

CT YMCA Long Course Championship

June 1-3, 2018

10 Huckleberry Hill Rd, Brookfield, CT 06804.

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

Held under approval of USA Swimming and Connecticut Swimming, Inc. #LA-1. In granting this approval 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 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. 2018 USA Swimming Technical Rules will govern this meet.

Please Note: This approved meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championship). This meet does 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.

MEET FORMAT: The meet will be swum as Timed-Final. The 400 Freestyle and 400 IM events will be swum fast-to-slow, alternating heats of women and men.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for each 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. 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@regionalmca.org in advance to make arrangements.

COURSE: LCM.

SESSION TIMES: Subject to Change

Friday – Warm-up: 4:00pm Start: 5:00pm

Saturday and Sunday

12/Under AM Warm-up: 7:00am Start: 8:30am

13/Over PM Warm-up: 12:30pm Start: 2:00pm

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](#).

EVENT INFORMATION: This meet is YMCA only. Teams in the CT YMCA Swimming League will be given priority entry over teams in outside YMCA Leagues.

ENTRY OPENING DATE: Entries will be accepted no earlier than 8:00 pm on Tuesday, April 17, 2018.

ENTRY LIMITATIONS: Swimmers may participate in a maximum of 8 individual and 2 relay events. Entry limitations are 2 events for Friday evening, and 3 events for Saturday and Sunday. Teams are allowed to enter up to 3 relays per event.

ENTRY TIMES: Submit entry times in: LCM. NT entries will not be accepted.

DEADLINES: deadline is May, 18th, 2018. Email a pdf file of entry report to the entry chair: Gordon Brown, gbrown@regionalyymca.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.

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: \$13.00 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 05/25/18.

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. Team's relays will be limited to one (1) entry per event.
2. 10/Under swimmers will be removed from 400 IM or 400 Freestyle.
3. Events 400 meters or greater will be limited to the fastest 6 heats of each gender.
4. Non-CT YMCA League Teams will be removed.
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 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. Relays will be limited to 3 relays per team per 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 will 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:

- Individual events will be scored in each age group: 8/Under, 9-10, 11-12, 13-14, 15-18.
- 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>

2018 CT YMCA LC Championships - 6/1/2018 to 6/3/2018
Session Report

Session: 1 Friday Distance

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 400 IM	0	0	05:00 PM	_____
Finals	2 Boys 400 IM	0	0	05:00 PM	_____
Finals	3 Girls 12 & Under 200 Backstroke	0	0	05:00 PM	_____
Finals	4 Boys 12 & Under 200 Backstroke	0	0	05:00 PM	_____
Finals	5 Girls 12 & Under 200 Breaststroke	0	0	05:00 PM	_____
Finals	6 Boys 12 & Under 200 Breaststroke	0	0	05:00 PM	_____
Finals	7 Girls 12 & Under 200 Butterfly	0	0	05:00 PM	_____
Finals	8 Boys 12 & Under 200 Butterfly	0	0	05:00 PM	_____
Finals	9 Girls 400 Freestyle	0	0	05:00 PM	_____
Finals	10 Boys 400 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____

2018 CT YMCA LC Championships - 6/1/2018 to 6/3/2018
Session Report

Session: 2 Saturday AM - 12&Under

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

Round	Event	Entries	Heats	Starts at	
Finals	11 Mixed 10 & Under 200 Medley Relay	0	0	08:30 AM	_____
Finals	12 Mixed 12 & Under 400 Medley Relay	0	0	08:30 AM	_____
Finals	13 Girls 12 & Under 200 Freestyle	0	0	08:30 AM	_____
Finals	14 Boys 12 & Under 200 Freestyle	0	0	08:30 AM	_____
Finals	15 Girls 12 & Under 50 Butterfly	0	0	08:30 AM	_____
Finals	16 Boys 12 & Under 50 Butterfly	0	0	08:30 AM	_____
Finals	17 Girls 12 & Under 100 Breaststroke	0	0	08:30 AM	_____
Finals	18 Boys 12 & Under 100 Breaststroke	0	0	08:30 AM	_____
Finals	19 Girls 12 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	20 Boys 12 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	21 Girls 12 & Under 100 Backstroke	0	0	08:30 AM	_____
Finals	22 Boys 12 & Under 100 Backstroke	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

2018 CT YMCA LC Championships - 6/1/2018 to 6/3/2018
Session Report

Session: 3 Saturday PM - 13/Over

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

Round	Event	Entries	Heats	Starts at	
Finals	23 Girls 13-14 400 Medley Relay	0	0	02:00 PM	_____
Finals	24 Boys 13-14 400 Medley Relay	0	0	02:00 PM	_____
Finals	25 Girls 15-18 400 Medley Relay	0	0	02:00 PM	_____
Finals	26 Boys 15-18 400 Medley Relay	0	0	02:00 PM	_____
Finals	27 Girls 13 & Over 200 Freestyle	0	0	02:00 PM	_____
Finals	28 Boys 13 & Over 200 Freestyle	0	0	02:00 PM	_____
Finals	29 Girls 13 & Over 100 Butterfly	0	0	02:00 PM	_____
Finals	30 Boys 13 & Over 100 Butterfly	0	0	02:00 PM	_____
Finals	31 Girls 13 & Over 200 Breaststroke	0	0	02:00 PM	_____
Finals	32 Boys 13 & Over 200 Breaststroke	0	0	02:00 PM	_____
Finals	33 Girls 13 & Over 50 Freestyle	0	0	02:00 PM	_____
Finals	34 Boys 13 & Over 50 Freestyle	0	0	02:00 PM	_____
Finals	35 Girls 13 & Over 200 Backstroke	0	0	02:00 PM	_____
Finals	36 Boys 13 & Over 200 Backstroke	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____

2018 CT YMCA LC Championships - 6/1/2018 to 6/3/2018
Session Report

Session: 4 Sunday AM - 12&Under

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

Round	Event	Entries	Heats	Starts at	
Finals	37 Girls 10 & Under 200 Freestyle Relay	0	0	08:30 AM	_____
Finals	38 Boys 10 & Under 200 Freestyle Relay	0	0	08:30 AM	_____
Finals	39 Girls 12 & Under 400 Freestyle Relay	0	0	08:30 AM	_____
Finals	40 Boys 12 & Under 400 Freestyle Relay	0	0	08:30 AM	_____
Finals	41 Girls 12 & Under 50 Breaststroke	0	0	08:30 AM	_____
Finals	42 Boys 12 & Under 50 Breaststroke	0	0	08:30 AM	_____
Finals	43 Girls 12 & Under 100 Butterfly	0	0	08:30 AM	_____
Finals	44 Boys 12 & Under 100 Butterfly	0	0	08:30 AM	_____
Finals	45 Girls 12 & Under 50 Backstroke	0	0	08:30 AM	_____
Finals	46 Boys 12 & Under 50 Backstroke	0	0	08:30 AM	_____
Finals	47 Girls 12 & Under 200 IM	0	0	08:30 AM	_____
Finals	48 Boys 12 & Under 200 IM	0	0	08:30 AM	_____
Finals	49 Girls 12 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	50 Boys 12 & Under 100 Freestyle	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

2018 CT YMCA LC Championships - 6/1/2018 to 6/3/2018
Session Report

Session: 5 Sunday PM - 13/Over

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	51 Girls 15-18 400 Freestyle Relay	0	0	02:00 PM	_____
Finals	52 Boys 15-18 400 Freestyle Relay	0	0	02:00 PM	_____
Finals	53 Girls 13-14 400 Freestyle Relay	0	0	02:00 PM	_____
Finals	54 Boys 13-14 400 Freestyle Relay	0	0	02:00 PM	_____
Finals	55 Girls 13 & Over 100 Breaststroke	0	0	02:00 PM	_____
Finals	56 Boys 13 & Over 100 Breaststroke	0	0	02:00 PM	_____
Finals	57 Girls 13 & Over 200 Butterfly	0	0	02:00 PM	_____
Finals	58 Boys 13 & Over 200 Butterfly	0	0	02:00 PM	_____
Finals	59 Girls 13 & Over 100 Backstroke	0	0	02:00 PM	_____
Finals	60 Boys 13 & Over 100 Backstroke	0	0	02:00 PM	_____
Finals	61 Girls 13 & Over 200 IM	0	0	02:00 PM	_____
Finals	62 Boys 13 & Over 200 IM	0	0	02:00 PM	_____
Finals	65 Girls 13 & Over 100 Freestyle	0	0	02:00 PM	_____
Finals	66 Boys 13 & Over 100 Freestyle	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____