
2019 Connecticut Y League Swimming and Diving Open Championships

MEET ANNOUNCEMENT

About the Championship

Date: January 18-19, 2019

Location: Westport Weston Family Y

Entry Deadline: January 8, 2019

Hosted by: Westport Weston Family Y Water Rat Swim Team

Meet Director: Ellen Johnston

ejohnston@westporty.org

Web Site: www.wrat.org

Contents

About The Championship	2
Location and Facility	3
Web Site	3
Contact Information	4
Notices	4
Eligibility	5
Entry Information	6
Volunteers/Officials/Timers	7
Check-in Procedure	8
Championship Procedures and Operations	8
Awards and Recognition	11
Time Trials	11
Spectators	11
Liability, Safety and Emergency Procedures	12
Directions	14
Lodging	14
Parking	14
APPENDIX 1: Order of Events	14
APPENDIX 2: Qualifying Times	14
APPENDIX 3: YMCA Sanctioned Meet Declaration Form	15



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, open 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/CSI Approval number: #A18-3

USA-S/CSI Time Trial Approval number: Same as above

ADJUSTMENTS TO THE MEET ANNOUCEMENTS: 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:

Session I - Friday Afternoon: Open Session

Warm-up: 3:00pm

Meet Starts: 4:00pm

Session II - Saturday Morning: 15-18 and Open

Warm-up: 7:00am

Meet Starts: 8:45am

Session III - Saturday Afternoon: 13-14 and Open

Warm-up: 1:15pm

Meet Starts: 3:00pm

INCLEMENT WEATHER/CANCELATION: To be determined if needed. Teams will be notified via email.



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

LOCATION AND FACILITY

Location: Westport Weston Family Y

14 Allen Raymond Lane – Westport, CT 06880

Click [here](#) for map

Emergency Phone Number: 203-226-8981

The Westport Weston Family Y Strittmatter Natatorium is configured as a 10 lane, 25 yard course. Water depth at start is 9' and at turn end is 4'. Colorado Timing System with full color scoreboard will be used. The competition course has been certified in accordance with 104.2.2C (4). Copy of such certification is on file with USA Swimming.

Warm-up/Warm-down will be available in two (2) 20yd lanes of the family/teaching pool.

Spectator seating is available off deck.

Swimmer holding area is located in the upstairs gym. Swimmers may bring personal folding chairs for the gym only. No personal chairs will be allowed on the pool deck. The pool deck has minimal seating available, but swimmers will be able to come down to talk with their coach pre- and post-race.

Handicap parking is available near the front of the facility. Handicap accessibility is available into the spectator area. An elevator is conveniently located just off the lobby to access the youth locker rooms on the lower level.

Free guest WiFi is available. No spectator fee. Programs will be available for purchase.

WEB SITE

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

Online Meet Results: Results will be on Meet Mobile.



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

CONTACT INFORMATION

Meet Director: Ellen Johnston – ejohnston@westporty.org

Rob Urban – rurban@westporty.org

Entry Chairperson: Ellen Johnston – ejohnston@westporty.org

Meet Referee: Lorraine Kennedy – lorraine.kennedy@supportplusllc.com

Administrative Official: Adrienne Williams – awilliams@westporty.org

Officials Coordinator: Jackie Austin – jbc.austin@gmail.com

Mark McDermott – markamcdermott@aol.com

Safety Director: Jeff Bonaccorso – jbonaccorso@westporty.org

NOTICES

- Timers will be needed from visiting teams. Swimmers will need to provide his/her own timer for the 500yd Freestyle and 400 Ind. Medley.
- Parking will be available on Y property at The Red Barn. Signs will be placed to help direct as well as a parking service. Shuttle service will be available to and from over the course of the meet.
- Those wishing to officiate, please contact our Officials Coordinators listed above.
- This meet is open to Y teams out of the Connecticut Y League.
- Kid's Club will NOT be available for non-Westport Weston Family Y members.

Please Note: This USA/CT Swimming approved meet will not count toward the regular 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.



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

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 30 days prior to the first day of the meet.

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.

- CIAC High School Swimmer events should be noted as "Exhibition"

Age: An athlete must be the correct age for the age specified events. The "Open" events are open to swimmers 12 & over.

YMCA Meet Participation: Must be a current member of a YMCA.

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.



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

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 three (3) individual events per session – or if swimming both sessions, no more than five (5) individual events – plus a relay. The 25 yard Freestyle is a separate session in both the morning and afternoon and does not count towards the total number of events eligible to swim.

QUALIFICATION PERIOD: None

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

TIME STANDARDS: None

TIMES: No Times (NT) are not allowed. Submit entry times in Actual Time - no conversion. Times are to be in short course yards – scy.

ENTRY FEES:

- Electronic Entries:
 - Individual Events: \$10.00
 - 25yd Freestyle: \$1.00
 - Relays: \$20.00
- Manual Entries:
 - Individual Events: \$15.00
 - 25yd Freestyle: \$5.00
 - Relays: \$25.00



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

Please Note: 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 the control of the Westport Weston Family Y.

OTHER: \$2.00 per Swimmer League Fee

ENTRY DEADLINE: Connecticut Y League Teams: Tuesday, January 8, 2019 – in order to guarantee entry into the meet.

- Wednesday, January 9, 2019 – For ALL teams – This includes Connecticut Y League teams that did not get their entry in by the guaranteed date – see above. These entries will be first come – first serve.

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

PAYMENT: Please make checks payable to **WRAT Parents Club** and mail to: Ellen Johnston – Water Rat Swim Team; Westport Weston Family Y; 14 Allen Raymond Lane – Westport, CT 06880

OVER-SUBSCRIPTION: If the session is oversubscribed, the following protocol will be set in motion in order to reduce the timeline to the required length of participation number.

- Relay entries may be reduced.
- The maximum number of events per session may be reduced by one (1).
- Priority will be given to Connecticut Y league teams. All others will be on first come – first serve basis based on the date/time of received entries.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Participating teams will be asked to supply timers. Officials available to work are asked to contact the Officials Coordinator listed earlier in this meet announcement.

SIGN-UP PROCEDURE: At the entrance to the pool there deck will be a check-in station.

BACKGROUND CHECK POLICY: Coaches will be asked to present their coaching credentials to meet management.



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

OFFICIAL ATTIRE: White top/Navy bottom

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches should be prepared to show credentials when picking up meet packet at the computer table.

EVENT CHECK-IN: Team packets will have scratch sheets for each session for which they are participating. These will be due no later 30 minutes at the start of warm-ups.

COACHES MEETING: As needed

OFFICIALS AND TIMERS MEETING: Timers will be told where and when to meet upon check-in. Officials meeting will be conducted in the Schine Meeting Room.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee and Coach to be named.

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 as Timed Finals. Swimmer's age will be determined as of the first day of the meet – Friday, January 18, 2019.

- 500yd Freestyle and 400 Ind. Medley will run Fastest to Slowest. Alternating gender TBD.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: 500yd Freestyle and 400yd Ind. Medley. Alternating gender TBD. 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.

NO SHOW: An athlete who is seeded in an event and fails to compete in an event will not be penalized from competing in other entered events.



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups and be given a warm-up schedule. 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 his/her athletes and are expected to monitor them at all times during warm up sessions.

READY BENCH: None

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.

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



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

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.
- Swimmers are not permitted in the spectator stands.
- Shaving is not permitted in any areas of the facility.

Please Note: Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following “Non-Camera Zones” shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
 - Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups.
 - Additional "Non-Camera Zones" may be designated by Meet Management.
- Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

AWARDS AND RECOGNITION

SCORING: The Meet will be scored

- Individual Events: 1ST – 10TH [11, 9, 7, 6, 5, 4, 3, 2, 1]

AWARDS:

- 13-14:
 - Individual and Relays: Medals: 1-3 Ribbons: 4-10
- 15-18: No Awards

TIME TRIALS

FORMAT AND FEE: At the discretion of the Meet Committee. Time Trials are open only to athletes entered in the Championship meet.

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.

- If provided, a time trial will count as one of the swimmer's allotted number of events.
- If provided, the cost is \$20.00 per individual event and \$40.00 per relay
- If provided, coaches will be made aware of the entry procedure.

SPECTATORS

ADMISSION FEE: None

HEAT SHEETS: Will be available for sale as well as on Meet Mobile

CONCESSION STAND: Simply Delicious Café will be open offering food and beverages.

SEAT SAVING POLICY: Not Allowed

HANDICAP SEATING: Available

LOST AND FOUND: As needed



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

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.
- Water only in the gym.
- Personal chairs allowed in the gym and NOT on the pool deck.

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/CSI approval, it is understood and agreed that USA Swimming and CSI, 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 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.
- Each participating Y must submit – prior to the meet – a Certificate of Insurance.

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.



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

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.

EVACUATION PROCEDURE: Through the emergency doors provided on the pool deck.



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

DIRECTIONS:

The Westport Weston Family Y at Mahackeno is located directly off Exit 41 – northbound – of the Merritt Parkway.

I-95: From north or south, left turn off exit ramp. Follow up to the Merritt Parkway – Route 15. Get in the right lane and turn onto what looks to be the on ramp for the Merritt Parkway but stay in the right lane.

- You will be able to drop your child off at the front of the building but will then need to park at the Red Barn.

LODGING

There are numerous hotels in the Norwalk, Stamford, Trumbull and Fairfield area.

PARKING

Is available onsite. Visitors will be directed to park in the Red Barn Parking lot located on the Y's property. A shuttle will be available for pick and drop off at the Y's front door.

APPENDIX 1: ORDER OF EVENTS

Order of Events:

Friday	Saturday – Same Events Both Sessions	Saturday Open Events AM	Saturday Open Events PM
500yd Freestyle	200yd Medley Relay		
50yd Butterfly	200yd Freestyle		
50yd Backstroke	100yd Butterfly	X	
50yd Breaststroke	100yd Backstroke		X
400yd Ind Medley	50yd Freestyle		
	100yd Breaststroke		X
	200yd Ind Medley		
	100yd Freestyle	X	
	10 – 15 Minute Break		
	25yd Freestyle		

APPENDIX 2: QUALIFYING TIMES

None



2019 Connecticut Y League Swimming and Diving Open Championships January 18-19, 2019

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 [2019 Connecticut Y League Swimming and Diving Open Championships](#) 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 [2019 CT Y League Swimming and Diving Open Championships](#)

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, [Westport Weston Family Y Water Rat Swim Team](#), their agents, representatives or assigns, and the [Westport Weston Family Y](#) for any and all injuries which may be suffered by participants at the [2019 Connecticut Y League Swimming and Diving Open Championships](#). Furthermore, we understand that the YMCA of the USA and [Westport Weston Family Water Rat Swim Team](#) 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



**2019 Connecticut Y League Swimming and Diving
Open Championships
January 18-19, 2019**

This is the last page of the Meet Announcement