

**2019 CONNECTICUT YMCA SWIMMING AND DIVING  
CHAMPIONSHIPS  
9-12 Year Olds**

SPONSORED AND SANCTIONED BY  
The Connecticut YMCA Swimming and Diving League  
Sanction # **PENDING**  
Hosted by the Cheshire Y/Sea Dog Swim Club  
Cheshire Community Pool  
520 South Main Street  
Cheshire, CT 06410  
January 26-27, 2019

**Held under the approval of USA Swimming and Connecticut Swimming, Inc. ,  
#A18-4**

**Please Note:** This USA/CT Swimming 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. Times attained at this meet cannot be used for Short Course Zone Team qualification and selection

**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.**

**All teams MUST submit a COI for their team to the Meet Director prior to the start of the meet**

**EVENTS**

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Kendra Kennedy	<a href="mailto:cdogentries@gmail.com">cdogentries@gmail.com</a>	860-849-7715
<b>Meet Referee:</b>	Jonah Tyler	<a href="mailto:jonah.tyler@walgreens.com">jonah.tyler@walgreens.com</a>	860-478-6574
<b>Entry Chair:</b>	Kendra Kennedy	<a href="mailto:cdogentries@gmail.com">cdogentries@gmail.com</a>	860-849-7715
<b>Safety Chair:</b>	Sean Farrell	<a href="mailto:sfarrell@sccymca.org">sfarrell@sccymca.org</a>	203-272-3150 x513

**WEBSITE:** [www.seadogswim.com](http://www.seadogswim.com)

**EMERGENCY POOL** #203-271-3208

**MEET TYPE:** CT Approved

**MEET CLASSIFICATION:** This is closed YMCA meet for 9-12 year old swimmers (Age as of 01.18.19)

2019 USA SWIMMING TECHNICAL RULES govern this meet

**All attending Teams must submit a certificate of insurance naming Cheshire YMCA 961 South Main Street, Cheshire , CT 06410 as additionally insured to the entry chair by Jan 14, 2019**

**MEET FORMAT:** Timed Finals

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for each session in their information packet at the meet. These sheets will list all swimmers and events for that session at the pool. Coaches must indicate all scratches on these sheets (or if there are no scratches) and turn them in within 15 minutes after the beginning of warm-up.

**FACILITY:** The Cheshire Community Pool is a 10-lane, 25-yard pool. Water depth at start end is: 6-8 ft. Water depth at turn end is: 6-8 ft. The competition course has not been certified in accordance with 104.2.2C(4). 10-line Daktronics Scoreboard and Electronic Timing System. Deck Seating will be available, bring deck chairs.

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

**DISABLED ACCESS:** The facility is accessible to the disabled. Please contact the Meet Director with questions.

**COURSE:** SCY.

**SESSION TIMES:**

Sat/Sun AM (11-12's): 8:00am Warm Up; 9:00am Start

Sat/Sun PM (9-10's): 1:00pm Warm Up; 2:00pm Start

***\*The meet host reserves the right to adjust the warm-up and start times after all the entries are received and accurate timelines can be determined.***

**WARM-UPS:**

CT Swimming Warm-up procedures will be in effect. There will be 2 warm-ups (20 min) in each pool and at least 10 lanes available for each session for a total of at least 20 lanes per session. Followed by sprint/pace for 15 min

**ELIGIBILITY:** All athletes must meet the standards regarding Swimmer Eligibility as stated in the YMCA of the USA Competitive Swimming Black Book. 2019 CT YMCA SWIMMING AND DIVING CHAMPIONSHIP shall be a closed competition as that term is defined in the Rules That Govern YMCA Competitive Sports. All teams must be currently registered through the YMCA online Team Registration system in order to participate in the meet. All coaches must show current certifications in the following safety courses in order to be permitted on deck at a YMCA sanctioned meet:

First Aid

CPR

Safety Training for Swim Coaches OR Lifeguarding

At least one coach on deck must be certified with the YMCA Principles of Competitive Swimming and Diving Class. Coaches may show their current YMCA credentials, current USA Swimming credentials or the individual certification cards.

**ADAPTED SWIMMING:** Any current athlete with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to the USA Swimming rules

are necessary then the coach or athlete must notify the meet refer of any disability prior to the competition.

**ENTRY LIMITATIONS:** Swimmers may enter and swim a maximum of Six (6) individual scoring events and two (2) relay events. A swimmer may swim no more than 4 events (**3 individual and 1 relay**) each day.

**RULES:**

***Current USA Swimming Rules will govern all competition. Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited.***

**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 the 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

**ENTRY FEES:**

\$8.00 per individual event, \$20.00 per relay. Please make checks payable to "STPA" and note "Y States" on the memo line. Mail the check with the entry forms and insurance waiver to:

STPA

P.O. Box 271

Cheshire, CT 06410

**LEAGUE DUES:**

There is a \$2.00 Surcharge for each swimmer entered in the meet to be included with the entry fees. Surcharges will go directly for league expenses.

**AWARDS:** Individual Events: 1-6 Medals  
7-12 Ribbons  
Relay Events: 1-3 Medals  
4-12 Ribbons

**Scoring:** Individual Events: 1st -12th place  
(16,13,12,11,10,9,7,5,4,3,2,1)  
Relay Events: 1<sup>st</sup> - 12<sup>th</sup> place  
(32,26,24,22,20,18,14,10,8,6,4,2)

**Entry Deadline:**

Entries must be received by 9:00 PM on Friday, January 11, 2019. No changes may be made after the entry is received. Any entry received after the above date will be returned.

**Electronic Entries:**

Teams are encouraged to submit their entries via email using the Hy-tek Swim Program. You may also submit in SDI format or other swim entry program. Please ZIP your entry and attach it to an email note to [cdogentries@gmail.com](mailto:cdogentries@gmail.com). Meet entries may be submitted on the official entry form or a computer generated facsimile. All entries via email must be accompanied by a pdf copy of the entry. **Your entry will not be considered final until we receive your entry fee by mail.**

**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.

It is expected that YMCA Sanctioned Championship Meets will obtain "Approved Meet" status from the local USA-S LSC and enter the results into the USA-S SWIMS database.

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.

**Work Assignments:**

All teams are required to provide timers and officials in proportion to the size of their entry. Teams will be notified as to the number of timers needed as soon as possible after the entries are received. Please send the names of officials with preferred sessions with your entry.

**Psych sheet/Results:**

The psych sheets for the entire meet will be sent out to all coaches about one week before the meet. Meet results will be posted shortly after the meet.

**PARKING:** Overflow parking available across the street at Cheshire High School.

**DIRECTIONS:**

**From 91 North:** to Exit 10 (Rt. 40 ext). Follow to the end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the pool.

**From 91 South:** to 691 West. Take exit 3 off 691, Cheshire. At the light at the end of the ramp, go left, heading South on Rt. 10. Follow Rt. 10 South through Cheshire. Pool is on the left across from the High School.

**From 84 West:** to 691 East, take the Cheshire exit. Take a right at the end of the ramp onto Rt. 10 South through Cheshire. Pool is on the left across from the High School.

**From 84 East:** to exit 26 (Rt. 70). Follow Rt. 70 into Cheshire. At Rt. 10 intersection, take a right, heading South on Rt. 10 through Cheshire. Pool is on the left across from the High School.

**2019 9-12 Year Old  
CONNECTICUT YMCA SWIMMING & DIVING CHAMPIONSHIPS**

**ORDER OF EVENTS  
Saturday, January 26, 2019**

**Saturday AM Session  
8:00 AM Warm-up, 9:00AM Start\***

<b>Girls Events #</b>		<b>Boys Event #</b>
1	11/12 200 Freestyle	2
3	11/12 50 Freestyle	4
5	11/12 100 Backstroke	6
7	11/12 100 Butterfly	8
9	11/12 100 IM	10
11	11/12 50 Breaststroke	12
13	11/12 200 Free Relay	14

**Saturday PM Session  
1:00pm Warm-up, 2:00pm Start\***

<b>Girls Events #</b>		<b>Boys Event #</b>
15	9/10 50 Freestyle	16
17	9/10 100 Backstroke	18
19	9/10 100 IM	20
21	9/10 100 Butterfly	22
23	9/10 50 Breaststroke	24
25	9/10 200 Free Relay	26

**Sunday, January 27, 2019**

**Sunday AM Session  
8:00am warm-up, 9:00am Start\***

<b>Girls Events #</b>		<b>Boys Event #</b>
27	11/12 200 IM	28
29	11/12 100 Freestyle	30
31	11/12 50 Backstroke	32
33	11/12 100 Breaststroke	34
35	11/12 50 Butterfly	36
37	11/12 200 Medley Relay	38

**Saturday PM Session  
1:00pm Warm-up, 2:00pm Start\***

<b>Girls Events #</b>		<b>Boys Event #</b>
39	9/10 200 IM	40
41	9/10 100 Freestyle	42
43	9/10 50 Backstroke	44
45	9/10 100 Breaststroke	46
47	9/10 50 Butterfly	48
49	9/10 200 Medley Relay	50

***\*The meet host reserves the right to adjust the warm-up and start times after all the entries are received and accurate timelines can be determined.***

## **Swimmer Eligibility**

### **YMCA Membership**

A Swimmer must be a YMCA member who, after due application, is enrolled by the association as a member, entitled to full privileges, activities, and services of that association. This means that members of YMCA competitive teams must have full-privilege YMCA memberships that entitle them to the same activities and services as other full privilege YMCA members.

A swimmer must be a member in good standing of his/her YMCA for **30 days** prior to competing for that YMCA in a meet. The swimmer must be a member in good standing of his/her YMCA for **90 days** prior to representing that YMCA in a district, regional, state or national championship meet. (Rules That Govern, Rule II Sec.1a) The membership status must be valid through the end of the competition. A swimmer may represent his/her YMCA *only* (in competition) for at least 90 days prior to the YMCA National Championship Meet entry deadline in order to compete in that meet. The National Advisory Committee recommends that local, district, regional and state leagues and committees adopt the same rule for their championship meets.

### **Dual Representation and Membership Transfer**

Swimmers who wish to change their membership from one YMCA to another may do so through **Transfer by Consent**. An athlete may transfer from one YMCA team to another YMCA team and be eligible to compete for his/her new YMCA team immediately upon the written consent of the YMCA that he/she previously represented. This includes transfer from one metropolitan branch to another. The membership transfer shall be completed BEFORE the individual competes for the new association or branch. This written consent must be in the form of a letter from the executive director of the YMCA association or branch that he/she previously represented. However, the athlete must still be a full privilege member of a YMCA - any YMCA - for 30 days prior to competing in any YMCA meet and be a full privilege member of a YMCA - any YMCA - for at least 90 days prior to competing in a YMCA district, regional, state or national championship meet. Once an individual transfers by consent to another YMCA, that person cannot transfer back and compete for the YMCA unit he/she previously represented for one year from the date of the original transfer. (Rules That Govern, Rule 2 Sec. 2)

Swimmers who wish to **transfer from a non-YMCA team** (USA Swimming team) to a YMCA team during the current season must observe the YMCA membership rules as stated above and in the Rules That Govern. To be eligible to compete in the YMCA National Championship meets a swimmer must not have represented any organization other than his/her YMCA team (high school excepted) for at least 90 days prior to the YMCA National Championship entry deadline. A swimmer must also have met the additional eligibility requirements for YMCA Nationals as stated below.



**2019 Y States 9-12 - 1/26/2019 to 1/27/2019****Session Report**

Session: 1 Saturday AM

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 11-12 200 Freestyle	0	0	09:00 AM	_____
Finals	2 Boys 11-12 200 Freestyle	0	0	09:00 AM	_____
Finals	3 Girls 11-12 50 Freestyle	0	0	09:00 AM	_____
Finals	4 Boys 11-12 50 Freestyle	0	0	09:00 AM	_____
Finals	5 Girls 11-12 100 Backstroke	0	0	09:00 AM	_____
Finals	6 Boys 11-12 100 Backstroke	0	0	09:00 AM	_____
Finals	7 Girls 11-12 100 Butterfly	0	0	09:00 AM	_____
Finals	8 Boys 11-12 100 Butterfly	0	0	09:00 AM	_____
Finals	9 Girls 11-12 100 IM	0	0	09:00 AM	_____
Finals	10 Boys 11-12 100 IM	0	0	09:00 AM	_____
Finals	11 Girls 11-12 50 Breaststroke	0	0	09:00 AM	_____
Finals	12 Boys 11-12 50 Breaststroke	0	0	09:00 AM	_____
Finals	13 Girls 11-12 200 Freestyle Relay	0	0	09:00 AM	_____
Finals	14 Boys 11-12 200 Freestyle Relay	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

**2019 Y States 9-12 - 1/26/2019 to 1/27/2019****Session Report**

Session: 2 Saturday PM

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	15 Girls 9-10 50 Freestyle	0	0	02:00 PM	_____
Finals	16 Boys 9-10 50 Freestyle	0	0	02:00 PM	_____
Finals	17 Girls 9-10 100 Backstroke	0	0	02:00 PM	_____
Finals	18 Boys 9-10 100 Backstroke	0	0	02:00 PM	_____
Finals	19 Girls 9-10 100 IM	0	0	02:00 PM	_____
Finals	20 Boys 9-10 100 IM	0	0	02:00 PM	_____
Finals	21 Girls 9-10 100 Butterfly	0	0	02:00 PM	_____
Finals	22 Boys 9-10 100 Butterfly	0	0	02:00 PM	_____
Finals	23 Girls 9-10 50 Breaststroke	0	0	02:00 PM	_____
Finals	24 Boys 9-10 50 Breaststroke	0	0	02:00 PM	_____
Finals	25 Girls 9-10 200 Freestyle Relay	0	0	02:00 PM	_____
Finals	26 Boys 9-10 200 Freestyle Relay	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____

**2019 Y States 9-12 - 1/26/2019 to 1/27/2019****Session Report**

Session: 3 Sunday AM

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	27 Girls 11-12 200 IM	0	0	09:00 AM	_____
Finals	28 Boys 11-12 200 IM	0	0	09:00 AM	_____
Finals	29 Girls 11-12 100 Freestyle	0	0	09:00 AM	_____
Finals	30 Boys 11-12 100 Freestyle	0	0	09:00 AM	_____
Finals	31 Girls 11-12 50 Backstroke	0	0	09:00 AM	_____
Finals	32 Boys 11-12 50 Backstroke	0	0	09:00 AM	_____
Finals	33 Girls 11-12 100 Breaststroke	0	0	09:00 AM	_____
Finals	34 Boys 11-12 100 Breaststroke	0	0	09:00 AM	_____
Finals	35 Girls 11-12 50 Butterfly	0	0	09:00 AM	_____
Finals	36 Boys 11-12 50 Butterfly	0	0	09:00 AM	_____
Finals	37 Girls 11-12 200 Medley Relay	0	0	09:00 AM	_____
Finals	38 Boys 11-12 200 Medley Relay	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

**2019 Y States 9-12 - 1/26/2019 to 1/27/2019****Session Report**

Session: 4 Sunday PM

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	39 Girls 9-10 200 IM	0	0	02:00 PM	_____
Finals	40 Boys 9-10 200 IM	0	0	02:00 PM	_____
Finals	41 Girls 9-10 100 Freestyle	0	0	02:00 PM	_____
Finals	42 Boys 9-10 100 Freestyle	0	0	02:00 PM	_____
Finals	43 Girls 9-10 50 Backstroke	0	0	02:00 PM	_____
Finals	44 Boys 9-10 50 Backstroke	0	0	02:00 PM	_____
Finals	45 Girls 9-10 100 Breaststroke	0	0	02:00 PM	_____
Finals	46 Boys 9-10 100 Breaststroke	0	0	02:00 PM	_____
Finals	47 Girls 9-10 50 Butterfly	0	0	02:00 PM	_____
Finals	48 Boys 9-10 50 Butterfly	0	0	02:00 PM	_____
Finals	49 Girls 9-10 200 Medley Relay	0	0	02:00 PM	_____
Finals	50 Boys 9-10 200 Medley Relay	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____