

**2017 CT YMCA Long Course Championship
Invitational
June 23-25, 2017**

10 Huckleberry Hill Rd, Brookfield, CT 06804.

<https://goo.gl/maps/enzLp>

Held under approval of USA Swimming and Connecticut Swimming, Inc. #LA17-1. 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.

EVENTS

	Name	Email	Phone
Meet Director:	Gordon Brown	gbrown@regionalmca.org	203-775-4444 ext.129
Meet Referee:	Phillip James	phillip.m.james@gmail.com	
Entry Chair:	Gordon Brown	gbrown@regionalmca.org	203-775-4444 ext 129
Safety Chair:	Peggy Regan	gomakos@regionalmca.org	203-775-4444 ext 124
Officials Contact:	Phillip James	phillip.m.james@gmail.com	

WEBSITE: www.makoswim.org

POOL EMERGENCY NUMBER: 203-775-1113

MEET TYPE: Approved. This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championship). This meet will not count toward the eligibility requirement of Connecticut Swimming Scholar Athlete, Athlete Travel Assistance, or other CSI recognition programs with meet eligibility requirements. This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CT Zone Team selection. Times attained at this meet cannot be used for Short Course Zone Team qualification and selection.

MEET CLASSIFICATION: This is a sanctioned, closed, inter-association YMCA meet as defined by the YMCA of USA. Swimmers must be full members of the YMCA they are representing.

2017 USA Swimming Technical Rules will govern this meet.

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. Meet management reserves the right to limit heats, adjust warm-up and/or start times or make other changes to ensure a quality meet. Changes will be communicated as far in advance as possible.

MEET FORMAT: The meet will be swum as timed-finals. The age limit is 18 years of age – no lower age limits; swimmers will be separated by seed times and gender based on traditional age groups. Results will be reported for 8 & Under, 9/10, 11/12, 13/14 and 15-18 age groups. Swimmers age will be determined by the first day of the meet (6/23/17).

SCRATCH PROCEDURES: 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.

FACILITY: The Greenknoll Aquatics Center is a 6 lane, 50 meter 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 ends. Team seating is on the east side of the pool near the pond and spectator seating is available under tents on west side. Visiting teams are encouraged to bring tent structures to provide shade and cover for athletes. Athletes should bring deck chairs.

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

DISABLED ACCESS: Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email Peggy Regan at gomakos@regionallymca.org in advance to make arrangements.

COURSE: LCM.

SESSION TIMES: Subject to Change

Session 1: Friday, June 23, 2017, 4:30pm warm-up, 5:30pm start, 15/Over, timed finals

Session 2: Saturday, June 24, 2017, 7:30pm warm-up, 9:00pm start, 10/Under, timed finals

Session 3: Saturday, June 24, 2017, 1:00pm warm-up, 2:30pm start, 11-12, timed finals

Session 4: Sunday, June 25, 2017, 7:30am warm-up, 9:00am start, 13-14, timed finals

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All 6 lanes will be used for warm-ups. Teams will be assigned lanes based on their entry size. Specific warm-ups including starts will be offered.

ELIGIBILITY: 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. Registrations will not be processed at the meet.

Only YMCA Registered coaches with current certifications in the following safety courses will be permitted on deck at a YMCA Sanctioned Meet:

- **First Aid**
- **CPR**
- **Safety Training for Swim Coaches OR Lifeguarding**
- **Principles of YMCA Swimming and Diving**

Coaches may show their current YMCA coach credential, current USA Swimming coach credential or the individual current certification cards

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 OPENING DATE: Entries will be accepted no earlier than 8:00 pm on Thursday, April 13, 2017

ENTRY LIMITATIONS: Swimmers may participate in 3 individual and 2 relay events. Teams are allowed to enter up to 3 relays per event.

ENTRY TIMES: Submit entry times in: LCM. **No Times (NT) will not be accepted.**

DEADLINES: deadline is June 14th, 2017. Email a pdf file of entry report to the entry chair: Gordon Brown, gbrown@regionallymca.org. Payment, or a copy of an official check request must be postmarked or time

stamped within two business days of the entry submission. See payment instructions. 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. Hardcopies of the entry can be mailed to the entry chair: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804. All hardcopies must be legible and must use full names and registration numbers from USA Swimming registration.

CONNECTICUT-ONLY DEADLINE: N/A

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 gbrown@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.

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

ENTRY FEES: Electronic entries: \$8.00 for individual events, \$15.00 for relays. Manual entries: \$10.00 for individual events, \$20.00 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 Regional YMCA. Relay only swimmers: \$2.00.

PAYMENT INSTRUCTIONS: Please make checks payable to the Regional YMCA of Western CT and mail to: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment must be received by June 14th, 2017.

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. Teams' relays will be limited to one (1) entry per event.
2. Non-CT YMCA League Teams will be removed.
3. 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. Teams may enter a maximum of three relays per relay event. All relay swimmers must be officially entered in the meet and be full members of their YMCA.

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.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following "Non-Camera Zones" shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

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: 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.

OFFICIALS: YMCA Sanctioned Championship 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 Sanctioned Championship 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.

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

AWARDS & SCORING:

- Awards will be awarded for 1-3 place in individual and relay events
- 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
- A Team Champion award will be awarded to the combined team that earns the most points across all ages.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

MISCELLANEOUS: The meet is hosted by The Regional YMCA of Western CT Mako Swim Club. The Greenknoll Aquatic Center is an outdoor HEATED 50 meter x 6 lane pool located on the YMCA's Camp Greenknoll, adjacent to and just west of the Regional YMCA of Western CT's Greenknoll Branch building. Shade is limited. Visiting teams should bring tents and chairs for their athletes.

PARKING: The Greenknoll Aquatic Center at Camp Greenknoll is at 10 Huckleberry Hill Road. Parking is Available on the camp grounds in specified areas. Once the camp ground areas are full overflow parking will be available at the back of the Greenknoll YMCA, located at 2 Huckleberry Hill Rd. Parking instructions may be updated before the meet, in which case all attending teams will be advised.

DIRECTIONS: The Greenknoll Aquatic Center at Camp Greenknoll is at 10 Huckleberry Hill Road, Brookfield, CT 06804. <https://goo.gl/maps/enzLp>

2017 CT YMCA Long Course Championship - 6/23/2017 to 6/25/2017**Session Report**

Session: 1 Friday evening 15-18

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 15-18 400 Medley Relay	0	0	05:30 PM	_____
Finals	2 Boys 15-18 400 Medley Relay	0	0	05:30 PM	_____
	Break: 5 Minutes:				
Finals	3 Girls 15-18 100 Freestyle	0	0	05:35 PM	_____
Finals	4 Boys 15-18 100 Freestyle	0	0	05:35 PM	_____
Finals	5 Girls 15-18 200 Backstroke	0	0	05:35 PM	_____
Finals	6 Boys 15-18 200 Backstroke	0	0	05:35 PM	_____
Finals	7 Girls 15-18 100 Breaststroke	0	0	05:35 PM	_____
Finals	8 Boys 15-18 100 Breaststroke	0	0	05:35 PM	_____
Finals	9 Girls 15-18 200 Butterfly	0	0	05:35 PM	_____
Finals	10 Boys 15-18 200 Butterfly	0	0	05:35 PM	_____
Finals	11 Girls 15-18 50 Freestyle	0	0	05:35 PM	_____
Finals	12 Boys 15-18 50 Freestyle	0	0	05:35 PM	_____
Finals	13 Girls 15-18 200 IM	0	0	05:35 PM	_____
Finals	14 Boys 15-18 200 IM	0	0	05:35 PM	_____
Finals	15 Girls 15-18 100 Backstroke	0	0	05:35 PM	_____
Finals	16 Boys 15-18 100 Backstroke	0	0	05:35 PM	_____
Finals	17 Girls 15-18 200 Breaststroke	0	0	05:35 PM	_____
Finals	18 Boys 15-18 200 Breaststroke	0	0	05:35 PM	_____
Finals	19 Girls 15-18 100 Butterfly	0	0	05:35 PM	_____
Finals	20 Boys 15-18 100 Butterfly	0	0	05:35 PM	_____
Finals	21 Girls 15-18 200 Freestyle	0	0	05:35 PM	_____
Finals	22 Boys 15-18 200 Freestyle	0	0	05:35 PM	_____
Finals	23 Girls 15-18 400 Freestyle Relay	0	0	05:35 PM	_____
Finals	24 Boys 15-18 400 Freestyle Relay	0	0	05:35 PM	_____
	Finish Time			05:35 PM	_____

2017 CT YMCA Long Course Championship - 6/23/2017 to 6/25/2017**Session Report**

Session: 2 Saturday AM 10/U

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

Round	Event	Entries	Heats	Starts at	
Finals	25 Girls 10 & Under 200 Medley Relay	0	0	09:00 AM	_____
Finals	26 Boys 10 & Under 200 Medley Relay	0	0	09:00 AM	_____
	Break: 5 Minutes:				
Finals	27 Girls 9-10 100 Backstroke	0	0	09:05 AM	_____
Finals	28 Boys 9-10 100 Backstroke	0	0	09:05 AM	_____
Finals	29 Girls 8 & Under 50 Breaststroke	0	0	09:05 AM	_____
Finals	30 Boys 8 & Under 50 Breaststroke	0	0	09:05 AM	_____
Finals	31 Girls 9-10 50 Breaststroke	0	0	09:05 AM	_____
Finals	32 Boys 9-10 50 Breaststroke	0	0	09:05 AM	_____
Finals	33 Girls 9-10 100 Butterfly	0	0	09:05 AM	_____
Finals	34 Boys 9-10 100 Butterfly	0	0	09:05 AM	_____
Finals	35 Girls 8 & Under 50 Freestyle	0	0	09:05 AM	_____
Finals	36 Boys 8 & Under 50 Freestyle	0	0	09:05 AM	_____
Finals	37 Girls 9-10 50 Freestyle	0	0	09:05 AM	_____
Finals	38 Boys 9-10 50 Freestyle	0	0	09:05 AM	_____
Finals	39 Girls 9-10 200 IM	0	0	09:05 AM	_____
Finals	40 Boys 9-10 200 IM	0	0	09:05 AM	_____
Finals	41 Girls 8 & Under 50 Backstroke	0	0	09:05 AM	_____
Finals	42 Boys 8 & Under 50 Backstroke	0	0	09:05 AM	_____
Finals	43 Girls 9-10 50 Backstroke	0	0	09:05 AM	_____
Finals	44 Boys 9-10 50 Backstroke	0	0	09:05 AM	_____
Finals	45 Girls 9-10 100 Breaststroke	0	0	09:05 AM	_____
Finals	46 Boys 9-10 100 Breaststroke	0	0	09:05 AM	_____
Finals	47 Girls 8 & Under 50 Butterfly	0	0	09:05 AM	_____
Finals	48 Boys 8 & Under 50 Butterfly	0	0	09:05 AM	_____
Finals	49 Girls 9-10 50 Butterfly	0	0	09:05 AM	_____
Finals	50 Boys 9-10 50 Butterfly	0	0	09:05 AM	_____
Finals	51 Girls 9-10 100 Freestyle	0	0	09:05 AM	_____
Finals	52 Boys 9-10 100 Freestyle	0	0	09:05 AM	_____
Finals	53 Girls 10 & Under 200 Freestyle Relay	0	0	09:05 AM	_____
Finals	54 Boys 10 & Under 200 Freestyle Relay	0	0	09:05 AM	_____
	Finish Time			09:05 AM	_____

2017 CT YMCA Long Course Championship - 6/23/2017 to 6/25/2017**Session Report**

Session: 3 Saturday PM 11-12

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

Round	Event	Entries	Heats	Starts at	
Finals	55 Girls 11-12 400 Medley Relay	0	0	02:30 PM	_____
Finals	56 Boys 11-12 400 Medley Relay	0	0	02:30 PM	_____
	Break: 5 Minutes:				
Finals	57 Girls 11-12 100 Backstroke	0	0	02:35 PM	_____
Finals	58 Boys 11-12 100 Backstroke	0	0	02:35 PM	_____
Finals	59 Girls 11-12 50 Breaststroke	0	0	02:35 PM	_____
Finals	60 Boys 11-12 50 Breaststroke	0	0	02:35 PM	_____
Finals	61 Girls 11-12 100 Butterfly	0	0	02:35 PM	_____
Finals	62 Boys 11-12 100 Butterfly	0	0	02:35 PM	_____
Finals	63 Girls 11-12 50 Freestyle	0	0	02:35 PM	_____
Finals	64 Boys 11-12 50 Freestyle	0	0	02:35 PM	_____
Finals	65 Girls 11-12 200 IM	0	0	02:35 PM	_____
Finals	66 Boys 11-12 200 IM	0	0	02:35 PM	_____
Finals	67 Girls 11-12 50 Backstroke	0	0	02:35 PM	_____
Finals	68 Boys 11-12 50 Backstroke	0	0	02:35 PM	_____
Finals	69 Girls 11-12 100 Breaststroke	0	0	02:35 PM	_____
Finals	70 Boys 11-12 100 Breaststroke	0	0	02:35 PM	_____
Finals	71 Girls 11-12 50 Butterfly	0	0	02:35 PM	_____
Finals	72 Boys 11-12 50 Butterfly	0	0	02:35 PM	_____
Finals	73 Girls 11-12 100 Freestyle	0	0	02:35 PM	_____
Finals	74 Boys 11-12 100 Freestyle	0	0	02:35 PM	_____
	Break: 5 Minutes:				
Finals	75 Girls 11-12 400 Freestyle Relay	0	0	02:40 PM	_____
Finals	76 Boys 11-12 400 Freestyle Relay	0	0	02:40 PM	_____
	Finish Time			02:40 PM	_____

2017 CT YMCA Long Course Championship - 6/23/2017 to 6/25/2017**Session Report**

Session: 4 Sunday AM 13-14

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

Round	Event	Entries	Heats	Starts at	
Finals	77 Girls 13-14 400 Medley Relay	0	0	09:00 AM	_____
Finals	78 Boys 13-14 400 Medley Relay	0	0	09:00 AM	_____
	Break: 5 Minutes:				
Finals	79 Girls 13-14 100 Freestyle	0	0	09:05 AM	_____
Finals	80 Boys 13-14 100 Freestyle	0	0	09:05 AM	_____
Finals	81 Girls 13-14 200 Backstroke	0	0	09:05 AM	_____
Finals	82 Boys 13-14 200 Backstroke	0	0	09:05 AM	_____
Finals	83 Girls 13-14 100 Breaststroke	0	0	09:05 AM	_____
Finals	84 Boys 13-14 100 Breaststroke	0	0	09:05 AM	_____
Finals	85 Girls 13-14 200 Butterfly	0	0	09:05 AM	_____
Finals	86 Boys 13-14 200 Butterfly	0	0	09:05 AM	_____
Finals	87 Girls 13-14 50 Freestyle	0	0	09:05 AM	_____
Finals	88 Boys 13-14 50 Freestyle	0	0	09:05 AM	_____
Finals	89 Girls 13-14 200 IM	0	0	09:05 AM	_____
Finals	90 Boys 13-14 200 IM	0	0	09:05 AM	_____
Finals	91 Girls 13-14 100 Backstroke	0	0	09:05 AM	_____
Finals	92 Boys 13-14 100 Backstroke	0	0	09:05 AM	_____
Finals	93 Girls 13-14 200 Breaststroke	0	0	09:05 AM	_____
Finals	94 Boys 13-14 200 Breaststroke	0	0	09:05 AM	_____
Finals	95 Girls 13-14 100 Butterfly	0	0	09:05 AM	_____
Finals	96 Boys 13-14 100 Butterfly	0	0	09:05 AM	_____
Finals	97 Girls 13-14 200 Freestyle	0	0	09:05 AM	_____
Finals	98 Boys 13-14 200 Freestyle	0	0	09:05 AM	_____
	Break: 5 Minutes:				
Finals	99 Girls 13-14 400 Freestyle Relay	0	0	09:10 AM	_____
Finals	100 Boys 13-14 400 Freestyle Relay	0	0	09:10 AM	_____
	Finish Time			09:10 AM	_____