

March 22-24, 2019

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# **Northeast Regional YMCA All-Star Championship**

## **MEET ANNOUNCEMENT**

### **About the Championship**

Date: March 22-24, 2019

Location: Wesleyan University

Freeman Athletic Center

161 Cross St.

Middletown, CT 06457

Entry Deadline: 3/1/19

Hosted by: Regional YMCA of Western CT

Meet Director: Gordon Brown

[gbrown@regionalyymca.org](mailto:gbrown@regionalyymca.org)

Web Site: [www.makoswim.org](http://www.makoswim.org)



# Northeast Regional YMCA All-Star Championship

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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 of USA Swimming.

YMCA Sanction number: xxxxxxxx.  
USA-S/CT Approval number A18-6

**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

#### Friday

Session 1: (11/Over) Warm-up: 1:45pm Start: 2:45pm

#### Saturday and Sunday

Session 2&4: (12/Under) Warm-up: 8:00am Start: 9:00am

Session 3&5: (13/Over) Warm-up: 1:00pm Start: 2:00pm

**INCLEMENT WEATHER/CANCELATION:** Coaches will be notified via email.

### LOCATION AND FACILITY

Location: Wesleyan University, Freeman Athletic Center, 161 Cross Street  
Middletown, CT 06459



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Emergency Phone Number: 860-685-2915 (Pool Deck)

The Wesleyan University Pool is configured as a 10 lane, 25-yard course. Water depth at start and turn end is between 7.5-feet to 14-feet deep. Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4) RYWC reserves the right to adjust to a single course of 8 lanes or less if warranted by the projected time line.

Access to spectator seating area will require correct colored wristband for entry. Wristbands will be distributed to teams based on their entry size and work assignments.

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

Accessible/ Fully ADA Compliant.

### **WEB SITE**

Meet Information can be found at: [www.makoswim.org](http://www.makoswim.org)

Online Meet Results: [Meet Mobile](#)

### **CONTACT INFORMATION**

Meet Director: Gordon Brown

(E) [gbrown@regionalmca.org](mailto:gbrown@regionalmca.org) (P) (203) 775-4444 ext 129

Entry Chairperson: Gordon Brown

(E) [gbrown@regionalmca.org](mailto:gbrown@regionalmca.org) (P) (203) 775-4444 ext 129

Meet Referee: Phillip James

(E) [phillip.m.james@gmail.com](mailto:phillip.m.james@gmail.com)

Administrative Official: Beth Falder

(E) [beth@falder.com](mailto:beth@falder.com)



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Officials Coordinator: Phillip James

(E) phillip.m.james@gmail.com

Safety Director: Sarah Basile

(E) sbasile@regionalyymca.org

### NOTICES

All teams will be required to supply timers in proportion to the size of their entry. Teams providing a list of officials by March 8th, 2019 will be credited in their timing assignments. Watches to be provided by meet host. Swimmers will need to provide their own timers for the 500 freestyle for all age groups and the 11 and Over 1650 Freestyle. Participating clubs will 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.

**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



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### 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 not be older than 18 years of age on the first day Meet.

**YMCA Meet Participation:** 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.

**Times:** An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of January 1 of 2018 and the entry deadline.

**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



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**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 the following number of events:

<b>Age Group</b>	<b>Individual Events per Session</b>	<b>Relay Events per Session</b>	<b>Total Individual Events for the Meet</b>	<b>Total Relay Events for the Meet</b>
<b>9-10</b>	3	2	8	4



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<b>11-12</b>	3	2	8	4
<b>13-14</b>	3	2	8	4
<b>15-18</b>	3	2	8	4

Individual event and relay time trials will be offered at the discretion of the meet referee if time allows. There will be no Time Trials on Friday, March 24<sup>th</sup>. Time trials are \$10.00 for individual events. The decision to offer time trials will be made each session after the start of the meet. In the event that time trials will run, requests for time trials must be handed in to the Admin Referee by 10:00AM for morning sessions and 4:00PM for the afternoon sessions. Time trial events will be limited to one event per time trial session and will not count toward the total number of event limitations per session. Time trial and/or deck entry events count toward the daily limitation on the number of events a swimmer can swim (rule reference 102.2.2 and 102.2.7).

- a. A swimmer may swim no more than 3 individual events per day in a prelims/finals meet and no more than 5 individual events per day in a timed final meet
- b. Time trial events must count as a part of this daily total.

Swimmers will need to provide their own timers for time trial events. Relay only swimmers are permitted to time trial.

**QUALIFICATION PERIOD:** The qualification period is 1/1/18 through the entry deadline.

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

**TIME STANDARDS:** Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1. In order to fulfill volunteer requirements as the host team, the Regional YMCA of Western CT Mako Swim Club, and all swimmers attached to the Regional YMCA of Western CT, are not required to meet the qualifying standards set for this meet.





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**TIMES:** No Times (NT) are not allowed. Submit entry times in Actual time (no conversion). Entered times must be the swimmer's BEST time achieved during the qualifying period.

**ENTRY FEES:** Electronic entries: \$10.00 for individual events, \$20.00 for relays. Manual entries: \$15.00 for individual events, \$30.00 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: \$5.00.

**ENTRY DEADLINE:** March 1, 2019

**ENTRY PROCEDURE:** 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](mailto:gbrown@regionalyymca.org). Please check that your team name, address, and contact information are listed correctly in this file. Entries will be accepted on a first-come, first-serve basis, space permitting. Please send original entry sheets, sorted by swimmer, along with payment to the meet director, Gordon Brown, at 2 Huckleberry Hill Rd, Brookfield CT 06804. **A statement, signed by each competing YMCA's executive director, verifying that all athletes have met the membership requirements and that all coaches have met the coach certification requirements must be submitted with payment and post marked within five business days of the email receipt of the electronic entry.** Official acceptance may be waived if the payment is not submitted within this time period. In case of dispute, the original entry file will be considered the only official document of entry.

**PAYMENT:** Mail hardcopy and payment to the entry chairperson: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804.

**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. 400IM and 500 Free will be limited to only the fastest 30 swimmers per gender.
2. 1650 Freestyle will be limited to only the fastest 30 swimmers per gender.
3. Number of relays entries will be reduced or eliminated.



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4. Number of individual entries will 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 changes will be made to Program Operations and the attending teams as soon as possible and not 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. Teams providing a list of officials by March 8, 2019 will be credited in their timing assignments. Watches to be provided by meet host. Swimmers will need to provide their own timers for the 500 freestyle for all age groups and the 11 and Over 1650 Freestyle. Participating clubs will be notified of work assignments by the Monday before the meet.

**SIGN-UP PROCEDURE:** Volunteers must check in 30 minutes prior to the start of the session. Officials should contact Phillip James.

### **CHECK-IN PROCEDURE**

**MEET CHECK-IN PROCEDURE:** 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.

**TIMERS MEETING:** Timers Meeting will be conducted 20 minutes prior to the start of each session.



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### CHAMPIONSHIP PROCEDURES AND OPERATIONS

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

**RULES:** The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA 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 3/22/18. Results will be reported for 9/10, 11/12, 13/14 and 15-18 age groups.

**EVENT SEEDING:** Events will be seeded Slowest to Fastest, except for the following events: The 11&Over 1650yd freestyle, and the 11/12 and 9/10 500 Freestyle will be swum fastest to slowest and alternate girls and boys. The Meet Referee/Administrative Official reserves 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.

**DECLARED FALSE START:** An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

**NO SHOW:** No penalty.

**WARM-UP SAFETY PROCEDURES:** Teams will be assigned lanes for warm-ups with the exception of Friday's session. During general warm-up, 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



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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 be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

**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 in hallway by spectator entrance.

**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.



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- 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.

### **AWARDS AND RECOGNITION**

**AWARDS & SCORING:** Medals will be awarded for 1-3 place and ribbons for 4-8 place individual events and medals for 1-3 place for relays. 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 Only each team's A, B, and C relays will be eligible for scoring and awards. Team Champion plaques will be awarded to the women's, men's and combined team that earn the most points across all ages.

### **TIME TRIALS**

**FORMAT AND FEE:** Individual event and relay time trials will be offered at the discretion of the meet referee if time allows. There will be no Time Trials on Friday, March 23. Time trials are \$15.00 for individual events and \$30.00 for relays. The decision to offer time trials will be made each session after the start of the meet. In the event that time trials will run, requests for time trials must be handed in to the Admin Referee by 10:00AM for morning sessions and 4:00PM for the afternoon sessions. Time trial events will be limited to one event per time trial session and will not count toward the total number of event limitations per session. Time Trial events may be limited to those events published in this meet announcement. Swimmers will need to provide their own timers for time trial events. Relay only swimmers are permitted to time trial.

An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials.

### **TIME TRIAL LIMITS:**



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If USA-S Approved: Note: USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7)

- A swimmer may swim no more than 3 individual events per day in a prelims/finals meet
- Time trial events must count as a part of this daily total.

## SPECTATORS

**ADMISSION FEE:** None.

**HEAT SHEETS/PROGRAMS:** Will be available for purchase

**CONCESSION STAND:** Yes.

**ATHLETE APPAREL:** Yes.

**SEAT SAVING POLICY:** There is absolutely no saving of seats. Spectators must have valid wristband to access spectator seating area.

**HANDICAP SEATING:** Yes.

### CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area.
- 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.
- Spectators are not permitted on deck.
- 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:**



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- 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.



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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**

<https://goo.gl/maps/uK9KBmWYDNJ2>

### **PARKING**

**LOT Q, R, OR V**





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**APPENDIX 1: ORDER OF EVENTS & QUALIFYING TIMES**



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### APPENDIX 2: 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 **Northeast Regional YMCA All-Star Championship** 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 **Northeast Regional YMCA All-Star Championship**.

**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, **Regional YMCA of Western CT** their agents, representatives or assigns, and the **Wesleyan University** for any and all injuries which may be suffered by participants at the **Northeast Regional YMCA All-Star Championship**. Furthermore, we understand that the YMCA of the USA and **Regional YMCA of Western CT** are not responsible for any intended or unintended consequences related to removing an athlete from competition



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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**

**Northeast Regional YMCA All Star Championship - 3/22/2019 to 3/24/2019**  
**Session Report**

Session: 1 NE ALL STARS Session 1

Day of Meet: 1 Starts at 02:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Meet Qualifying</b>	<b>Starts at</b>	
Finals	1 Girls 11 & Over 400 IM	0	0		02:45 PM	_____
	11-12			5:35.00		
	13-14			5:35.00		
	15 & Over			5:35.00		
Finals	2 Boys 11 & Over 400 IM	0	0		02:45 PM	_____
	11-12			5:39.00		
	13-14			5:39.00		
Finals	3 Girls 11-12 200 Backstroke	0	0	3:08.00	02:45 PM	_____
Finals	4 Boys 11-12 200 Backstroke	0	0	3:20.00	02:45 PM	_____
Finals	5 Girls 11-12 200 Breaststroke	0	0	3:30.00	02:45 PM	_____
Finals	6 Boys 11-12 200 Breaststroke	0	0	3:40.00	02:45 PM	_____
Finals	7 Girls 11-12 200 Butterfly	0	0	3:23.00	02:45 PM	_____
Finals	8 Boys 11-12 200 Butterfly	0	0	3:30.00	02:45 PM	_____
	Break: 10 Minutes:					
Finals	9 Girls 11 & Over 1650 Freestyle	0	0		02:55 PM	_____
	11-12			21:29.99		
	13-14			21:29.99		
	15 & Over			21:29.99		
Finals	10 Boys 11 & Over 1650 Freestyle	0	0		02:55 PM	_____
	11-12			21:44.99		
	13-14			21:44.99		
	15 & Over			21:44.99		
	Finish Time				02:55 PM	_____

**Northeast Regional YMCA All Star Championship - 3/22/2019 to 3/24/2019**  
**Session Report**

Session: 4 NE ALL STARS Session 2 - 9/10 & 11/12

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	11 Girls 9-10 50 Freestyle	0	0	45.00	09:00 AM	_____
Finals	12 Boys 9-10 50 Freestyle	0	0	48.00	09:00 AM	_____
Finals	13 Girls 11-12 50 Freestyle	0	0	37.50	09:00 AM	_____
Finals	14 Boys 11-12 50 Freestyle	0	0	38.00	09:00 AM	_____
	Break: 5 Minutes: Awards					
Finals	15 Girls 9-10 100 Backstroke	0	0	1:39.50	09:05 AM	_____
Finals	16 Boys 9-10 100 Backstroke	0	0	1:44.00	09:05 AM	_____
Finals	17 Girls 11-12 50 Backstroke	0	0	42.00	09:05 AM	_____
Finals	18 Boys 11-12 50 Backstroke	0	0	45.00	09:05 AM	_____
	Break: 5 Minutes: Awards					
Finals	19 Girls 9-10 50 Butterfly	0	0	59.00	09:10 AM	_____
Finals	20 Boys 9-10 50 Butterfly	0	0	1:01.50	09:10 AM	_____
Finals	21 Girls 11-12 100 Butterfly	0	0	1:28.50	09:10 AM	_____
Finals	22 Boys 11-12 100 Butterfly	0	0	1:40.00	09:10 AM	_____
	Break: 5 Minutes: Awards					
Finals	23 Girls 9-10 200 Freestyle	0	0	3:07.00	09:15 AM	_____
Finals	24 Boys 9-10 200 Freestyle	0	0	3:13.00	09:15 AM	_____
Finals	25 Girls 11-12 200 Freestyle	0	0	2:36.48	09:15 AM	_____
Finals	26 Boys 11-12 200 Freestyle	0	0	2:43.00	09:15 AM	_____
	Break: 5 Minutes: Awards					
Finals	27 Girls 9-10 200 IM	0	0	3:34.99	09:20 AM	_____
Finals	28 Boys 9-10 200 IM	0	0	3:37.99	09:20 AM	_____
Finals	29 Girls 11-12 100 IM	0	0	1:23.00	09:20 AM	_____
Finals	30 Boys 11-12 100 IM	0	0	1:31.00	09:20 AM	_____
	Break: 5 Minutes: Awards					
Finals	31 Girls 9-10 50 Breaststroke	0	0	56.50	09:25 AM	_____
Finals	32 Boys 9-10 50 Breaststroke	0	0	1:01.25	09:25 AM	_____
Finals	33 Girls 11-12 100 Breaststroke	0	0	1:37.50	09:25 AM	_____
Finals	34 Boys 11-12 100 Breaststroke	0	0	1:42.50	09:25 AM	_____
	Break: 5 Minutes: Awards					
Finals	35 Girls 9-10 400 Freestyle Relay	0	0		09:30 AM	_____
Finals	36 Boys 9-10 400 Freestyle Relay	0	0		09:30 AM	_____
Finals	37 Girls 11-12 400 Freestyle Relay	0	0		09:30 AM	_____
Finals	38 Boys 11-12 400 Freestyle Relay	0	0		09:30 AM	_____
	Break: 10 Minutes: Awards					
Finals	39 Girls 9-10 500 Freestyle	0	0	7:27.50	09:40 AM	_____
Finals	40 Boys 9-10 500 Freestyle	0	0	7:40.00	09:40 AM	_____
	Finish Time				09:40 AM	_____

**Northeast Regional YMCA All Star Championship - 3/22/2019 to 3/24/2019**  
**Session Report**

Session: 5 NE ALL STARS Session 3 - 13/14 & 15-18

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	41 Girls 15-18 200 Freestyle Relay	0	0		02:00 PM	_____
Finals	42 Boys 15-18 200 Freestyle Relay	0	0		02:00 PM	_____
Finals	43 Girls 13-14 200 Freestyle Relay	0	0		02:00 PM	_____
Finals	44 Boys 13-14 200 Freestyle Relay	0	0		02:00 PM	_____
	Break: 5 Minutes: Awards					
Finals	45 Girls 15-18 50 Freestyle	0	0	34.50	02:05 PM	_____
Finals	46 Boys 15-18 50 Freestyle	0	0	32.00	02:05 PM	_____
Finals	47 Girls 13-14 50 Freestyle	0	0	35.00	02:05 PM	_____
Finals	48 Boys 13-14 50 Freestyle	0	0	34.50	02:05 PM	_____
	Break: 5 Minutes: Awards					
Finals	49 Girls 15-18 200 Backstroke	0	0	2:41.50	02:10 PM	_____
Finals	50 Boys 15-18 200 Backstroke	0	0	2:39.00	02:10 PM	_____
Finals	51 Girls 13-14 200 Backstroke	0	0	2:43.50	02:10 PM	_____
Finals	52 Boys 13-14 200 Backstroke	0	0	2:53.25	02:10 PM	_____
	Break: 5 Minutes: Awards					
Finals	53 Girls 15-18 100 Butterfly	0	0	1:25.00	02:15 PM	_____
Finals	54 Boys 15-18 100 Butterfly	0	0	1:22.50	02:15 PM	_____
Finals	55 Girls 13-14 100 Butterfly	0	0	1:30.00	02:15 PM	_____
Finals	56 Boys 13-14 100 Butterfly	0	0	1:30.50	02:15 PM	_____
	Break: 5 Minutes: Awards					
Finals	57 Girls 15-18 200 Freestyle	0	0	2:22.00	02:20 PM	_____
Finals	58 Boys 15-18 200 Freestyle	0	0	2:18.00	02:20 PM	_____
Finals	59 Girls 13-14 200 Freestyle	0	0	2:29.00	02:20 PM	_____
Finals	60 Boys 13-14 200 Freestyle	0	0	2:28.00	02:20 PM	_____
	Break: 5 Minutes: Awards					
Finals	61 Girls 15-18 100 Breaststroke	0	0	1:32.50	02:25 PM	_____
Finals	62 Boys 15-18 100 Breaststroke	0	0	1:22.00	02:25 PM	_____
Finals	63 Girls 13-14 100 Breaststroke	0	0	1:32.50	02:25 PM	_____
Finals	64 Boys 13-14 100 Breaststroke	0	0	1:36.50	02:25 PM	_____
	Break: 5 Minutes: Awards					
Finals	65 Girls 15-18 400 Medley Relay	0	0		02:30 PM	_____
Finals	66 Boys 15-18 400 Medley Relay	0	0		02:30 PM	_____
Finals	67 Girls 13-14 400 Medley Relay	0	0		02:30 PM	_____
Finals	68 Boys 13-14 400 Medley Relay	0	0		02:30 PM	_____
	Break: 10 Minutes:					
Finals	69 Girls 15-18 500 Freestyle	0	0	5:57.50	02:40 PM	_____
Finals	70 Boys 15-18 500 Freestyle	0	0	5:40.00	02:40 PM	_____
	Finish Time				02:40 PM	_____

**Northeast Regional YMCA All Star Championship - 3/22/2019 to 3/24/2019**  
**Session Report**

Session: 6 NE ALL STARS Session 4 - 9/10 & 11/12

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	71 Girls 11-12 400 Medley Relay	0	0		09:00 AM	_____
Finals	72 Boys 11-12 400 Medley Relay	0	0		09:00 AM	_____
Finals	73 Girls 9-10 400 Medley Relay	0	0		09:00 AM	_____
Finals	74 Boys 9-10 400 Medley Relay	0	0		09:00 AM	_____
	Break: 5 Minutes: Awards					
Finals	75 Girls 11-12 100 Freestyle	0	0	1:19.00	09:05 AM	_____
Finals	76 Boys 11-12 100 Freestyle	0	0	1:20.00	09:05 AM	_____
Finals	77 Girls 9-10 100 Freestyle	0	0	1:33.50	09:05 AM	_____
Finals	78 Boys 9-10 100 Freestyle	0	0	1:36.50	09:05 AM	_____
	Break: 5 Minutes: Awards					
Finals	79 Girls 11-12 100 Backstroke	0	0	1:24.00	09:10 AM	_____
Finals	80 Boys 11-12 100 Backstroke	0	0	1:30.00	09:10 AM	_____
Finals	81 Girls 9-10 50 Backstroke	0	0	49.75	09:10 AM	_____
Finals	82 Boys 9-10 50 Backstroke	0	0	52.00	09:10 AM	_____
	Break: 5 Minutes: Awards					
Finals	83 Girls 11-12 50 Butterfly	0	0	44.25	09:15 AM	_____
Finals	84 Boys 11-12 50 Butterfly	0	0	50.00	09:15 AM	_____
Finals	85 Girls 9-10 100 Butterfly	0	0	1:58.00	09:15 AM	_____
Finals	86 Boys 9-10 100 Butterfly	0	0	2:03.00	09:15 AM	_____
	Break: 5 Minutes: Awards					
Finals	87 Girls 11-12 50 Breaststroke	0	0	48.75	09:20 AM	_____
Finals	88 Boys 11-12 50 Breaststroke	0	0	51.25	09:20 AM	_____
Finals	89 Girls 9-10 100 Breaststroke	0	0	1:53.00	09:20 AM	_____
Finals	90 Boys 9-10 100 Breaststroke	0	0	2:02.50	09:20 AM	_____
	Break: 5 Minutes: Awards					
Finals	91 Girls 11-12 200 IM	0	0	3:00.00	09:25 AM	_____
Finals	92 Boys 11-12 200 IM	0	0	3:07.00	09:25 AM	_____
Finals	93 Girls 9-10 100 IM	0	0	1:37.00	09:25 AM	_____
Finals	94 Boys 9-10 100 IM	0	0	1:38.00	09:25 AM	_____
	Break: 5 Minutes: Awards					
Finals	95 Mixed 11-12 200 Freestyle Relay	0	0		09:30 AM	_____
Finals	96 Mixed 9-10 200 Freestyle Relay	0	0		09:30 AM	_____
	Break: 10 Minutes: Awards					
Finals	97 Girls 11-12 500 Freestyle	0	0	6:40.00	09:40 AM	_____
Finals	98 Boys 11-12 500 Freestyle	0	0	6:45.00	09:40 AM	_____
	Finish Time				09:40 AM	_____

**Northeast Regional YMCA All Star Championship - 3/22/2019 to 3/24/2019****Session Report**

Session: 7 NE ALL STARS Session 5 - 13/14 &amp; 15-18

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	99 Girls 13-14 400 Freestyle Relay	0	0		02:00 PM	_____
Finals	100 Boys 13-14 400 Freestyle Relay	0	0		02:00 PM	_____
Finals	101 Girls 15-18 400 Freestyle Relay	0	0		02:00 PM	_____
Finals	102 Boys 15-18 400 Freestyle Relay	0	0		02:00 PM	_____
	Break: 5 Minutes: Awards					
Finals	103 Girls 13-14 100 Freestyle	0	0	1:14.00	02:05 PM	_____
Finals	104 Boys 13-14 100 Freestyle	0	0	1:13.50	02:05 PM	_____
Finals	105 Girls 15-18 100 Freestyle	0	0	1:10.00	02:05 PM	_____
Finals	106 Boys 15-18 100 Freestyle	0	0	1:08.00	02:05 PM	_____
	Break: 5 Minutes: Awards					
Finals	107 Girls 13-14 100 Backstroke	0	0	1:21.75	02:10 PM	_____
Finals	108 Boys 13-14 100 Backstroke	0	0	1:26.75	02:10 PM	_____
Finals	109 Girls 15-18 100 Backstroke	0	0	1:20.75	02:10 PM	_____
Finals	110 Boys 15-18 100 Backstroke	0	0	1:19.50	02:10 PM	_____
	Break: 5 Minutes: Awards					
Finals	111 Girls 13-14 200 Butterfly	0	0	3:00.00	02:15 PM	_____
Finals	112 Boys 13-14 200 Butterfly	0	0	3:01.00	02:15 PM	_____
Finals	113 Girls 15-18 200 Butterfly	0	0	2:50.00	02:15 PM	_____
Finals	114 Boys 15-18 200 Butterfly	0	0	2:45.00	02:15 PM	_____
	Break: 5 Minutes: Awards					
Finals	115 Girls 13-14 200 Breaststroke	0	0	3:05.00	02:20 PM	_____
Finals	116 Boys 13-14 200 Breaststroke	0	0	3:13.00	02:20 PM	_____
Finals	117 Girls 15-18 200 Breaststroke	0	0	3:05.00	02:20 PM	_____
Finals	118 Boys 15-18 200 Breaststroke	0	0	2:56.00	02:20 PM	_____
	Break: 5 Minutes: Awards					
Finals	119 Girls 13-14 200 IM	0	0	2:40.00	02:25 PM	_____
Finals	120 Boys 13-14 200 IM	0	0	2:42.50	02:25 PM	_____
Finals	121 Girls 15-18 200 IM	0	0	2:40.00	02:25 PM	_____
Finals	122 Boys 15-18 200 IM	0	0	2:35.00	02:25 PM	_____
	Break: 5 Minutes: Awards					
Finals	123 Girls 13-14 200 Medley Relay	0	0		02:30 PM	_____
Finals	124 Boys 13-14 200 Medley Relay	0	0		02:30 PM	_____
Finals	125 Girls 15-18 200 Medley Relay	0	0		02:30 PM	_____
Finals	126 Boys 15-18 200 Medley Relay	0	0		02:30 PM	_____
	Break: 10 Minutes:					
Finals	127 Girls 13-14 500 Freestyle	0	0	6:04.50	02:40 PM	_____
Finals	128 Boys 13-14 500 Freestyle	0	0	6:08.50	02:40 PM	_____
	Finish Time				02:40 PM	_____