

LC OPEN

July 25th, 2020

10 Huckleberry Hill Rd, Brookfield, CT 06804.

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

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L20-51. 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:	Jason Paige	jpaige@regionalmca.org	203-775-1077
Meet Referee:	Phillip James	phillip.m.james@gmail.com	
Lead Admin Official:	Beth Falder	beth@falder.com	
Entry Chair:	Gordon Brown	gbrown@regionalmca.org	203-775-1077
Safety Chair:	Sarah Basile	sbasile@regionalmca.org	203-775-1077
Officials Contact:	Phillip James	phillip.m.james@gmail.com	

MEET HOST: RYWC

WEBSITE: www.makoswim.org

POOL EMERGENCY NUMBER: 203-775-1077

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-Final format. 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 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.

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 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 Sarah Basile at sbasile@regionalmca.org in advance to make arrangements.

COURSE: LCM.

SESSION TIMES: Subject to Change

Warm-up: 7:30am

Start: 8:45am

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 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

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.

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

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 April 16, 2020.

ENTRY LIMITATIONS: Swimmers are eligible to enter up to 4 events.

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

DEADLINES: Deadline is July 15, 2020. Email a pdf file of entry report to the entry chair: Gordon Brown, gbrown@regionalmca.org. Payment, or a copy of an official check request must be postmarked or time stamped within **two business days** of the entry submission. **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.** 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: CT deadline is April 20th, 2020 CT clubs meeting this deadline will be entered before out of state clubs. Only CT Teams will be entered on a first come, first served basis, in order as received, space permitting prior to this deadline. Any non-CT registered team entries received prior to this deadline will be considered to have been received on April 20, 2019. CT clubs meeting this deadline will be entered before out of state clubs.

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@regionallymca.org. Please check that your team name, address, and contact information are listed correctly in this file. **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, 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.

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](#).

ENTRY FEES: Electronic entries: \$10.00 for individual events and \$12.00 for distance event. Manual entries: \$15.00 for individual events and \$17.00 for distance events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. **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 INSTRUCTIONS: Please make checks payable to the Regional YMCA of Western CT and mail to: ATTN: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment must be received by 7/20/20.

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. Athletes aged 7 and Under will be cut from the meet.
2. The distance events (400 meters or greater) may be moved to a separate session.
3. The distance events (400 meters or greater) may be limited to the fastest 5 heats.

4. The maximum number of events allowed per day may be reduced by one (1).
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: 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. If timeline restrictions only allow for partial entry into the meet, teams will be reimbursed for the difference in entry fees.

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: No.

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.

NOTE: The spectator area at the Greenknoll Aquatic Center is all at deck level and in accordance with this policy RYWC will be restricting any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a 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. 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: Yes. Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is 11:00am. The fee for Time Trial entries is \$15.00 for individual events.

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. Swimmers in the 400IM and 400 Freestyle must provide their own timers. Participating clubs must 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 not be scored.

AWARDS: No.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: The Greenknoll Aquatic Center is located at 10 Huckleberry Hill Road. Parking instructions will be sent out to attending teams the Monday before the meet. Parking instructions may be updated before the meet, in which case all attending teams will be advised.

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

2020 Long Course Open - 7/25/2020
Session Report

Session: 1 2020 LC OPEN

Day of Meet: 1 Starts at 08:45 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	1 Women 200 IM	0	0		08:45 AM	_____
Finals	2 Men 200 IM	0	0		08:45 AM	_____
Finals	3 Women 200 Freestyle	0	0		08:45 AM	_____
Finals	4 Men 200 Freestyle	0	0		08:45 AM	_____
Finals	5 Women 100 Backstroke	0	0		08:45 AM	_____
Finals	6 Men 100 Backstroke	0	0		08:45 AM	_____
Finals	7 Women 100 Breaststroke	0	0		08:45 AM	_____
Finals	8 Men 100 Breaststroke	0	0		08:45 AM	_____
Finals	9 Women 200 Butterfly	0	0		08:45 AM	_____
Finals	10 Men 200 Butterfly	0	0		08:45 AM	_____
Finals	11 Women 50 Freestyle	0	0		08:45 AM	_____
Finals	12 Men 50 Freestyle	0	0		08:45 AM	_____
	Break: 10 Minutes: BREAK					
Finals	13 Women 100 Freestyle	0	0		08:55 AM	_____
Finals	14 Men 100 Freestyle	0	0		08:55 AM	_____
Finals	15 Women 200 Backstroke	0	0		08:55 AM	_____
Finals	16 Men 200 Backstroke	0	0		08:55 AM	_____
Finals	17 Women 200 Breaststroke	0	0		08:55 AM	_____
Finals	18 Men 200 Breaststroke	0	0		08:55 AM	_____
Finals	19 Women 100 Butterfly	0	0		08:55 AM	_____
Finals	20 Men 100 Butterfly	0	0		08:55 AM	_____
	Break: 10 Minutes: BREAK					
Finals	21 Women 400 Freestyle	0	0		09:05 AM	_____
Finals	22 Men 400 Freestyle	0	0		09:05 AM	_____
Finals	23 Women 400 IM	0	0		09:05 AM	_____
Finals	24 Men 400 IM	0	0		09:05 AM	_____
	Finish Time				09:05 AM	_____