

# 2019 Wilton Wahoos 12 & under IM Ready Meet

## December 1, 2019

Wilton Family YMCA  
404 Danbury Rd.  
Wilton, CT. 06897

<http://maps.google.com/maps?hl=en&tab=wl>

Held under sanction of USA Swimming and Connecticut Swimming #S-19-51

In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

### EVENTS:

	Name	Email	Phone
Meet Director:	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384 x 249
Meet Referee:	Liza Heller	<a href="mailto:Liza.J.Heller@gmail.com">Liza.J.Heller@gmail.com</a>	
Lead Admin Official	JoAnn McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	
Entry Chair:	Jo Ann McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384 x 249
Safety Chair:	Mary Norman	<a href="mailto:marynorman@optonline.net">marynorman@optonline.net</a>	
Officials Contact:	Liza Heller	<a href="mailto:Liza.J.Heller@gmail.com">Liza.J.Heller@gmail.com</a>	

**HOST TEAM:** Wilton Y Wahoos

**WEBSITE:** [www.wywahoos.org](http://www.wywahoos.org)

**POOL EMERGENCY NUMBER:** 203-762-8384

**SANCTIONED OR APPROVED:** SANCTIONED

**MEET DURATION:** Full meet with time limits as defined by CT/USA Swimming

**MEET FORMAT:** The meet will be swum as a Times Finals format.

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for each session of the meet in their information packet, listing all of their swimmers and events for that session. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table within **15 minutes after** the beginning of warm-ups. Coaches not turning in the scratch sheets will result in swimmers from that team being scratched from the meet for that session.

**FACILITY:** Wilton Family YMCA, 404 Danbury Rd., Wilton, CT. The Wilton YMCA pool is a 6 lane by 50 meter facility with a dividing bulkhead and Daktronics electronic timing. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool is 50 meters x 15 yards with a north end (dive end) pool depth of 6 ½ ft and south end (turn end) pool depth of 4.7 ft. When the pool is divided into the 2 SCY pools, the North course is 6.7 Ft. at the dive end and 6.7 ft at turn end. The South Course is 6.7 ft at the dive end and 4.7 ft at the turn end. When the pool is set up

for SCY, there is a section that is 5 yds x 15 yards across between the two courses and its depth is 6.7 ft. This portion of the pool is not used during competition.

Some bleacher seating is provided for spectators and athletes. **No deck chairs are permitted on the pool deck or in the hallways of the Wilton Family YMCA per Fire Marshall regulations. When available the YMCA gym will be an option for athlete/spectator seating. Chairs are permitted in the gym.**

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

**DISABLED ACCESS:** Wilton Family YMCA is Handicapped-accessible. Pool deck and spectator area are accessible through men's and women's locker rooms and are also handicapped-accessible.

**COURSE:** SCY.

**SESSION TIMES: \*SUBJECT TO CHANGE\***

Sunday                                      8:00 AM Warm up, 9:00 Start    9:00 AM Start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Six lanes will be used for warmups. (potential to use 2<sup>nd</sup> pool if needed and an additional 6 lanes)

**ELIGIBILITY:** All athletes must be current athlete members of USA Swimming. Athletes with Flex Memberships must have swum in more than 1 USA Swimming meet prior to this meet to be eligible. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](#). Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming meet policies:

<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>  
and

[https://www.ctswim.org/Customer-Content/www/CMS/files/policies\\_admin/RegistrationPolicyforMeetHosts.pdf](https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf)

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water **without the use of the backstroke ledge**. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

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

**ADAPTED SWIMMING:** Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to CT. Swimming Office.

**ENTRY LIMITATIONS:** The meet is limited to a total 300 swimmers or maximum 4 hour session. Swimmers may swim up to 5 events per session. IM Ready will consist of 1 event in each stroke plus a one other event (listed under scoring)

**ENTRY TIMES:** Submit entry times in: SCY. There are no time standards. If there are no official times for an athlete, please submit estimated times. No Times (NT) will not be accepted.

**DEADLINES:** Entry deadline will be Friday, November 15, 2019. Mail a hardcopy and payment to Jo Ann McCaffrey, Wahoos Finance Manager, 404 Danbury Rd., Wilton, CT 06897. All entries must use full names and registration numbers from USA Swimming registration. Formal team entry date is determined by the date the electronic file is received. *No changes may be made after the entry deadline. Any entry received November 15<sup>th</sup> will be returned.* Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than Wednesday, November 27<sup>th</sup>, 2019

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at [jmccaffrey@riverbrookymca.org](mailto:jmccaffrey@riverbrookymca.org). Please check that your team name, address, and contact information are listed correctly in this file. Payments should be received by Jo Ann McCaffrey, Wahoos Finance Manager, 404 Danbury Road, Wilton, CT 06897 no later than 1 week prior to the start of the meet.

**ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION:** Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) Be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

All athletes, and their parents, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

**ENTRY FEES:** Electronic entries: \$10.00 for individual events. Manual entries: \$12.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**PAYMENT INSTRUCTIONS:** Please make checks payable to Wilton Wahoos and mail to: Jo Ann McCaffrey, Wahoo Finance Office, 404 Danbury Rd., Wilton, CT 06897. Payment must be received by Friday November 22<sup>nd</sup>, 2019.

**CUT PROTOCOL:** If the meet is oversubscribed, the following cut protocol will be instituted in the order presented to reduce the timeline to the required length or participant number.

- Visiting teams may be cut 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 are received in order to fill the meet. Entries are accepted on a first come first serve basis until the meet is full (300 swimmers or meet reaches a timeline of 4 hours). Teams will be notified of any cuts or changes in the meet format as soon as possible after the entry deadline but no later than Monday November 26<sup>th</sup>, 2018.

**RESERVE THE RIGHT TO MAKE CHANGES:** In accordance with CSI policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for changes requiring approval. Clubs will be notified of any changes no later than Monday before the meet.

**RELAYS:** No

## **SAFETY:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms or locker rooms.

**SWIMWEAR:** Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

## **PHOTOGRAPHY AND VIDEO RECORDING:**

Meet Management has the full authority to restrict any and all photography 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.

**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

**RULES:** Current USA Swimming rules will govern all competition

**TIME TRIALS:** Will not be allowed

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Officials:** A meet of this size and caliber requires many workers to make it run efficiently. The Wahoos welcome anyone who would like to assist with officiating during this meet. Please contact Liza Heller (contact information listed above) if you have any officials that will be able to help, or include name, phone number and level of official with entry. **Timers:** If necessary, *the host team will require timers from teams in proportion to the size of their entries.* Team assignments will be emailed to your team contact on the Monday prior to the meet.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

**DECK ACCESS:** Spectators are permitted to sit on the bleachers on the building side of the pool. Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the non building areas of the pool deck. *No Deck chairs will be permitted*

**SCORING:** The meet will be scored. Scoring top 6. Points 7-5-4-3-2-1

**AWARDS:** Ribbons will be given in each event for 1-6<sup>th</sup> place. The top 2 High Point finishers will receive an award per gender, per age group that compete in IMR events. *A swimmer will not be eligible for high point if they do not compete in all 5 of the IMR events*

- 8/under: 50 free, 25 back, 25 breast, 25 fly, 100 IM
- 9/10: 100 free, 50 back, 50 breast, 50 fly, 100 IM
- 11/12: 200 free, 50 back, 50 breast, 50 fly, 100 IM

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**PARKING:** There is limited parking at the Wilton Family YMCA. Overflow parking will be in the high school parking lot opposite the YMCA.

**DIRECTIONS:**

**From New York:** Take the Merritt Parkway to Exit 39B Follow the Route 7 North freeway to its end and turn right at the light. Turn left onto Rt. 7 North. Go 4.4 miles and turn right into the Y parking lot. The Wilton Family Y is on the right, and the Wilton High School is on the left.

**From New Haven:** Take the Merritt Parkway to exit 41(Rt 33). At the end of the ramp, turn left (north) onto Rt 33. Go North along Rt.33 for 2.5 miles. Rt 33 merges with Rt. 7. Stay on Rt. 7 for 2.6 miles to the Y. The Wilton Y is on the right and the Wilton High School is on the left.

**From I 95:** Take exit 15 to Rt. 7 North. Follow Rt 7 freeway to the end and turn right at the light. At the end of the road turn left onto old Rt. 7 North. Proceed to the Wilton YMCA

Wilton YMCA Notes: “Swimmers and their families are guests of the Wilton Family Y and must follow the rule that no children under 12 years should be anywhere in the building unsupervised by an adult”

**2019 Wahoos IM Ready - 12/1/2019****Session Report**

Session: 1 Sunday

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 12 & Under 50 Freestyle	0	0	09:00 AM	_____
Finals	2 Boys 12 & Under 50 Freestyle	0	0	09:00 AM	_____
Finals	3 Girls 8 & Under 25 Butterfly	0	0	09:00 AM	_____
Finals	4 Boys 8 & Under 25 Butterfly	0	0	09:00 AM	_____
Finals	5 Girls 9-12 50 Butterfly	0	0	09:00 AM	_____
Finals	6 Boys 9-12 50 Butterfly	0	0	09:00 AM	_____
Finals	7 Girls 9-10 100 Freestyle	0	0	09:00 AM	_____
Finals	8 Boys 9-10 100 Freestyle	0	0	09:00 AM	_____
Finals	9 Girls 11-12 200 Freestyle	0	0	09:00 AM	_____
Finals	10 Boys 11-12 200 Freestyle	0	0	09:00 AM	_____
Finals	11 Girls 8 & Under 25 Breaststroke	0	0	09:00 AM	_____
Finals	12 Boys 8 & Under 25 Breaststroke	0	0	09:00 AM	_____
Finals	13 Girls 9-12 50 Breaststroke	0	0	09:00 AM	_____
Finals	14 Boys 9-12 50 Breaststroke	0	0	09:00 AM	_____
Finals	15 Girls 8 & Under 25 Backstroke	0	0	09:00 AM	_____
Finals	16 Boys 8 & Under 25 Backstroke	0	0	09:00 AM	_____
Finals	17 Girls 9-12 50 Backstroke	0	0	09:00 AM	_____
Finals	18 Boys 9-12 50 Backstroke	0	0	09:00 AM	_____
Finals	19 Girls 12 & Under 100 IM	0	0	09:00 AM	_____
Finals	20 Boys 12 & Under 100 IM	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____