

5 Cinco de Mako

Invitational

May 5-7, 2023

Youth Development Aquatic Center
2 Huckleberry Hill Road, Brookfield, CT 06804

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L23-9. 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.

	Name	Email	Phone
Meet Director:	Lucy Suter	lsuter@regionalmca.org	203-775-1077
Meet Referee:	Leon Istambouli	istambouli@gmail.com	
Lead Admin Official:	Sarah Basile	sbasile@regionalmca.org	203-775-1077
Entry Chair:	Lucy Suter	lsuter@regionalmca.org	203-775-1077
Safety Chair:	Sarah Basile	sbasile@regionalmca.org	203-775-1077
Officials Contact:	Leon Istambouli	istambouli@gmail.com	

MEET HOST: RYWC

WEBSITE: www.makoswim.org

POOL EMERGENCY NUMBER: 203-775-1077

COURSE: LCM.

SESSION TIMES: Subject to Change

Friday Distance: 3:30pm Warm-Up/4:30pm Start

Saturday & Sunday 12&Under: 7:15am Warm-Up/8:30am Start

Saturday & Sunday 13&Over: 12:30pm Warm-Up/1:45pm Start

ENTRY OPENING DATE: Entries will be accepted no earlier than **April 21 at 7:00p.**

CONNECTICUT-ONLY DEADLINE: There are **no CT only deadlines** for April and May meets.

DEADLINES: Deadline is **4/27/2023**, unless the meet is undersubscribed. Email pdf of hardcopy and CL2 or SD3 file to the entry chairperson: Lucy Suter at: lsuter@regionalmca.org. Payment or a copy of a check request must be received on 4/27/23 as well. All entries must be legible and must use full names and registration numbers from USA Swimming registration. The time date stamp on the email containing the electronic entry file will determine that order in which entries are received. **Teams are financially responsible for their initial entry, unless they are asked to reduce the size of the entry due to oversubscription.**

PAYMENT INSTRUCTIONS: Please make checks payable to **Regional YMCA of Western CT.**

Mail to:

Lucy Suter

2 Huckleberry Hill Road

Brookfield, CT 06801

Payment must be received by 05/05/23.

NEW FOR LC 2023 SEASON ONLY (4/1-8/31): Teams that are charged pool rental for running a regularly scheduled non CSI Championship meets, can charge a per swimmer facility fee not to exceed \$10. This charge will NOT be subject to CSI surcharges.

ENTRY FEES: Electronic entries: \$12.00 for individual events, \$12.00 for distance event, there are no relays. Per Swimmer Facility Fee: \$0.00. Manual entries: \$24.00 for individual events, \$24.00 for distance events, there are no relays. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

NEW FOR 2022-23: The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction USA/CT Swimming meet.

SANCTIONED OR APPROVED: Sanctioned.

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

MEET FORMAT: The meet will be swum Timed Finals. Events will be swum slow to fast with the exception of the **800 on Friday which** will alternate heats by gender and will be swum fastest to slowest. The 800 free is time your own. The 800 free will run in 5 lanes, lane 6 will be open for warm-up/warm-down. Warm-up in lane 6 will be entry from the shallow end only.

FACILITY: Greenknoll Youth Development and Aquatics Center offers a 6 lane, 50m heated pool for warm up and competition. Water depth at start end of competition pool is: 6ft. Water depth at turn end is: 3.5ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system with 6 lane display and touch pads at start and turn end. Team seating is available. The bubble enclosure will still be covering the pool for this meet. Spectator seating may be available in designated bleacher areas pending the size of each session. **NO DECK CHAIRS ARE ALLOWED IN THE SPECTATOR AREA.**

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

WIFI ACCESS: Wifi is available and connectivity is fair.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All 6 lanes will be used for warmups. Teams will be assigned lanes based on their entry size. Specific warm-ups including starts will be offered.

EVENT INFORMATION: The locker rooms are open, but swimmers should arrive prepared to warm up. Swimmers will enter and exit the YDAC facility through the main building doors and enter and exit the pool area through the revolving doors.

ENTRY LIMITATIONS: Swimmers may enter 3 events per day Saturday and Sunday. Deck entries will be accepted for swimmers already entered in the meet, if time allows at the manual entry price.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet for each 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 20 minutes after the start of warm ups; these must be returned even if a team has no scratches.

LIST ANY PROTOCOLS FOR FACILITY or WHAT TO BRING: This is a timed final event. Deck capacity is limited to 350 people (athletes, coaches, volunteers and spectators). The meet will be held under the air structure. Team seating will be provided on deck, but teams may elect to sit outside if they choose. Teams that sit outside may bring team tents. Tents must be secured to the ground for the safety of all.

SAFE SPORT POLICIES: We will allow spectators based on bubble capacity, using a bracelet system. The meet will also be live streamed via Livebarn.

DISABLED ACCESS: Limited handicapped parking available. Disabled access is through front entrance only. If special assistance is required by athletes, coaches or spectators, please contact the Safety Chairman at sbasile@regionalmca.org.

ELIGIBILITY: All USA Swimming clubs and individuals. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

For Sanctioned Meets: All athletes must be current athlete members of [USA Swimming](#). Age on the first day of the meet shall determine the swimmer's age and age group for the meet. [List any restrictions, such as age, etc.](#) 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-](https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf)

[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.

For Approved Meets: [List any restrictions, such as membership in invited teams, age, etc.](#)

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet 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 the [Connecticut Swimming office](#).

ENTRY TIMES: Submit entry times in: LCM. NT entries will not be accepted.

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 lsuter@regionalmca.org. Please check that your team name, address, and contact information are listed correctly in this file. Clubs are responsible for the full payment of their initial entry into the meet. Clubs may update their entries prior to the entry deadline but will still be responsible for the fees associated with the initial entry. Clubs are encouraged to send accurate entries in first submission. Payment, or a copy of an official check request must be postmarked or time stamped within two business days of the entry submission. Entries will be accepted on a first come, first served basis, in the order in which they are received, space permitting. Formal entry is determined by the date of email receipt as long as entry fee or check request is postmarked/ time stamped within two business

days. Failure to send the payment or proof that payment will be made (check request) will cause entry to lose priority and formal entry will be based on the date that payment is received.

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

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

CUT PROTOCOL:

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. Teams will be asked to finalize their entries (only entries the same size or smaller will be accepted) Upon receiving the finalized entry
2. Athletes aged 7 and Under will be cut from the meet.
3. The maximum number of events allowed per day may be reduced by one (1).
4. 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 requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no 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).

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 all changes requiring approval. Clubs will be notified of 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 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, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. 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.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

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.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

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 USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: All teams will be required to supply timers in proportion to the size of their entry. Watches to be provided by meet host. Swimmers on Friday evening must provide their own timers in the 800 free. 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](#).

DECK ACCESS: Athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck. We may allow a designated number of spectators based on the number of athletes entered. Per the local fire Marshall, we must stay under bubble capacity. Teams will be notified of the procedure for spectators prior to the meet.

SCORING: The meet will not be scored.

AWARDS: Yes. Ribbons will be awarded to the top 6 finishers in each individual event.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

MISCELLANEOUS: Teams are asked to please clean their team area at the conclusion of each session.

PARKING: All athlete and spectator parking will be in the lower and side lot of the YMCA Main Building. Coaches and officials may park in the VIP Parking area adjacent to the YDAC building and camp lodge. Additional parking can be found at the medical building next to the YMCA @ 60 Old New Milford Road, Brookfield CT. Parents will be allowed to pull into the YDAC parking lot for swimmer drop-off, but there will be NO parent parking in this lot.

DIRECTIONS: The Youth Development Aquatic Center is at 10 Huckleberry Hill Road, Brookfield, CT 06804.

RYWC Cinco de Mako - 5/5/2023 to 5/7/2023**Session Report**

Session: 1 Friday Distance

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	1 Girls 11 & Over 800 Freestyle	0	0		04:30 PM	_____
Finals	2 Boys 11 & Over 800 Freestyle	0	0		04:30 PM	_____
	Finish Time				04:30 PM	_____

RYWC Cinco de Mako - 5/5/2023 to 5/7/2023**Session Report**

Session: 2 Sat 12&Under

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	3 Girls 12 & Under 200 Freestyle	0	0		08:30 AM	_____
Finals	4 Boys 12 & Under 200 Freestyle	0	0		08:30 AM	_____
Finals	5 Girls 12 & Under 50 Butterfly	0	0		08:30 AM	_____
Finals	6 Boys 12 & Under 50 Butterfly	0	0		08:30 AM	_____
Finals	7 Girls 12 & Under 100 Breaststroke	0	0		08:30 AM	_____
Finals	8 Boys 12 & Under 100 Breaststroke	0	0		08:30 AM	_____
Finals	9 Girls 12 & Under 50 Freestyle	0	0		08:30 AM	_____
Finals	10 Boys 12 & Under 50 Freestyle	0	0		08:30 AM	_____
Finals	11 Girls 12 & Under 100 Backstroke	0	0		08:30 AM	_____
Finals	12 Boys 12 & Under 100 Backstroke	0	0		08:30 AM	_____
	Finish Time				08:30 AM	_____

RYWC Cinco de Mako - 5/5/2023 to 5/7/2023**Session Report**

Session: 3 Sat 13&Over

Day of Meet: 2 Starts at 01:45 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	13 Girls 13 & Over 200 Freestyle	0	0		01:45 PM	_____
Finals	14 Boys 13 & Over 200 Freestyle	0	0		01:45 PM	_____
Finals	15 Girls 13 & Over 100 Butterfly	0	0		01:45 PM	_____
Finals	16 Boys 13 & Over 100 Butterfly	0	0		01:45 PM	_____
Finals	17 Girls 13 & Over 200 Breaststroke	0	0		01:45 PM	_____
Finals	18 Boys 13 & Over 200 Breaststroke	0	0		01:45 PM	_____
Finals	19 Girls 13 & Over 50 Freestyle	0	0		01:45 PM	_____
Finals	20 Boys 13 & Over 50 Freestyle	0	0		01:45 PM	_____
Finals	21 Girls 13 & Over 200 Backstroke	0	0		01:45 PM	_____
Finals	22 Boys 13 & Over 200 Backstroke	0	0		01:45 PM	_____
	Finish Time				01:45 PM	_____

RYWC Cinco de Mako - 5/5/2023 to 5/7/2023**Session Report**

Session: 4 Sun 12&Under

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	23 Girls 12 & Under 50 Breaststroke	0	0		08:30 AM	_____
Finals	24 Boys 12 & Under 50 Breaststroke	0	0		08:30 AM	_____
Finals	25 Girls 12 & Under 100 Butterfly	0	0		08:30 AM	_____
Finals	26 Boys 12 & Under 100 Butterfly	0	0		08:30 AM	_____
Finals	27 Girls 12 & Under 50 Backstroke	0	0		08:30 AM	_____
Finals	28 Boys 12 & Under 50 Backstroke	0	0		08:30 AM	_____
Finals	29 Girls 12 & Under 200 IM	0	0		08:30 AM	_____
Finals	30 Boys 12 & Under 200 IM	0	0		08:30 AM	_____
Finals	31 Girls 12 & Under 100 Freestyle	0	0		08:30 AM	_____
Finals	32 Boys 12 & Under 100 Freestyle	0	0		08:30 AM	_____
	Finish Time				08:30 AM	_____

RYWC Cinco de Mako - 5/5/2023 to 5/7/2023**Session Report**

Session: 5 Sun 13&Over

Day of Meet: 3 Starts at 01:45 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	33 Girls 13 & Over 100 Breaststroke	0	0		01:45 PM	_____
Finals	34 Boys 13 & Over 100 Breaststroke	0	0		01:45 PM	_____
Finals	35 Girls 13 & Over 200 Butterfly	0	0		01:45 PM	_____
Finals	36 Boys 13 & Over 200 Butterfly	0	0		01:45 PM	_____
Finals	37 Girls 13 & Over 100 Backstroke	0	0		01:45 PM	_____
Finals	38 Boys 13 & Over 100 Backstroke	0	0		01:45 PM	_____
Finals	39 Girls 13 & Over 200 IM	0	0		01:45 PM	_____
Finals	40 Boys 13 & Over 200 IM	0	0		01:45 PM	_____
Finals	41 Girls 13 & Over 100 Freestyle	0	0		01:45 PM	_____
Finals	42 Boys 13 & Over 100 Freestyle	0	0		01:45 PM	_____
	Finish Time				01:45 PM	_____