

## 2021 Long Course Season

### May Triple Threat Invite May 22-23, 2021

Southington Community YMCA  
29 High Street, Southington, CT 06489  
<https://goo.gl/maps/NUD3WzRJ3UWH17SW9>

**This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit [ctswim.org](http://ctswim.org) or the host website for any updates.**

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L21-4. 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.

#### COVID-19 Statement

In applying for this sanction, the Host, Southington RAYS, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, the Plainville Southington Regional Health District.

<https://www.pshd.org/programs/environmental-health/pools.php>

#### COVID-19 Assumption of Risk Disclaimer

We, the Southington RAYS, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at the May Triple Threat Invite or on site at the Southington Community YMCA. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at the May Triple Threat Invite and being on site at the Southington Community YMCA, you voluntarily assume all risks related to exposure to COVID-19.

#### COVID-19 Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF

NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**WAIVER:** All participants and volunteers must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Swimmers must bring the attached waiver with them or email a signed copy to [bglaude@sccymca.org](mailto:bglaude@sccymca.org)

## EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Barbara Glaude	<a href="mailto:bglaude@sccymca.org">bglaude@sccymca.org</a>	860-426-9553
<b>Meet Referee:</b>	Dylan Lee	<a href="mailto:dylantlee@gmail.com">dylantlee@gmail.com</a>	
<b>Lead Admin Official:</b>	Kaeley Steinnagel	<a href="mailto:ksteinnagel@ghymca.org">ksteinnagel@ghymca.org</a>	860-614-2008
<b>Entry Chair:</b>	Rich Niro	<a href="mailto:Niror797@gmail.com">Niror797@gmail.com</a>	860-620-2862
<b>Safety Chair:</b>	Barbara Glaude	<a href="mailto:bglaude@sccymca.org">bglaude@sccymca.org</a>	860-690-0512
<b>Officials Contact:</b>	Lisa Whitaker	<a href="mailto:llwhitaker@me.com">llwhitaker@me.com</a>	203-982-6854

**MEET HOST:** RAYS

**WEBSITE:** Southingtonrays.com

**POOL EMERGENCY NUMBER:** 860-690-0512

**SANCTIONED OR APPROVED:** Sanctioned

**MEET TYPE:** By Invitation only - 2021 USA Swimming registered swimmers from RAYS, LEHY and GWYB

**MEET FORMAT:** The meet will be swum as a Short course Timed-Final Events will be swum slow to fast.

**SCRATCH PROCEDURES:** Scratches must be provided prior to first day of meet. The meet will be pre-seeded.

**NO DECK ENTRIES WILL BE ALLOWED**

**BEFORE ENTERING FACILITY or WHAT TO BRING:** Swimmers must arrive in their suits and wear masks. Entrance for everyone in sessions 1, 3 and 4 will be the main front door and session 2 will be thru Door #9- see INGRESS and EGRESS info at end of this document. Everyone will have a temperature and COVID question screening to enter the YMCA. Deck chairs required- swimmers will be in classrooms until swim time.

### FACILITY RULES:

**All swimmers, coaches, officials and meet managers must maintain social distance whenever possible and wear a mask at all times, no exceptions. Only one heat of swimmers allowed behind the blocks at a time. There will be a designated space for all timers to stand prior to and during the meet. All touch surfaces will be cleaned between sessions.**

Planned number of individuals on deck: 25 on deck

Planned number of individuals in spectating area: all areas will be small groups in assigned areas- see GATHERING SPACES info at end of this document.

**FACILITY:** The Southington Community YMCA pool is a 6 lane, 25- yard pool. Water depth at start end is: 10 feet. Water depth at turn end is: 3 ½ feet. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system 7 will be used for this meet per USA Swimming Rulebook (102.24) NO Spectators allowed.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. No more than 3 swimmers in the locker room at one time.

**SAFE SPORT POLICIES: NO Spectators.** Meet will be livestreamed on the Southington RAYS Facebook Page.

**DISABLED ACCESS: There is handicapped parking at the entrance of the YMCA**

**COURSE:** SCY

**SESSION TIMES: Subject to Change**

Session 1: Saturday

12 and under: 12:55PM Warm up/2PM Start

Session 2: Saturday

13 and over 4:30PM Warm up/ 6PM Start

Session 3: Sunday

12 and under 7:25AM Warm up/ 830AM Start

Session 4- Sunday

13 and over 11AM Warm up/12:30PM Start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. 6 lanes will be used for warm ups. Each team will have access to the pool for a team warm up. Warm ups will be created after the entry deadline. Each team will keep record of the lane assignments for swimmers within their warm up block. Swimmers must be instructed to observe social distance guidelines.

**ELIGIBILITY:** USA Swimming clubs by invitation. This meet is only open to RAYS, LEHY and GWYB swimmers registered in CT as USA Swimming athletes. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

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. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf). 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/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 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](#).

**EVENT INFORMATION:** NO Concession, NO Spectators, NO Heat sheets available for sale (Meet info will be available online)

**ENTRY OPENING DATE:** Entries will be accepted no earlier than 8:00 pm on May 14, 2021.

**ENTRY LIMITATIONS:** 3 events for each session.

**ENTRY TIMES:** Submit entry times in: SCY

**DEADLINES:** Deadline is May 18, 2021.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is May 18, 2021.

**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 [niror797@gmail.com](mailto:niror797@gmail.com). Please check that your team name, address, and contact information are listed correctly in this file.

**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](#).

**ENTRY FEES:** Electronic entries: \$5.00 for individual events.

**OUT-OF-STATE SWIMMER SURCHARGE:** Meet host will collect a \$5.00 per out-of-state swimmer surcharge, to be forwarded in full by the host team to CT Swimming.

**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](http://ctswim.org).

**PAYMENT INSTRUCTIONS:** Each team will keep their own entry fees to continue to support your team.

## **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:

The maximum number of events allowed per day may be reduced by one (1).

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.

**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.

**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:** Work Assignments will be preassigned by the meet director. All volunteers are required to sign the COVID Waiver before being allowed on deck. 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:** Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

**SCORING:** The meet will not be scored.

**AWARDS:** No.

**CONCESSIONS:** No.

**HOSPITALITY FOR COACHES AND OFFICIALS:** No.

**PARKING:** Please park in the lot on the right side of the YMCA when facing the front door. You will also be able to see the exit door (Door #9) when parking there.

**DIRECTIONS:**

From 84 West: Take exit 32 for CT-10/Queen Street  
Turn Right onto CT-10/Queen Street  
Follow CT-10S for 2.2 miles  
Turn right onto Mill Street  
Turn left into YMCA Parking lot- Door #9 will be directly in front of you

From 84 East: Take exit 30 toward W. Main St/Marion Ave  
Turn left onto Atwater Street  
Turn Right onto Marion Ave  
Turn Left onto West Street  
Turn Right onto Mill Street  
Turn right into YMCA Parking Lot- Door #9 will be directly in front of you.

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at Southington YMCA or any RAYS related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) Southington YMCA RAYS and / or Southington YMCA and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this \_\_\_\_ day of May, 2021.

SIGNATURE: \_\_\_\_\_

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

NAMES OF MINOR CHILD(REN), IF ANY: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



**Rays vs. LEHY vs. Waterbury Y - 5/22/2021 to 5/23/2021**  
**Session Report**

Session: 1 12 & Under, Session 1

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 60 Seconds / Back +30 Seconds

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- Finals 1 Girls 12 & Under 50 Freestyle
- Finals 2 Boys 12 & Under 50 Freestyle
- Finals 3 Girls 12 & Under 100 Breaststroke
- Finals 4 Boys 12 & Under 100 Breaststroke
- Finals 5 Girls 12 & Under 50 Backstroke
- Finals 6 Boys 12 & Under 50 Backstroke
- Finals 7 Girls 12 & Under 200 Freestyle
- Finals 8 Boys 12 & Under 200 Freestyle
- Finals 9 Girls 12 & Under 100 IM
- Finals 10 Boys 12 & Under 100 IM
- Finals 11 Girls 12 & Under 50 Butterfly
- Finals 12 Boys 12 & Under 50 Butterfly

**Rays vs. LEHY vs. Waterbury Y - 5/22/2021 to 5/23/2021**  
**Session Report**

Session: 2 13 & Over, Session 2

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 60 Seconds / Back +30 Seconds

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- Finals 13 Boys 13 & Over 50 Freestyle
- Finals 14 Girls 13 & Over 50 Freestyle
- Finals 15 Girls 13 & Over 100 Backstroke
- Finals 16 Boys 13 & Over 100 Backstroke
- Finals 17 Girls 13 & Over 200 Butterfly
- Finals 18 Boys 13 & Over 200 Butterfly
- Finals 19 Girls 13 & Over 100 Breaststroke
- Finals 20 Boys 13 & Over 100 Breaststroke
- Finals 21 Girls 13 & Over 200 Freestyle
- Finals 22 Boys 13 & Over 200 Freestyle

**Rays vs. LEHY vs. Waterbury Y - 5/22/2021 to 5/23/2021**  
**Session Report**

Session: 3 12 & Under, Session 3

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 60 Seconds / Back +30 Seconds

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- Finals 23 Girls 12 & Under 100 Freestyle
- Finals 24 Boys 12 & Under 100 Freestyle
- Finals 25 Girls 12 & Under 200 IM
- Finals 26 Boys 12 & Under 200 IM
- Finals 27 Girls 12 & Under 100 Backstroke
- Finals 28 Boys 12 & Under 100 Backstroke
- Finals 29 Girls 12 & Under 50 Breaststroke
- Finals 30 Boys 12 & Under 50 Breaststroke
- Finals 31 Girls 12 & Under 100 Butterfly
- Finals 32 Boys 12 & Under 100 Butterfly

**Rays vs. LEHY vs. Waterbury Y - 5/22/2021 to 5/23/2021**  
**Session Report**

Session: 4 13 & Over, Session 4

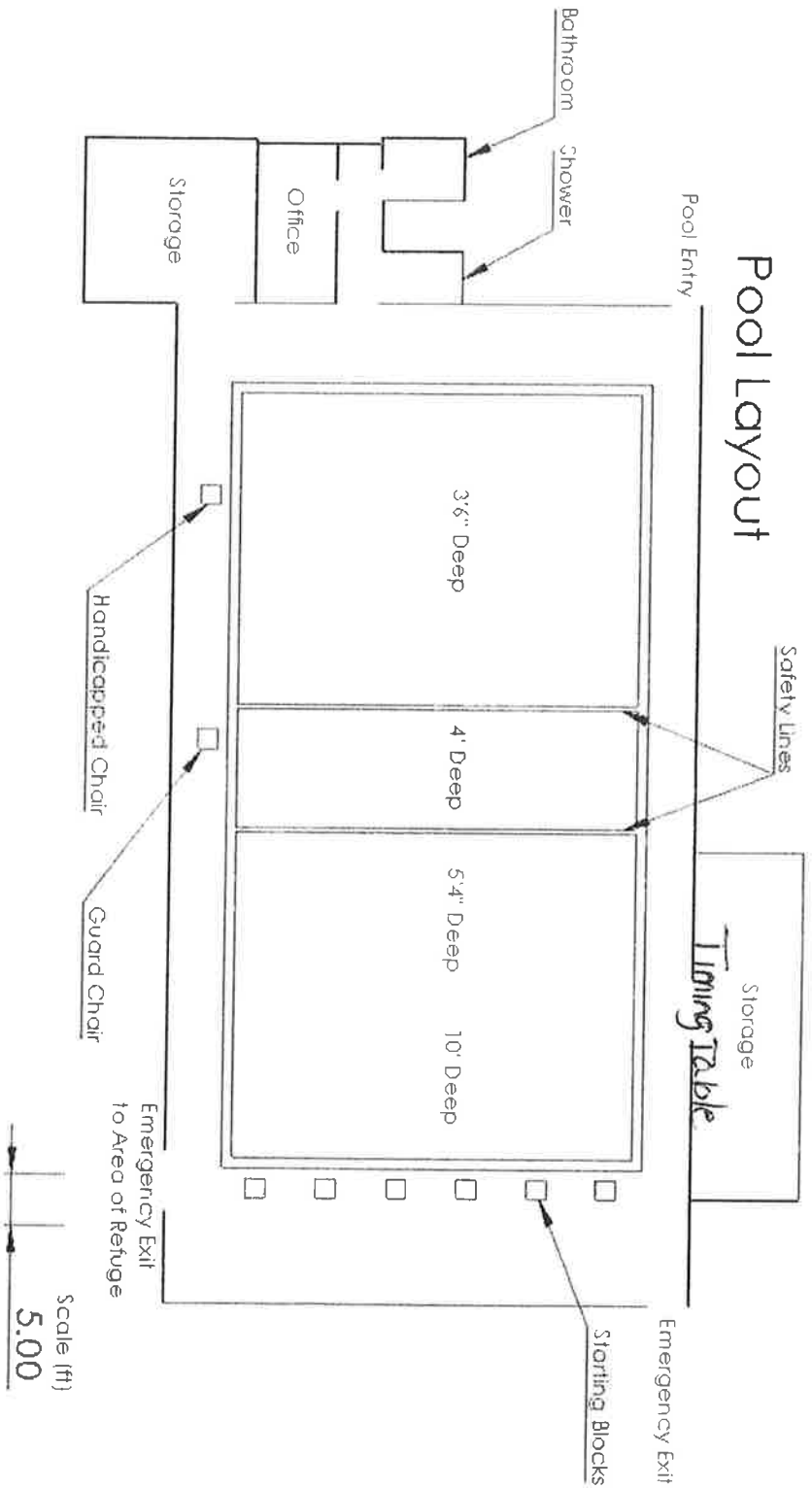
Day of Meet: 2 Starts at 12:30 PM Heat Interval: 60 Seconds / Back +30 Seconds

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Finals	33	Girls 13 & Over 200 IM
Finals	34	Boys 13 & Over 200 IM
Finals	35	Girls 13 & Over 100 Freestyle
Finals	36	Boys 13 & Over 100 Freestyle
Finals	37	Girls 13 & Over 200 Backstroke
Finals	38	Boys 13 & Over 200 Backstroke
Finals	39	Girls 13 & Over 100 Butterfly
Finals	40	Boys 13 & Over 100 Butterfly
Finals	41	Girls 13 & Over 200 Breaststroke
Finals	42	Boys 13 & Over 200 Breaststroke

# Gathering

May



Southington Community YMCA Pool  
 29 High St.  
 Southington CT  
 06489

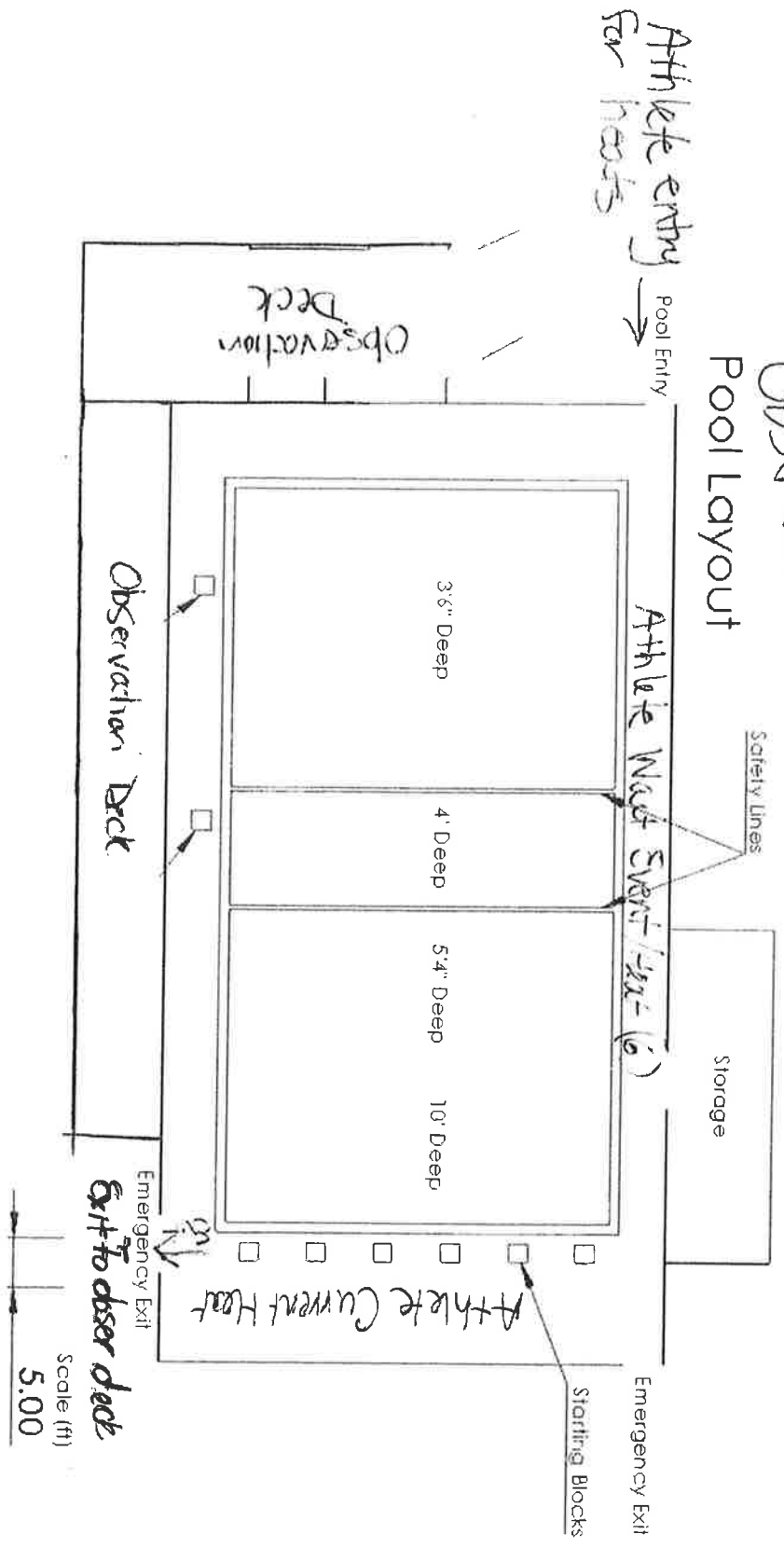
Max number on deck: 25

Includes Swimmers, Coaches, Lifeguard  
 officials, timers, Marshalls  
 no seating

- 1 Safety Official
- 1 Lifeguard
- 2-3 Coach
- 4 officials
- 2 Time Table
- 6 Swimmers (per lane)
- 6 backup times
- 2 Meet Marshalls

# Observation Deck

## Pool Layout



Southington Community YMCA Pool  
 29 High St  
 Southington CT  
 06489

### Observation Deck

NO Spectators - Athlete Seating only  
 6 feet apart - bring own chair - masks required  
 Max capacity 20: plus 2 volunteers,  
 1 videographer

May

2nd floor All Purpose Room

Max 40 Swimmers - left markings  
on floor

w/ 2 Volunteers

All Swimmers required to bring own  
deck chair and wear masks

Exit

Exit

Exit

Any additional swimmers beyond 40 in this space  
will be assigned to 2nd floor classrooms space with additional  
volunteers Max 6 per classroom -