

February 5, 2023

CT YMCA LEAUGUE 8 & Under CHAMPIONSHIPS

MEET ANNOUNCEMENT

About the Invitational Meet

Date: February 5, 2023

Location: 10 Huckleberry Hill Rd, Brookfield, CT 06804

Entry Deadline: January 26, 2023

Hosted by: Regional YMCA of Western CT

Meet Director: Lucy Suter

lsuter@regionalyymca.org

Web Site: www.makoswim.org

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ABOUT THE CHAMPIONSHIP MEET

This meet is a sanctioned, closed, inter-association YMCA Championship meet, and USA Approved A22-4. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned. \$2.00 per athlete league dues will be collected at this meet.

USA Approved Sanction Number: A22-4

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Invitational meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet.

Saturday: 12:30 pm Warm-Up/1:30pm Start

LOCATION AND FACILITY

Location: Greenknoll Aquatics Center 10 Huckleberry Hill Rd, Brookfield, CT 06804

Emergency Phone Number: 203-775-1077

The Greenknoll Aquatics Center holds two 6 lane, 25 yard pools. For the competition pool: Water depth at start end is: 6ft. Water depth at turn end is: 6ft. For the warm-up pool: Water depth at start end 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. **Limited Spectator seating may be available based on bubble capacity. The meet will be streamed via livebarn.***

COVID-19 RELATED PROTOCOLS: For the health and safety of everyone involved in this event, all protocols and procedures as required by local and state health authorities, the host YMCA, the host facility and the USA Swimming LSC will be followed. These are included in this document.



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WEB SITE

Meet Information can be found at: www.makoswim.org

Online Meet Results: [Meet Mobile](#) will be available

CONTACT INFORMATION

Meet Director: [Lucy Suter \(E\) lsuter@regionalyymca.org](mailto:lsuter@regionalyymca.org)

Entry Chairperson: [Lucy Suter \(E\) lsuter@regionalyymca.org](mailto:lsuter@regionalyymca.org)

Meet Referee: [Phillip James \(E\) phillip.m.james@gmail.com](mailto:phillip.m.james@gmail.com)

Administrative Official: [Sarah Basile \(E\) sbasile@regionalyymca.org](mailto:sbasile@regionalyymca.org)

Officials Coordinator: [Phillip James \(E\) phillip.m.james@gmail.com](mailto:phillip.m.james@gmail.com)

Safety Director: [Sarah Basile \(E\) sbasile@regionalyymca.org](mailto:sbasile@regionalyymca.org)

NOTICES

All teams will be required to supply timers in proportion to the size of their entry. Participating clubs will be notified of work assignments by the Monday before the meet. ALL VOLUNTEERS WILL BE REQUIRED TO ATTEST TO READING AND UNDERSTANDING THE MINOR ATHLETE ABUSE PREVENTION POLICY. YMCA Meets must be run under USA Swimming Technical Rules. It is recommended that they also follow the USA-S Administrative Regulations of Competition in Part Two of the Rulebook, modified to adapt to local conditions. YMCA Meets must be officiated by YMCA certified officials. USA-S certified officials may assist in the officiating and should be encouraged to do so. However, the Meet Referee must be YMCA certified and two additional YMCA certified officials must be on deck at all times, one of whom must be the deck referee. A copy of the Meet Referee's YMCA Certified Official's card must be submitted with the sanction request.

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the first day of the meet.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.



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

Age: An athlete must be not older than 8 years of age on January 20, 2023.

YMCA Meet Participation: All teams must be currently registered through the YMCA Online Team Registration system in order to participate in the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed.

Times: There are no time standards for this meet

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

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

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



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TEAM

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

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

ENTRY INFORMATION

ENTRY LIMITS: Swimmers may participate in a maximum of 5 events per session, (2 relays and 3 individual).

QUALIFICATION PERIOD: NA

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

TIME STANDARDS: There are no time standards.

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

ENTRY FEES: Electronic entries: \$12.00 for individual events, \$24.00 for relays. Manual entries: \$15.00 for individual events, \$30.00 for relays. No refunds will be given for entries that are accepted, for entries that are rejected due to improper entry, or for events that may be canceled due to conditions outside of the control of the Greenknoll YMCA.

ENTRY DEADLINE: January 27, 2023

ENTRY PROCEDURE: 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@regionalyymca.org. Please check that your team name, address, and contact information are listed correctly in this file. 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 actually received.



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PAYMENT: Please make checks payable to the Regional YMCA of Western CT and mail to: Lucy Suter, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment must be received by 02/6/22.

OVER-SUBSCRIPTION: If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. The meet will be split into a girls and boys session.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: All teams will be required to supply timers in proportion to the size of their entry. Watches to be provided by meet host. Participating clubs must be notified of work assignments by the Monday before the meet.

CHECK-IN PROCEDURE

COACHES MEETING/SCRATCH MEETING: Coaches will receive a scratch sheet for each preliminary and timed final session of the meet in their meet packets listing all of their swimmers and events for each session. Scratch sheets will be due to the computer table 30 minutes after the start of the meet; these must be returned even if a team has no scratches.

OFFICIALS AND TIMERS MEETING: The meeting will be held 15 minutes prior to the start of the meet.

MEET PROCEDURES AND OPERATIONS

MEET COMMITTEE: The Committee will consist of the Meet Director and Meet Referee

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a timed finals format. Swimmer's age will be determined as of January 20, 2023.

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

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



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DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a “no show”) shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

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

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

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

STARTS: 'Fly-over' starts may be used at this meet.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Meet Committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee’s decisions will be final (USA-S Rule 102.23).

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.



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- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity.” This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass is not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any areas of the facility.

AWARDS AND RECOGNITION

SCORING: The meet will be scored.

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

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

AWARDS: Yes. Individual events: 1-6 Medals, 7-12 Ribbons. Relay events: 1-3 Medals

SPECTATORS

Spectators will be permitted based on bubble capacity.

HEAT SHEETS/PROGRAMS: Will be available on the Mako Team Website:

www.makoswim.org and Meet Mobile.

LOST AND FOUND: Yes will be available.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- Personal chairs will be allowed in the spectator area
- Children are not allowed to roam the facility unattended.



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- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck
- No smoking, drugs, or alcohol are permitted in the swimming complex.

LIVE STREAMING: We will notify attending teams with this information

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. The Declaration Form must be signed by each YMCA participating in the meet.

LIABILITY LIMITS:

- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- **REGIONAL YMCA of WESTERN CT FACILITY WAIVER**

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

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

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

1. Athlete is removed immediately from participation by the Meet Director



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

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

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

EVACUATION PROCEDURE: In the event if an evacuation, swimmers will use the closest emergency door.

DIRECTIONS

10 HUCKLEBERRY HILL RD, BROOKFIELD, CT 06804.

PARKING

The Greenknoll Aquatic Center is located at 10 Huckleberry Hill Road. 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.



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ORDER OF EVENTS

Session: 1 2022 Girls & Boys 8 and Under YMCA States

- 1 Girls 8 & Under 100 Medley Relay
- 2 Boys 8 & Under 100 Medley Relay
- 3 Girls 8 & Under 50 Freestyle
- 4 Boys 8 & Under 50 Freestyle
- 5 Girls 8 & Under 25 Backstroke
- 6 Boys 8 & Under 25 Backstroke
- 7 Girls 8 & Under 50 Breaststroke
- 8 Boys 8 & Under 50 Breaststroke
- 9 Girls 8 & Under 25 Freestyle
- 10 Boys 8 & Under 25 Freestyle
- 11 Girls 8 & Under 100 IM
- 12 Boys 8 & Under 100 IM
- 13 Girls 8 & Under 25 Butterfly
- 14 Boys 8 & Under 25 Butterfly
- 15 Girls 8 & Under 50 Backstroke
- 16 Boys 8 & Under 50 Backstroke
- 17 Girls 8 & Under 25 Breaststroke
- 18 Boys 8 & Under 25 Breaststroke
- 19 Girls 8 & Under 50 Butterfly
- 20 Boys 8 & Under 50 Butterfly
- 21 Girls 8 & Under 100 Freestyle Relay
- 22 Boys 8 & Under 100 Freestyle Relay

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)



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Participating YMCA: _____

YMCA Address: _____

Meet Name: CT YMCA League 8 & Under Championships _____

Meet Date(s): February 6, 2022 _____

Meet Host: Regional YMCA of Western CT _____

Meet Location: 10 Huckleberry Hill Road, Brookfield CT 06804 _____

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the CT YMCA League 8 & Under Championships for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the CT YMCA League 8 & Under Championships.

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

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee



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This is the last page of the Meet Announcement

CT YMCA League 8&U Championships - 2/5/2023**Session Report**

Session: 1 CT YMCA League 8&U Championships

Day of Meet: 1 Starts at 01:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	1 Girls 8 & Under 100 Medley Relay	0	0		01:30 PM	_____
Finals	2 Boys 8 & Under 100 Medley Relay	0	0		01:30 PM	_____
Finals	3 Girls 8 & Under 50 Freestyle	0	0		01:30 PM	_____
Finals	4 Boys 8 & Under 50 Freestyle	0	0		01:30 PM	_____
Finals	5 Girls 8 & Under 25 Backstroke	0	0		01:30 PM	_____
Finals	6 Boys 8 & Under 25 Backstroke	0	0		01:30 PM	_____
Finals	7 Girls 8 & Under 50 Breaststroke	0	0		01:30 PM	_____
Finals	8 Boys 8 & Under 50 Breaststroke	0	0		01:30 PM	_____
Finals	9 Girls 8 & Under 25 Freestyle	0	0		01:30 PM	_____
Finals	10 Boys 8 & Under 25 Freestyle	0	0		01:30 PM	_____
Finals	11 Girls 8 & Under 100 IM	0	0		01:30 PM	_____
Finals	12 Boys 8 & Under 100 IM	0	0		01:30 PM	_____
Finals	13 Girls 8 & Under 25 Butterfly	0	0		01:30 PM	_____
Finals	14 Boys 8 & Under 25 Butterfly	0	0		01:30 PM	_____
Finals	15 Girls 8 & Under 50 Backstroke	0	0		01:30 PM	_____
Finals	16 Boys 8 & Under 50 Backstroke	0	0		01:30 PM	_____
Finals	17 Girls 8 & Under 25 Breaststroke	0	0		01:30 PM	_____
Finals	18 Boys 8 & Under 25 Breaststroke	0	0		01:30 PM	_____
Finals	19 Girls 8 & Under 50 Butterfly	0	0		01:30 PM	_____
Finals	20 Boys 8 & Under 50 Butterfly	0	0		01:30 PM	_____
Finals	21 Girls 8 & Under 100 Freestyle Relay	0	0		01:30 PM	_____
Finals	22 Boys 8 & Under 100 Freestyle Relay	0	0		01:30 PM	_____
	Finish Time				01:30 PM	_____