

June 5-7, 2020

2020 CT YMCA LONG COURSE CHAMPIONSHIP

MEET ANNOUNCEMENT

About the Championship

Date: June 5-7, 2020

Location: 10 Huckleberry Hill Rd, Brookfield, CT 06804

Entry Deadline: May 27, 2020

Hosted by: Regional YMCA of Western CT

Meet Director: Gordon Brown
(gbrown@regionalyymca.org)

Web Site: www.makoswim.org

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ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the CT LSC of USA Swimming.

YMCA Sanction number: TBD.

USA-S/CT Approval number LA20-1. **Note well:** Because this meet is not open to all Connecticut Swimming members, it 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.

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Championship Meet Committee 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 or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet

SESSION TIMES: Subject to Change

Friday Warm-up: 4:00pm Start: 5:15pm

Saturday and Sunday

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

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

INCLEMENT WEATHER/CANCELATION: In the event that the weather prevents us from running any part of the meet we will alert the coaches via email, post a notice on our team website (www.makoswim.org), and our facebook page (MAKO SWIM CLUB). If a weather emergency occurs during the meet (ie. thunder, lightning, torrential rain, etc.) we will move all patrons into the bay building directly across from the pool and hold an immediate coaches meeting to determine if the meet will be postponed or canceled.

LOCATION AND FACILITY

Location: Greenknoll Aquatic Center

Emergency Phone Number: 203-775-1077

The Greenknoll Aquatic Center is configured as a 6 lane, 50M course. Water depth at start is 6-feet (minimum 5 feet required) and at turn end is 3-feet. Colorado electronic timing system will be used. The competition course has not been certified in accordance with 104.2.2C (4)

Spectator seating will be on bleachers on the road side of the pool.

Team seating will be in lower grass area across the bridge. There will be no team seating on deck.

WEB SITE

Meet Information can be found at: www.makoswim.org

Online Meet Results: [Meet Mobile](#) information

CONTACT INFORMATION

Meet Director: Gordon Brown (gbrown@regionalmca.org, 203-775-1077)

Entry Chairperson: Gordon Brown (gbrown@regionalmca.org, 203-775-1077)

Meet Referee: Phillip James (phillip.m.james@gmail.com)

Administrative Official: Beth Falder (beth@falder.com)

Officials Coordinator: Phillip James (phillip.m.james@gmail.com)

Safety Director: Sarah Basile (sbasile@regionalmca.org)

NOTICES

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 CREDENTIALLED, 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.

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete must be at least 4 years of age, and not older than twenty-one (21) years of age on the first day Meet.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim

Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS: 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.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIMES: No Times (NT) are not allowed. Submit entry times in LCM.

ENTRY FEES: Electronic entries: \$9.00 for individual events, \$12.00 for Friday distance events, and \$20.00 for relays. Manual entries: \$15.00 for individual events, \$20.00 for Friday distance events, and \$25.00 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.

ENTRY OPEN DATE: APRIL 16, 2020 AT 8:00PM

ENTRY DEADLINE: May 27, 2020

ENTRY PROCEDURE: Email a pdf file of entry report to the entry chair: Gordon Brown, gbrown@regionalmca.org. Clubs are responsible for the full payment of their initial entry into the meet. Clubs may update their entries prior to the entry deadline but will still be responsible for the fees associated with the initial entry. Clubs are encouraged to send accurate entries in first submission.

PAYMENT: Please make checks payable to Regional YMCA of Western CT and mail to: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment must be received by June 1, 2020.

OVER-SUBSCRIPTION: 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.
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).

Volunteers/Officials/Timers

OFFICIALS AND TIMERS: 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.

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.

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

SIGN-UP PROCEDURE: Participating clubs must be notified of work assignments by the Monday before the meet.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: 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 20 minutes after the start of warm ups; these must be returned even if a team has no scratches.

MEET PROCEDURES AND OPERATIONS

MEET COMMITTEE: The Committee will consist of the Meet Director, Meet Referee.

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed finals format. Swimmer's age will be determined as of first day of the meet/June 5, 2020.

EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. No team has exclusive rights to any pool lanes during warm up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

STARTS: 'Fly-over' starts will not be used at this meet

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on Bay Building.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass, Food, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any areas of the facility.
- 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.

AWARDS AND RECOGNITION

SCORING: 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

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

SPECTATORS

HEAT SHEETS/PROGRAMS: Yes

CONCESSION STAND: Yes

ATHLETE APPAREL: Yes

SEAT SAVING POLICY: There is no saving of seats in spectator area

HANDICAP SEATING: Yes

LOST AND FOUND: No

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- No smoking, drugs, or alcohol are permitted in the swimming complex.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/CT approval, it is understood and agreed that USA Swimming and CT Swimming 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 meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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 meet.

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.

4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

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.

DIRECTIONS

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

PARKING

Parking map and instructions will be emailed to attending teams the Monday before the meet.

APPENDIX 1: ORDER OF EVENTS

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the [MEET_NAME] _____ for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the [MEET_NAME] _____.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, [MEET_HOST_ORGANIZATION] _____, their agents, representatives or assigns, and the [MEET_LOCATION] _____ for any and all injuries which may be suffered by participants at the [MEET_NAME] _____. Furthermore, we understand that the YMCA of the USA and [MEET_HOST_ORGANIZATION] _____ are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee

This is the last page of the Meet Announcement