

2020 Connecticut YMCA Swimming and Diving League

9-12 League Championships

MEET ANNOUNCEMENT

About the Invitational Meet

Date: January 25-26, 2020

Location: Cheshire Community Pool
520 South Main Street
Cheshire, CT 06410

<http://goo.gl/maps/3uiXX>

Entry Deadline: Friday, January 10, 2020

Hosted by: Cheshire Y/Sea Dog Swim Club

Meet Director: Cassie Maliar cmaliar@sccymca.org

Web Site: www.seadogswim.com

Contents

About The Invitational Meet	2
Location and Facility	2
Web Site	3
Contact Information	3
Notices	4
Eligibility	4
Entry Information	5
Volunteers/Officials/Timers	6
Check-in Procedure	7
Meet Procedures and Operations	7
Awards and Recognition	9
Spectators	9
Liability, Safety and Emergency Procedures	10
Directions	11
Parking	12
APPENDIX 1: Order of Events	13
APPENDIX 2: YMCA Sanctioned Meet Declaration Form	15



CT YMCA Swimming League 9-12 Championships January 25-26, 2020

ABOUT THE INVITATIONAL MEET

This meet is a closed, CT YMCA League Invitational 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 approved by the CT LSC of USA Swimming]. There is a \$2.00 surcharge for each athlete entered in the meet to be included with the entry fees. Surcharges will go directly to league expenses.

USA-S/CT Approval number #A19-7. Note well: Because this meet is not open to all Connecticut Swimming members, it will not count toward the regularly scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championship). This meet will not count toward the eligibility requirement of Connecticut Swimming Scholar Athlete, Athlete Travel Assistance, or other CSI recognition programs with meet eligibility requirements. This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CT Zone Team selection.

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The 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 Invitational meet 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

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

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

LOCATION AND FACILITY

Location: Cheshire Community Pool

520 South Main Street

Cheshire, CT 06410

<http://goo.gl/maps/3uiXX>



CT YMCA Swimming League 9-12 Championships January 25-26, 2020

Emergency Phone Number: 203-271-3208

The Cheshire Community Pool is a 10-lane, 25-yard pool. Water depth at start end is: 6-8 feet. Water depth at turn end is: 6-8 feet. The competition course has not been certified in accordance with 104.2.2C(4). 10-line Daktronics Scoreboard and Electronic Timing System. **Bleacher seating is available for the parents. Only swimmers are allowed to use deck chairs.**

WEB SITE

Meet Information can be found at: www.seadogswim.com

Online Meet Results: Meet mobile will be available.

CONTACT INFORMATION

Meet Director: Cassie Maliar

(E) cmaliar@sccymca.org

Entry Chairperson: Cassie Maliar

(E) cmaliar@sccymca.org

Meet Referee: Mark Wollen

(E) Mark@mjwollen.com

Administrative Official:

(E)

Officials Coordinator:

(E)

Safety Chair: Sean Farrell

(E) sfarrell@sccymca.org (P) 203-272-3150 x513



CT YMCA Swimming League 9-12 Championships

January 25-26, 2020

NOTICES

All teams will be required to supply timers in proportion to the size of their entry. Teams providing a list of officials by January 13, 2020 will be credited in their timing assignments. Please send the names of officials with preferred sessions with your entry. Watches to be provided by meet host. Participating clubs will 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](#).**

YMCA 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 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.

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.

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

Age: Age as of January 17, 2020

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.

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.



CT YMCA Swimming League 9-12 Championships

January 25-26, 2020

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

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

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

TEAM

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

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet. **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 13, 2020**

ENTRY INFORMATION

ENTRY LIMITS: 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.

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



CT YMCA Swimming League 9-12 Championships January 25-26, 2020

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

ENTRY FEES: Electronic entries: \$8.00 for individual events, \$20.00 for relays. Manual entries: \$12.00 for individual events, \$24.00 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 Cheshire Y/Sea Dog Swim Club or Cheshire Community Pool.

ENTRY DEADLINE: Friday, January 10, 2020

ENTRY PROCEDURE: 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 cmaliar@sccymca.org. 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.**

PAYMENT: 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.Box271
Cheshire, CT 06410

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. Relay entries for each team may be reduced.
2. The maximum number of events allowed per day may be reduced by one (1).
3. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: All teams will be required to supply timers in proportion to the size of their entry. Watches to be provided by meet host.



CT YMCA Swimming League 9-12 Championships

January 25-26, 2020

Participating clubs must be notified of work assignments by the Monday before the meet.

CHECK-IN PROCEDURE

COACHES MEETING/SCRATCH MEETING: 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 30 minutes after the start of warm ups; these must be returned even if a team has no scratches.

OFFICIALS AND TIMERS MEETING: Timers meeting will take place 15-minutes prior to the start of the meet.

MEET PROCEDURES AND OPERATIONS

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.*

MEET FORMAT: The meet will be swum using a Timed finals format. Swimmer's age will be determined as of January 17th, 2020.

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

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

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: An athlete who is seeded in an event and fails to compete (i.e., a "no show") will not be penalized.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. 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



CT YMCA Swimming League 9-12 Championships January 25-26, 2020

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

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

STARTS: 'Fly-over' starts will 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.

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.

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 Meet 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



CT YMCA Swimming League 9-12 Championships January 25-26, 2020

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 and food 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.
- Spectators are prohibited from the athlete side of the pool.

AWARDS AND RECOGNITION

SCORING: The meet will be scored.

Individual Events: 1st – 12th (16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1)

Relay Events: 1st – 12th (32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2)

AWARDS: Yes. Individual events: 1-6 Medals, 7-12 Ribbons

Relay events: 1-3 Medals, 4-12 Ribbons

SPECTATORS

ADMISSION FEE: No.

HEAT SHEETS/PROGRAMS: Will be for sale.

CONCESSION STAND: No.

ATHLETE APPAREL: No.

SEAT SAVING POLICY: Not permitted. No deck chairs in the facility.

HANDICAP SEATING: Yes.

LOST AND FOUND: Yes.



CT YMCA Swimming League 9-12 Championships

January 25-26, 2020

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 the athlete's side of the pool.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- No glass or food inside the pool area.

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:

- granting of the USA-S/CT approval, it is understood and agreed that USA Swimming and CT 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).



CT YMCA Swimming League 9-12 Championships

January 25-26, 2020

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

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

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

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

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

DIRECTIONS

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.



CT YMCA Swimming League 9-12 Championships

January 25-26, 2020

PARKING

Overflow parking available across the street at Cheshire High School.



CT YMCA Swimming League 9-12 Championships

January 25-26, 2020

APPENDIX 1: ORDER OF EVENTS

Saturday, January 25, 2019

Saturday AM Session

8:00 AM Warm-up, 9:00AM Start*

Girls Events #		Boys Event #
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*

Girls Events #		Boys Event #
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



CT YMCA Swimming League 9-12 Championships

January 25-26, 2020

Sunday, January 26, 2019

Sunday AM Session

8:00am warm-up, 9:00am Start*

Girls Events #		Boys Event #
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*

Girls Events #		Boys Event #
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.***



CT YMCA Swimming League 9-12 Championships

January 25-26, 2020

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 [MEET_NAME] _____ for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the [MEET_NAME] _____.

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

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee



CT YMCA Swimming League 9-12 Championships
January 25-26, 2020

This is the last page of the Meet Announcement