM	
Finals	65	Girls 12 & Under 100 IM	0	0		01:00 PM	
Finals	66	Boys 12 & Under 100 IM	0	0		01:00 PM	
Finals	67	Girls 12 & Under 100 Backstroke	0	0		01:00 PM	
Finals	68	Boys 12 & Under 100 Backstroke	0	0		01:00 PM	
Finals	69	Girls 12 & Under 50 Breaststroke	0	0		01:00 PM	
Finals	70	Boys 12 & Under 50 Breaststroke	0	0		01:00 PM	
Finals	71	Girls 12 & Under 100 Butterfly	0	0		01:00 PM	
Finals	72	Boys 12 & Under 100 Butterfly	0	0		01:00 PM	
		Finish Time				01:00 PM	

Session: 8 SUN OPEN
Day of Meet: 3 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	<b>Meet Qualifying</b>	Starts at	
Finals	73	Girls 200 Medley Relay	0	0		05:00 PM	
Finals	74	Boys 200 Medley Relay	0	0		05:00 PM	
Finals	75	Girls 200 Backstroke	0	0	2:20.80	05:00 PM	
Finals	76	Boys 200 Backstroke	0	0	2:14.20	05:00 PM	
Finals	77	Girls 100 Freestyle	0	0	57.39	05:00 PM	
Finals	78	Boys 100 Freestyle	0	0	53.29	05:00 PM	
Finals	79	Girls 200 IM	0	0	2:19.70	05:00 PM	
Finals	80	Boys 200 IM	0	0	2:11.90	05:00 PM	
Finals	81	Girls 200 Freestyle Relay	0	0		05:00 PM	
Finals	82	Boys 200 Freestyle Relay	0	0		05:00 PM	
Finals	83	Girls 1000 Freestyle	0	0	11:40.99	05:00 PM	
Finals	84	Boys 1000 Freestyle	0	0	11:20.59	05:00 PM	
		Finish Time				05:00 PM	