

# CONNECTICUT SWIMMING

## 2022 SC REGIONAL CHAMPIONSHIPS

FRIDAY, SATURDAY, and SUNDAY

February 25- 27, 2022

Hosts: CDOG, GRYM, HHAC/SLAC, LEHY, RST, and WYW

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. #S21-76. 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, [Rapids Swim Team](#), agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, [Monroe Department of Health at www.monroect.org/health](http://www.monroect.org/health).

### COVID-19 Assumption of Risk Disclaimer

We, [Rapids Swim Team](#), 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 [2022 CT Regional Championships](#) or on site at [Masuk High School](#). 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 [2022 CT Regional Championships](#) and being on site at [Masuk High School](#), 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:** [Waivers with signatures are required](#). All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. [Waivers will be collected at the end of each warm up and should be handed in prior to the start of each session.](#)

## EVENTS

Any questions regarding the meet, prior to competition, should be directed to the contacts listed below. The sponsors reserve the right to make adjustments based on the time study and/or other factors, with approval from Program Operations. In the event of any change, teams will be contacted no later than Monday, February 21, 2022.

**DIVISION:** All clubs will enter using FAST Online Entries. Program Operations will divide the teams into divisions to ensure balanced meets. Clubs will be notified of their division assignment no later than Friday, February 18, 2022.

	CDOG	GRYM	HHAC/SLAC	LEHY	RST	WYW
<b>Meet Director</b>	Sean Farrell 203-217-0038 <a href="mailto:sfarrell@scymca.org">sfarrell@scymca.org</a>	Yolanda Jahan 203-278-6712 <a href="mailto:yoli.jahan1@gmail.com">yoli.jahan1@gmail.com</a>	Jen Lyman 203-464-6903 <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>	Laura McLaughlin 860-798-8946 <a href="mailto:lehyswimreg@gmail.com">lehyswimreg@gmail.com</a>	Chuck Clark 203-556-5580 <a href="mailto:Chuckclark32@hotmail.com">Chuckclark32@hotmail.com</a>	JoAnn McCaffrey 203-762-8384 249 <a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>
<b>Entry Chair</b>	Sean Farrell 203-217-0038 <a href="mailto:sfarrell@scymca.org">sfarrell@scymca.org</a>	Bill Walsh 203-869-1630 <a href="mailto:grymentries@gmail.com">grymentries@gmail.com</a>	Jen Lyman 203-464-6903 <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>	Joann Bresnahan 860-402-5797 <a href="mailto:lehyswimreg@gmail.com">lehyswimreg@gmail.com</a>	Chuck Clark 203-556-5580 <a href="mailto:mailto:Chuckclark32@hotmail.com">mailto:Chuckclark32@hotmail.com</a>	JoAnn McCaffrey 203-762-8384 249 <a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>
<b>Referee</b>	Mark Wollen <a href="mailto:Mark@mjwollen.com">Mark@mjwollen.com</a>	Greg Bedell <a href="mailto:greg@bedellmail.com">greg@bedellmail.com</a>	Bill Hawkins <a href="mailto:willshawkins@cast.net">willshawkins@cast.net</a>	Jim Boyce <a href="mailto:Jeboyce56@gmail.com">Jeboyce56@gmail.com</a>	Rob Cristiano <a href="mailto:robertcristiano@gmail.com">robertcristiano@gmail.com</a>	Liza Heller <a href="mailto:Liza.J.Heller@gmail.com">Liza.J.Heller@gmail.com</a>
<b>Website</b>	<a href="http://www.seadogswim.org">www.seadogswim.org</a>	<a href="http://www.greenwichmarlins.org">www.greenwichmarlins.org</a>	<a href="https://www.teamunify.com/Home.jsp?tabid=0&amp;team=ctsac">https://www.teamunify.com/Home.jsp?tabid=0&amp;team=ctsac</a>	<a href="http://www.ghymca.org/page.cfm?p=25">www.ghymca.org/page.cfm?p=25</a>	<a href="http://www.smstrapids.org">www.smstrapids.org</a>	<a href="http://www.wyahoos.org">www.wyahoos.org</a>
<b>Location</b>	Cheshire Community Pool, 520 South Main St, Cheshire, CT 06410	YMCA of Greenwich 50 E Putnam Ave Greenwich, CT 06830	Beckerman Athletic Center 225 Skiff Street Hamden, CT 06517	East Hartford High School 869 Forbes Street East Hartford 06118	Masuk High School 1014 Monroe Tpke, Monroe, CT 06468	Wilton Family YMCA. 404 Danbury Rd, Wilton, CT 06897
<b>Safety Chair</b>	Kyle Shadeck	Maura O'Grady	Martha Phelan	Joe Guenther	Kyle Barber	Eric Holden
<b>Emerg Phone</b>	203-271-3208	203-869-1630	(203) 230-2424	860-622-5684	203-556-5580	203-762-8384
<b>Facilities</b>	10-lane, 25-yard pool. Daktronics Timing. Water depth at start end is: 6-8 ft. Water depth at turn end is: 6-8 ft.	8-lane, 25-yard pool. Omega Timing. Water depth at start end is 13' Water depth at turn end is 6.7'.	6-lane, 25-yard pool. Colorado Timing. Water depth at start end is 12 ft. Water depth at turn end is 3.5 ft.	6-lane, 25-yard pool. Colorado Timing. Water depth at start end is 10 ft. Water depth at turn end is 3.5 ft.	6-lane, 25-yard pool. Colorado Timing. Water depth at start end is 9 ft. Water depth at turn end is 4 ft.	(2) 6 lane pools with Daktronics Timing System 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.

**FACILITIES:** The competition courses listed above have not been certified in accordance with 104.2.2C (4).

**SAFE SPORT POLICIES:** No spectators will be allowed at any of the facilities. [The meet will be live streamed for all families, with a link being sent out no later than Thursday before the meet.](#)

**BEFORE ENTERING FACILITY or WHAT TO BRING:** [All swimmers need to bring a signed waiver. Locker access will be limited, all swimmers should plan to arrive in their suits. Seating will be assigned by the Meet Director.](#)

### HANDICAPPED/DISABLED ACCESS

East Hartford High School East Hartford High School handicapped parking and ramp access to the pool are located on the south side of the facility. An area has been set aside on the pool deck for limited handicapped seating. Access to this area is obtained through the men/women locker rooms. In order that we may better prepare to assist individuals with special needs, we ask that you contact the Meet Manager, Laura McLaughlin, at 860-798-8946 prior to the meet.

Cheshire Community Pool Cheshire Community Pool is accessible to the disabled. Please contact the Meet Director with questions.

Beckerman Athletic Center Beckerman Athletic Center is accessible to the disabled. Please contact the Meet Director with questions.

Masuk High School	Masuk High School
Wilton YMCA	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.
YMCA of Greenwich	YMCA of Greenwich handicap parking is located in the Mason Street lot and will lead to elevator access to the pool on the first floor. Anyone needing access should contact the Meet Director for assistance before the meet.

## ***DIRECTIONS***

Cheshire Community Pool	<u>From 91 North:</u> 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. <u>From 91 South:</u> 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. <u>From 84 West:</u> 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. <u>From 84 East:</u> 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.
East Hartford HS	<u>FROM SOUTH:</u> I-91 North take exit 25, (Route 3). Keep to the left take Route 2 to East Hartford, exit 5A to Main Street. Turn right at first light, Brewer Street. Turn left at 2 <sup>nd</sup> light and school will be approximately ½ mile on the left. <u>FROM NORTH AND WEST:</u> Take I-84 East to Roberts Street Exit. At end of exit take a right and an immediate left onto Silver Lane. Turn right at Forbes Street, (5 <sup>th</sup> light). School will be on right ¾ mile. <u>FROM EAST:</u> Take I-84 West to I-384 East; exit Spenser Street /Silver Lane. Turn right on Spenser Street (Spencer Street turns into Silver lane at East Hartford town line). Turn left on to Forbes Street, school will be on right approximately ¾ mile.
Beckerman Athletic Center	<u>FROM I-95 (N or S):</u> I-95 into New Haven. North on I-91. To Exit 6 Willow St./Blatchley Ave. (left hand exit off I-91) Turn right off ramp onto Willow St. & follow to the end. Turn right onto Whitney Ave. Proceed approximately 5 miles. (Going past Hamden Hall at the 2 mile mark, then past the Reservoir on both sides, and finally past Walgreen's & through the Spring Glen neighborhood.) Turn left at major intersection onto Skiff St. (the 8th light after Hamden Hall, the next light after Spring Glen School.) The entrance to the complex is 1/4 mile up on left. <u>FROM RT. 15 MERRITT/WILBUR CROSS PARKWAY (N or S):</u> Exit 60 Hamden. Turn left (north) onto Dixwell Ave. Proceed past strip malls on both sides. At major intersection, turn right onto Skiff St. (just past TGI Friday's & Super Stop & Shop plaza on right.) Entrance is approximately 1/2 mile down Skiff St. on the right. <u>FROM I-91 GOING SOUTH:</u> Exit 10 Hamden/Mt. Carmel: The exit ramp turns into the Mt. Carmel Connector. Take Exit 1 off connector. At end of ramp turn left and proceed to end. Turn left at light onto Hartford Turnpike. At first light turn right onto Dixwell Ave. Proceed up hill and then down hill and into center of town. Turn left at major intersection onto Whitney Ave. (Rt. 10 South). Proceed to third light at major intersection and turn right onto Skiff St. Field entrance is 1/4 mile up on the left.
Masuk High School	Directions to Masuk High School, 1014 Monroe Turnpike, Monroe, CT 06468 From Merritt Parkway: Take the Merritt toward Trumbull to Exit 49 North. Follow Route 25 north to stoplight at Route 111 (Monroe Turnpike). Turn right and follow Route 111 North for approximately 5 miles. Masuk High School will be on your right. From I-95: Take I-95 towards Bridgeport to Exit 27A. Follow Route 25 and 8 North. When highway splits follow Route 25 North to stoplight at Route 111 (Monroe Turnpike). Then go right and follow Route 111 North for approximately 5 miles. Masuk High School will be on your right.
Wilton YMCA	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 Y as above.
YMCA of Greenwich	<b>DIRECTIONS:</b> The Greenwich YMCA is located at 50 E. Putnam Avenue (aka Post Rd, US 1). • From I-95, exit 4. From I-95 North – turn left, from I-95 South – turn right onto Indian Field Rd.; continue approx. 1 mile to traffic light at E. Putnam Ave. intersection; turn left onto E. Putnam Ave., go through 6 traffic lights (approx. 1-1/10 mile). From Merritt Parkway exit 31, North Street. From Northbound Merritt- bear left exit to stop sign and turn left onto North Street. From Southbound Merritt- turn right at end of exit ramp onto North Street (southbound). Proceed approx. 4 miles to end of North Street, at Maple Ave. Turn left onto Maple Ave. following signs to Greenwich Business District. At traffic light, bear right onto E. Putnam Ave. Go through 2 lights and arrive at YMCA

**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.

**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 CSI-registered swimmer with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy available on [ctswim.org](http://ctswim.org) and contact Adapted Swimming Chair office@ctswim.org for time standards and other information.

**OUTREACH:** CSI has adopted an outreach policy as of October 18, 2007 to enable Outreach athletes to enter this championship meet with their entry fees waived. Further information is set forth in the Entry Fee Section.

**ELIGIBILITY:** All the following criteria must be met:

1. Swimmers must be 2022 CT-registered members of USA Swimming and 8 to 18 years old. 7 year olds turning 8 between February 26 and March 10, 2022 may enter the meet (second day of Regional Championships through first day of Age Group Championship). No membership registrations will be processed at the meet. **FLEX memberships are not permitted.**
2. A participating swimmer does not need to have swum in any CSI regularly-scheduled sanctioned meet in the 2021-2022 Short Course season before the final entry deadline.
3. Events without Minimum Standards may be swum for the first time at this meet. Some events have Minimum Time Standards that must be met.
4. 10/Under events do not have Maximum Time Standards. Proof of time is required for all events.
5. 11-12 year old swimmers may not compete in any event in which they have achieved a 2022 Short Course Age Group Championship Qualifying Time (COT). This includes LCM, SCM, and SCY times (attached).
6. 15/18 swimmers may not compete in any event in which they have exceeded the Maximum Time Standard which is equivalent to the 2022 Senior Zone Championship qualifying time (COT).

Age for the meet will be swimmer's age as of February 25, 2022, with the following directive:

Swimmers shall not be denied the opportunity to attempt to qualify for Short Course Age Group Championships because of a birthday occurring within the time frame defined as the "Championship Period". The Championship Period is defined as the first day of the Regional Championships through and including the first day of the Age Group Championships for the Short Course season. He/she may compete in the next higher age group if:

- 1) his/her birthday falls within the Championship Period, and as a result would be required to qualify in the next higher age group at the Short Course Age Group Championships in that Championship Period, and
- 2) he/she has exceeded the maximum COT for his/her current age, and
- 3) he/she has not exceeded the maximum COT for the higher age group.

The meet director and the referee must be notified prior to the meet. Please email [office@ctswim.org](mailto:office@ctswim.org) for entry instructions. All championship birthday entries are due by the published deadline.

Swimmers whose birthdays do not occur during the Championship Period shall be required to swim their appropriate age group and shall not be permitted to swim in a higher age group under any circumstances, even though the age groups are defined as 10/U, 12/U, 14/U, etc. These classifications exist only for those swimmers whose birthdays fall within the Championship Period.

**SCHEDULE:** The table below lists warm-up times only. Start times will be posted on [ctswim.org](http://ctswim.org) after clubs are assigned a venue. Schedule is subject to change.

<b>SCHEDULE</b>	<b>Cheshire /CDOG</b>	<b>Greenwich YMCA/GRYM</b>	<b>East Hartford HS/LEHY</b>
Friday Evening	All Groups Warm up 5:00p	All Groups Warm up 4:00p	All Groups Warm up 5:30p
Saturday/Sunday Morning	12/U Girls and 13/O Boys Warm up 8:00a	12/U Girls and 13/O Boys Warm-up 7:15a	12/U Girls and 13/O Boys Warm up 7:15a
Saturday/Sunday Afternoon	12/U Boys and 13/O Girls Warm up 1:15p	12/U Boys and 13/O Girls Warm up 12:30p	12/U Boys and 13/O Girls Warm up 1:00p

<b>SCHEDULE</b>	<b>Beckerman/HHAC/SLAC</b>	<b>Masuk High School/RST</b>	<b>Wilton YMCA/WYW</b>
Friday Evening	All Groups Warm up 3:30p Start 5:00p	All Groups Warm up 5:00p	All Groups Warm up 3:30p
Saturday/Sunday Morning	12/U Girls and 13/O Boys Warm up 7:00a Start 8:30a	12/U Girls and 13/O Boys Warm up 7:00a	12/U Girls and 13/O Boys Warm up 7:00a
Saturday/Sunday Afternoon	12/U Boys and 13/O Girls Warm up 11:30a Start 1:00p	12/U Boys and 13/O Girls Warm up 12:30p	12/U Boys and 13/O Girls Warm up 1:30p

**TIME STANDARDS:** Swimmers must have equaled or bettered the minimum time standard since January 1, 2020, and may not have bettered the maximum time standard with the following exceptions: there shall be no minimum time standard for the 12/U 50Y events

and 100Y Freestyle; no minimum time standard for 13/18 100Y or less events and 200Y Freestyle; and no maximum time standard for the 11/12 1650Y Freestyle and 400Y IM.

**PROOF OF ENTRY TIMES:** All entry times must be pre-proven. The results of any USA Swimming sanctioned, approved, or observed meet or a meet attested by a USA Referee or CIAC/ Independent Referee will be acceptable as proof of time. Eligible times not verified in Connecticut FAST may be proven by using the Connecticut FAST custom times tool available to CSI clubs or, in the case of unattached entries, by sending an email to the entry chair, which includes the meet name, date, location, referee attestation, and pertinent page(s) of the results. Failure to pre-prove an entry time will prevent the swimmer from being entered in that event. **Proof of time is the responsibility of each coach.** In accordance with CSI policy, (Integrity Statement 1/25/94), the Club from which a swimmer's time cannot be proven, shall be fined the sum of \$100 per event. The \$100.00 fine must be paid by April 29, 2022 to the Connecticut Swimming office.

**ENTRIES:** Swimmers may enter a maximum of two (2) individual events on Friday evening and three (3) individual events plus 1 relay on Saturday and Sunday. **Swimmers may compete in a maximum of seven (7) individual events for the meet. DECK ENTRIES WILL ABSOLUTELY NOT BE ACCEPTED.**

**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.

**SEEDING:** Swimmers may qualify with times from 25 yard, 25 meter or 50 meter courses. Qualifying times shall be seeded as follows: All conforming times (SCY) shall be arranged from fastest to slowest. Then non-conforming long course meter times (LCM) will be arranged in time order followed by non-conforming short course meter times (SCM).

**DISTANCE EVENT:** The 1650Y Freestyle events will be swum fastest to slowest. Swimmers must supply their own timers and lap counters. The 13/14 and 15/18 1650Y Freestyle events have distinct qualifying times, but the events shall be seeded as single women's and men's events and swum as timed finals. Awards and points shall be determined in separate age categories.

**SCRATCHES:** Scratch sheet system will be used. Coaches will receive a packet containing scratch sheets at the beginning of each session. These sheets must be returned 30 minutes before session begins OR as indicated in packet, with scratched swimmers clearly identified. Referee must be able to read the event and name of swimmer being scratched.

**Packets will only be given to USA Swimming coach members.** 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.

**DEADLINE AND FEES:** Deadline is **9 PM** Tuesday, February 15, 2022. CSI clubs will enter using [Connecticut FAST Online Entries](#). Contact [office@ctswim.org](mailto:office@ctswim.org) by this deadline to enter adapted athletes, championship birthday athletes, and/or 7 year olds aging to 8 years old (see Eligibility section). CSI-member unattached athletes not affiliated with a CSI club should email an entry file (\*.sd3 or \*.cl2) and proof of time to [office@ctswim.org](mailto:office@ctswim.org). If meet entry software is not available, email [office@ctswim.org](mailto:office@ctswim.org) the athlete name, USA ID, age, event number, event name, time, and proof of time (Extra fees apply to manual entries.). Please review the Proof of Entry Times section for acceptable proof of times.

Club divisions will be posted on [ctswim.org](http://ctswim.org) on no later than Friday, February 18, 2022. Clubs will send entry fee payment to their assigned host postmarked by 5 PM by Friday, February 18, 2022. Host clubs have the right to remove unpaid club entries, with approval from Program Operations. **PAYMENT IS BY CHECK TO MEET HOST. DO NOT MAKE CREDIT CARD PAYMENTS.**

**FEES:** Meet entry fee: Splash fees: \$12/individual event; \$24/relay and \$2 relay-only swimmer. If no electronic entry is provided, there is a \$12 manual entry fee per swimmer. **OUTREACH ATHLETE:** Individual event entry fees for CSI registered Outreach Athletes are waived. When submitting the meet entry, the entering club must request, in writing, that the individual entry fees be waived for the Outreach athlete(s) listed on the club's entry.

Send payment (postmarked by 5 PM by Friday, February 18, 2022 to:

<b>CDOG</b> Sean Farrell Cheshire YMCA 967 S. Main St, Cheshire, CT 06410	<b>GRYM</b> Greenwich Marlin's 50 E Putnam Ave Greenwich, CT 06830	<b>LEHY</b> Joann Bresnahan 11 Woodycrest Rd Wethersfield, CT 06109	<b>HHAC/SLAC</b> Jen Lyman 4B Hamre Lane Branford, CT 06405	<b>RST</b> Chuck Clark 18 Ward Place Trumbull, CT 06611	<b>WYW</b> Jo Ann McCaffrey 404 Danbury Road Wilton CT 06897
Cheshire payable to: STPA	Check payable to: YMCA of Greenwich	Check payable to: LEHY E. Hartford YMCA	Check payable to: Hamden Hall	Check payable to: Rapids Swim Team	Check payable to: Wilton Y Wahoos

Memo: Regionals			Memo: HHAC Regionals Champs	Memo: RST Regionals	
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**LATE QUALIFIERS:** Any swimmer achieving an initial qualifying time during the period of February 17-20, 2022 must be entered no later than 9 PM, Monday, February 21, 2022 by email to the meet Entry Chair. After this deadline, no late qualifier entries will be accepted. No improvements in seed time will be accepted and swimmers may not enter additional Regional events as late qualifiers if they are entered in the maximum number of events, with the following exception: Swimmers who achieve an Age Group Championship qualifying time for an event(s) on their entry, must scratch or substitute that event(s) for another Regional qualifying event. Late qualifying entries may not be included in meet program.

**CORRECTIONS:** Meet entry corrections will be accepted by the meet Entry Chair until 9 PM, Monday, February 21, 2022. Under no circumstances will corrections (other than changes of attachment status) be accepted after this time. For each correction clubs will be assessed \$7.00 in addition to the published splash fee. Only email corrections will be accepted.

- If John Doe is omitted from a team's entry in six (6) events, his club will be charged \$42 in addition to the cost of his entry. Total for John Doe \$114.00.
- If John Doe is entered in the 100 backstroke, but should have been entered in the 100 breaststroke, the fee is \$7.00
- If a relay team is added, the charge will be \$20.00 plus splash fee. Total for additional relay \$32.00.

<u>CDOG</u> Sean Farrell 203 217-0038 <a href="mailto:sfarrell@sccymca.org">sfarrell@sccymca.org</a>	<u>GRYM</u> Bill Walsh 203-8691630 <a href="mailto:grymentries@gmail.com">grymentries@gmail.com</a>	<u>LEHY</u> Joann Bresnahan 860-402-5797 <a href="mailto:lehyswimreg@gmail.com">lehyswimreg@gmail.com</a>	<u>HHAC/SLAC</u> Jen Lyman 203-464-6903 <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>	<u>RST</u> Chuck Clark 203-556-5580 <a href="mailto:Chuckclark32@hotmail.com">Chuckclark32@hotmail.com</a>	<u>WYW</u> Jo Ann McCaffrey 203-762-8384 x 249 <a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>
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**OVERSUBSCRIPTION:** In the event of oversubscription, relays will be cut. We reserve the right to adjust the schedule. Teams will be notified of any change no later than Monday, February 21, 2022.

**TIME TRIALS:** There will be no time trials.

**AWARDS & SCORING:**

- Medals will be awarded for 1-6 places for individual events and 1-3 places for relays.
- Events will be scored to 6 places. Individual Events: 7-5-4-3-2-1 Relays: 14-10-8-6-4-2
- Team Champions will be awarded to the women's, men's and combined team that earn the most points across all ages.

**REFRESHMENTS:** Refreshments will be available. Coaches and officials will have complimentary lunch.

**TIMERS:** Teams will be required to supply timers based on the size of their entry. Teams will be notified of the number of timers they will need to supply per session by Monday, February 21, 2022. Please note that timers are required for entire session. It is the responsibility of each team and its coaching staff to organize its assigned timers and make sure they are signed in and present at the timers' meeting for each session. Please consider this well in advance and do not delay the start of the meet. Swimmers must provide their own timers and counters for the 1650Y Freestyle.

**OFFICIALS:** Certified USA Swimming officials are welcome and needed to work on deck. Please list names and areas of certification and attach to entry form, or contact:

<u>CDOG</u> Mark Wollen <a href="mailto:Mark@mjwollen.com">Mark@mjwollen.com</a>	<u>GRYM</u> Greg Bedell <a href="mailto:greg@bedellmail.com">greg@bedellmail.com</a>	<u>LEHY</u> Jim Boyce <a href="mailto:Jeboyce56@gmail.com">Jeboyce56@gmail.com</a>	<u>HHAC/SLAC</u> Bill Hawkins <a href="mailto:willshawkins@comcast.net">willshawkins@comcast.net</a>	<u>RST</u> Rob Cristiano <a href="mailto:robertcristiano@gmail.com">robertcristiano@gmail.com</a>	<u>WYW</u> Liza Heller <a href="mailto:Liza.J.Heller@gmail.com">Liza.J.Heller@gmail.com</a>
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**WARM-UPS:** All teams must warm-up under the supervision of a coach or marshal. Coaches should register in the office when they arrive in order for their teams to begin warm-up. Any swimmers who do not have a coach in attendance **MUST** report to the Meet Director and have a supervisor assigned. The following warm-up procedures will be in effect: 12/Unders and 13/18 will have their own separate warm-up lanes, assigned by teams. 12/Under lanes will have a maximum of 15 swimmers assigned per lane. 13/18 will have a maximum of 12 swimmers assigned per lane. 12/Unders will be provided with 20 minutes of general warm-up, 13/18 will be provided with 25 minutes of general warm-up. General warm-up will be followed by 10 minutes of sprint lanes and pace and circle lanes. Warm-up assignments are to be submitted to Program Operations no later than Monday, February 21 for approval.

**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.

**ORDER OF EVENTS**  
CONNECTICUT REGIONAL CHAMPIONSHIPS

FRIDAY EVENING, FEBRUARY 25, 2022

<u>Girls</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>Event</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>Boys</u>
1	6:15.00	6:42.49	6:13.75	6:34.49	7:03.50	7:27.49	10/U 500Y Freestyle	7:05.00	7:39.99	6:15.10	6:42.24	6:26.00	6:56.24	2
3	2:32.00	2:59.99	2:26.00	2:55.99	2:12.80	2:36.74	12/U 200Y Freestyle	2:15.80	2:42.99	2:29.25	3:01.24	2:34.20	3:07.74	4
5	4:57.20	5:27.78	4:52.90	5:18.89	5:32.50	6:04.49	14/U 500Y/400M Freestyle	5:24.40	6:08.49	4:45.90	5:22.49	4:51.00	5:30.49	6
7	4:41.59	5:21.48	4:35.19	5:12.76	5:10.39	5:57.49	18/U 500Y/400M Freestyle	4:48.99	5:39.99	4:15.29	4:57.45	4:20.89	5:07.68	8
9	3:22.50	4:07.97	3:19.25	3:59.94	3:02.00	3:34.99	10/U 200Y IM	3:02.00	3:37.99	3:20.40	4:03.24	3:26.00	4:14.24	10
11	-----	7:02.96	-----	6:52.94	-----	6:09.99	12/U 400Y IM	-----	6:19.99	-----	7:04.10	-----	7:19.29	12
13	5:49.00	6:22.41	5:34.40	6:13.87	5:02.40	5:34.99	14/U 400Y IM	4:53.40	5:38.99	5:24.20	6:18.49	5:45.00	6:32.24	14
15	5:22.09	6:16.70	5:10.79	6:08.29	4:39.99	5:29.99	18/U 400Y IM	4:16.89	5:20.99	4:44.99	5:58.24	4:51.39	6:11.09	16

SATURDAY MORNING, FEBRUARY 26, 2022

17	35.80	-----	36.20	-----	32.60	-----	10/U 50Y Freestyle							
18	31.60	-----	31.00	-----	28.20	-----	12/U 50Y Freestyle							
							14/U 200Y IM	2:15.30	2:42.49	2:29.90	3:01.35	2:35.80	3:09.60	19
							18/U 200Y IM	2:00.59	2:34.99	2:13.89	2:52.98	2:13.89	3:00.85	20
21	1:33.00	1:56.49	1:31.10	1:50.99	1:22.50	1:39.49	10/U 100Y Backstroke							
22	1:20.60	1:38.46	1:16.90	1:32.49	1:09.90	1:23.99	12/U 100Y Backstroke							
							14/U 100Y Breaststroke	1:11.60	-----	1:19.40	-----	1:24.25	-----	23
							18/U 100Y Breaststroke	1:02.39	-----	1:09.29	-----	1:11.29	-----	24
25	49.00	-----	48.25	-----	43.50	-----	10/U 50Y Breaststroke							
26	42.60	-----	40.75	-----	37.00	-----	12/U 50Y Breaststroke							
							14/U 200Y Butterfly	2:21.90	3:00.99	2:36.80	3:21.99	2:47.00	3:29.24	27
							18/U 200Y Butterfly	2:01.39	2:44.99	2:14.89	3:04.14	2:17.69	3:10.52	28
29	-----	-----	1:32.20	1:44.49	1:23.00	1:36.99	10/U 100Y IM							
30	2:54.00	3:27.60	2:48.16	3:20.88	2:33.00	2:59.99	12/U 200Y IM							
							14/U 100Y Freestyle	55.00	-----	1:01.20	-----	1:03.00	-----	31
							18/U 100Y Freestyle	49.29	-----	54.39	-----	55.99	-----	32
33	1:20.00	1:40.90	1:17.50	1:38.76	1:10.30	1:28.49	12/U 100Y Butterfly							
34	1:41.00	2:14.54	1:38.00	2:11.69	1:29.50	1:57.99	10/U 100Y Butterfly							
							14/U 200Y Backstroke	2:15.40	2:53.24	2:29.52	3:13.49	2:40.00	3:24.24	35
36	3:20.00	3:59.17	3:12.60	3:50.41	2:55.00	3:29.99	12/U 200Y Breaststroke							
							18/U 200Y Backstroke	1:59.19	2:38.99	2:13.49	2:57.49	2:15.89	3:07.49	37
38	-----	-----	-----	-----	-----	-----	11/12 200Y Free Relay							
39	-----	-----	-----	-----	-----	-----	10/U 200Y Free Relay							
							13/14 400Y Free Relay	-----	-----	-----	-----	-----	-----	40
							15/18 400Y Free Relay	-----	-----	-----	-----	-----	-----	41
42	-----	24:36.91	-----	23:55.68	-----	23:59.99	12/U 1650Y Freestyle							



**ORDER OF EVENTS**  
CONNECTICUT REGIONAL CHAMPIONSHIPS

SATURDAY AFTERNOON, FEBRUARY 26, 2022

<u>Girls</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>Event</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>Boys</u>
							10/U 50Y Freestyle	32.50	-----	36.10	-----	36.00	-----	43
							12/U 50Y Freestyle	28.20	-----	31.00	-----	31.90	-----	44
45	2:42.10	3:04.53	2:35.40	2:58.56	2:20.30	2:39.99	14/U 200Y IM							
46	2:29.69	3:04.53	2:26.49	2:58.56	2:11.89	2:39.99	18/U 200Y IM							
							10/U 100Y Backstroke	1:23.00	1:43.99	1:31.60	1:55.99	1:34.30	2:04.49	47
							12/U 100Y Backstroke	1:11.10	1:29.99	1:18.25	1:40.44	1:22.50	1:47.77	48
49	1:26.70	-----	1:22.20	-----	1:14.40	-----	14/U 100Y Breaststroke							
50	1:18.59	-----	1:16.59	-----	1:08.99	-----	18/U 100Y Breaststroke							
							10/U 50Y Breaststroke	44.30	-----	49.20	-----	51.30	-----	51
							12/U 50Y Breaststroke	37.40	-----	41.10	-----	43.70	-----	52
53	2:53.00	3:24.30	2:42.10	3:20.88	2:26.30	2:59.99	14/U 200Y Butterfly							
54	2:29.99	3:12.95	2:27.69	3:09.72	2:13.69	2:49.99	18/U 200Y Butterfly							
							10/U 100Y IM	1:23.00	1:37.99	1:31.60	1:46.99	-----	-----	55
							12/U 200Y IM	2:33.60	3:06.99	2:48.75	3:28.74	2:56.00	3:38.24	56
57	1:05.60	-----	1:03.20	-----	57.00	-----	14/U 100Y Freestyle							
58	1:01.79	-----	1:00.19	-----	54.19	-----	18/U 100Y Freestyle							
							12/U 100Y Butterfly	1:12.90	1:39.99	1:20.10	1:51.60	1:24.50	1:55.20	59
							10/U 100Y Butterfly	1:29.50	2:02.99	1:37.70	2:17.24	1:44.00	2:21.49	60
61	2:44.75	3:10.77	2:34.00	3:02.47	2:19.30	2:43.49	14/U 200Y Backstroke							
							12/U 200Y Breaststroke	2:56.70	3:39.99	3:14.25	4:05.52	3:28.70	4:16.40	62
63	2:27.99	3:08.49	2:25.59	3:00.24	2:11.09	2:41.49	18/U 200Y Backstroke							
							11/12 200Y Free Relay	-----	-----	-----	-----	-----	-----	64
							10/U 200Y Free Relay	-----	-----	-----	-----	-----	-----	65
66	-----	----	-----	-----	-----	-----	13/14 400Y Free Relay							
67	-----	-----	-----	-----	-----	-----	15/18 400Y Free Relay							
							12/U 1650Y Freestyle	-----	24:59.99	-----	24:55.50	-----	25:54.39	68

**ORDER OF EVENTS**  
CONNECTICUT REGIONAL CHAMPIONSHIPS

SUNDAY MORNING, FEBRUARY 27, 2022

<u>Girls</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>Event</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>Boys</u>
69	1:09.70	-----	1:07.80	-----	1:01.50	-----	12/U 100Y Freestyle							
70	1:20.20	-----	1:20.20	-----	1:12.50	-----	10/U 100Y Freestyle							
							14/U 200Y Breaststroke	2:36.90	3:12.99	2:53.50	3:35.49	3:03.70	3:44.99	71
72	3:10.20	3:50.41	2:59.90	3:50.41	2:43.60	3:22.99	12/U 200Y Butterfly							
							18/U 200Y Breaststroke	2:16.19	2:55.99	2:31.19	3:16.42	2:35.19	3:25.12	73
74	42.70	-----	42.50	-----	38.30	-----	10/U 50Y Backstroke							
75	37.60	-----	36.10	-----	32.70	-----	12/U 50Y Backstroke							
							14/U 50Y Freestyle	25.30	-----	28.20	-----	28.70	-----	76
							18/U 50Y Freestyle	22.49	-----	24.99	-----	25.79	-----	77
78	1:47.30	2:09.30	1:45.50	2:05.99	1:35.50	1:52.99	10/U 100Y Breaststroke							
79	1:32.40	1:52.06	1:28.60	1:48.81	1:20.40	1:37.49	12/U 100Y Breaststroke							
							14/U 100Y Butterfly	1:02.00	-----	1:08.60	-----	1:10.80	-----	80
							18/U 100Y Butterfly	53.99	-----	59.99	-----	1:01.39	-----	81
82	-----	-----	1:17.70	1:31.99	1:10.70	1:22.99	12/U 100Y IM							
83	2:56.00	3:33.95	2:56.50	3:28.69	2:40.30	3:06.99	10/U 200Y Freestyle							
							14/U 200Y Freestyle	1:59.70	-----	2:12.50	-----	2:18.50	-----	84
							18/U 200Y Freestyle	1:46.49	-----	1:58.29	-----	2:01.49	-----	85
86	34.60	-----	34.50	-----	31.20	-----	12/U 50Y Butterfly							
87	41.40	-----	41.40	-----	37.25	-----	10/U 50Y Butterfly							
							14/U 100Y Backstroke	1:03.20	-----	1:10.10	-----	1:14.20	-----	88
							18/U 100Y Backstroke	54.99	-----	1:00.99	-----	1:02.29	-----	89
90	2:55.70	3:39.36	2:48.75	3:29.81	2:33.30	3:07.99	12/U 200Y Backstroke							
91	-----	-----	-----	-----	-----	-----	10/U 200Y Medley Rel.							
92	-----	-----	-----	-----	-----	-----	11/12 200Y Medley Rel.							
							13/14 400Y Medley Rel.	-----	-----	-----	-----	-----	-----	93
							15/18 400Y Medley Rel.	-----	-----	-----	-----	-----	-----	94
95	5:22.20	5:59.70	5:13.90	5:49.95	5:58.50	6:39.99	12/U 500Y Freestyle							
							14/U 1650Y Freestyle	18:45.00	21:44.99	18:51.60	21:41.09	19:45.00	22:32.32	96
							18/U 1650Y Freestyle	16:47.49	20:54.99	16:58.49	20:51.24	17:22.49	21:40.51	97

**ORDER OF EVENTS**

**REGIONAL CHAMPIONSHIPS  
SUNDAY AFTERNOON, FEBRUARY 27, 2022**

<u>Girls</u>	<u>LCM Max</u>	<u>LCM Min</u>	<u>SCM Max</u>	<u>SCM Min</u>	<u>SCY Max</u>	<u>SCY Min</u>	<u>Event</u>	<u>SCY Max</u>	<u>SCY Min</u>	<u>SCM Max</u>	<u>SCM Min</u>	<u>LCM Max</u>	<u>LCM Min</u>	<u>Boys</u>
							12/U 100Y Freestyle	1:01.50	-----	1:07.50	-----	1:10.70	-----	98
							10/U 100Y Freestyle	1:12.00	-----	1:20.00	-----	1:21.00	-----	99
100	3:07.20	3:30.69	2:56.40	3:26.46	2:39.70	3:04.99	14/U 200Y Breaststroke							
							12/U 200Y Butterfly	2:45.70	3:29.99	3:02.10	3:54.36	3:22.10	4:02.48	101
102	2:50.79	3:30.69	2:46.79	3:26.46	2:30.19	3:04.99	18/U 200Y Breaststroke							
							10/U 50Y Backstroke	38.50	-----	42.75	-----	44.00	-----	103
							12/U 50Y Backstroke	33.00	-----	36.40	-----	38.00	-----	104
105	30.10	-----	29.20	-----	26.20	-----	14/U 50Y Freestyle							
106	28.69	-----	27.89	-----	25.09	-----	18/U 50Y Freestyle							
							10/U 100Y Breaststroke	1:38.80	2:02.49	1:43.00	2:16.71	1:51.90	2:23.10	107
							12/U 100Y Breaststroke	1:22.20	1:42.49	1:30.50	1:54.39	1:35.30	1:59.73	108
109	1:13.60	-----	1:11.10	-----	1:03.90	-----	14/U 100Y Butterfly							
110	1:07.39	-----	1:05.99	-----	59.39	-----	18/U 100Y Butterfly							
							10/U 200Y Freestyle	2:38.50	3:12.99	2:55.40	3:35.49	2:56.50	3:43.24	111
							12/U 100Y IM	1:12.00	1:30.99	1:19.09	1:37.99	-----	-----	112
113	2:22.70	-----	2:16.60	-----	2:03.50	-----	14/U 200Y Freestyle							
114	2:12.59	-----	2:09.39	-----	1:56.49	-----	18/U 200Y Freestyle							
							12/U 50Y Butterfly	31.80	-----	35.00	-----	36.00	-----	115
							10/U 50Y Butterfly	37.50	-----	41.70	-----	42.00	-----	116
117	1:15.50	-----	1:11.90	-----	1:04.90	-----	14/U 100Y Backstroke							
118	1:08.39	-----	1:07.19	-----	1:00.49	-----	18/U 100Y Backstroke							
							12/U 200Y Backstroke	2:33.70	3:19.99	2:49.00	3:43.20	2:59.00	3:55.56	119
							10/U 200Y Medley Rel.	-----	-----	-----	-----	-----	-----	120
							11/12 200Y Medley Rel.	-----	-----	-----	-----	-----	-----	121
122	-----	-----	-----	-----	-----	-----	13/14 400Y Medley Rel.							
123	-----	-----	-----	-----	-----	-----	15/18 400Y Medley Rel.							
							12/U 500Y/400M Freestyle	6:02.60	6:44.99	5:17.40	5:54.32	5:31.50	6:06.51	124
125	20:07.00	22:03.07	19:21.70	21:26.13	19:15.70	21:29.99	14/U 1650Y Freestyle							
126	18:36.29	21:24.61	18:12.29	20:48.74	18:00.99	20:52.49	18/U 1650Y Freestyle							

**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 Masuk High School or any RST 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) RST and / or Masuk High School 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 February 20\_\_\_\_.

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

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

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

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