

VSYM 2023 Super Bowl Pentathlon
February 12th 2023
Valley Shore YMCA
201 Spencer Plain Road, Westbrook, CT 06498
Mapping software link: <https://goo.gl/maps/Azy9l>

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 or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S22-74. 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, Valley Shore YMCA Marlins, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, [Westbrook, CT. http://westbrookct.us/152/Public-Health-Department](http://westbrookct.us/152/Public-Health-Department)

COVID-19 Assumption of Risk Disclaimer

We, Valley Shore YMCA Marlins, 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 VSYM 2023 Superbowl Pentathlon or on site at Valley Shore 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 VSYM 2023 Superbowl Pentathlon and being on site at Valley Shore 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.

Meet Director:	Teddy Weeks	marlins@vsymca.org	860-287-1694
Meet Referee:	Dylan Lee	dylantlee@gmail.com	860-235-3074
Lead Admin Official:	Stephen Vitola	svitola@snet.net	(203) 209-1115
Entry Chair:	Teddy Weeks	marlins@vsymca.org	860-287-1694
Safety Chair:	Megan Uiling	meganuiling@me.com	(860) 399-9622
Officials Contact: (optional)	Dylan Lee	dylantlee@gmail.com	860-235-3074

MEET HOST: VSYM

WEBSITE: www.vsymarlins.org

POOL EMERGENCY NUMBER: 860-399-9622

SESSION TIMES: Subject to Change

Session 1(12/U & 13/0): Warm up @ 7:00am Start Time @ 8:30am

DEADLINES: Deadline is February 6th, 2023. Mail hardcopy and payment to the entry chairperson: Teddy Weeks, 1 Evergreen Drive, Clinton, CT 06413. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Teams will receive confirmation of receipt of entry, via email, within 24 hours of receiving that entry. This confirmation will include notice of acceptance or rejection of the entry. Entries will be accepted in the order they are received. In the event you are not emailed confirmation of receiving the entry within 24 hours after sending it, please email the meet director immediately. If you have not received a confirmation, you need to assume the entry was not delivered. All entries must be legible and must use full names and registration numbers from USA Swimming registration.

PAYMENT INSTRUCTIONS: Please make checks payable to Valley Shore YMCA Marlins and mail to: Teddy Weeks, 1 Evergreen Drive, Clinton, CT 06413. Payment must be received by 5 business days after receipt of entry has been confirmed by email, but no later than 02/06/2023.

ENTRY FEES: Electronic entries: \$8.00 for individual events, Manual entries: \$10.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

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.

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

SANCTIONED OR APPROVED: Sanctioned

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

MEET FORMAT: The meet will be swum as Timed-Final

SCRATCH PROCEDURES: Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures. USA Swimming Rulebook 102.3

BEFORE ENTERING FACILITY or WHAT TO BRING: Any person entering the pool facility must do a personal health screening including a temperature check (must be at or below 99.9 degrees).

FACILITY:The Valley Shore YMCA Competition Pool is a 6-lane, 25-yard pool. Water depth at start end is: 9ft. Water depth at turn end is: 3ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system will be used. There is limited spectator seating on the pool deck. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. WiFi will be available to spectators and swimmers and connectivity strength is good.

SAFE SPORT POLICIES: Parents will be able to watch the swim meet in the bleachers. No Live stream.

DISABLED ACCESS: Handicapped parking is directly in front of the building. Handicapped access to pool locker rooms and spectator area are available once inside. Anyone needing assistance should contact the Meet Director prior to the meet.

COURSE: SCY

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All 6 lanes will be used for warm ups.

ELIGIBILITY: All USA Swimming clubs and individuals.

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

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

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

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

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

ADAPTED SWIMMING: Any current athlete members of USA Swimming or CT 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: All events will be swum as timed finals and will be deck seeded according to the swimmers' SCY times. Deck entries will not be allowed.

ENTRY LIMITATIONS: Swimmers are limited to entering and swimming in a maximum of 5 events.

ENTRY TIMES: SCY

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 marlins@vsymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Please make checks payable to Valley Shore YMCA Marlins and mail to: Teddy Weeks, 1 Evergreen Drive, Clinton, CT 06413. Payment must be received by 5 business days after receipt of entry has been confirmed by email, but no later than 11/03/22.

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

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

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

CUT PROTOCOL:

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

1. Athletes aged 7 and Under will be cut from the meet. (Should not be used for 8/U meets)
2. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

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

RELAYS: No

SAFETY:

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

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

PHOTOGRAPHY AND VIDEO RECORDING:

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

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

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

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

TIME TRIALS: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Work assignments will be based on team entries. Teams supplying names of volunteers willing to officiate will have their timing assignments adjusted. 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: Yes. Ribbons will be awarded to the top 6 overall finishers based on their combined times from all 5 events. There will be heat winners. Awards will be given to coaches at the conclusion of the meet.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS: Athletes and coaches will be stationed in the GYM. Athletes will be escorted by volunteers from the GYM to the pool deck for their events. We recommend that coaches provide supervision in the GYM and on the pool deck.

PARKING: There is additional parking in the back field.

VSYM Superbowl Pentathlon, Sanction #: S22-74**February 12th 2023 @ Valley Shore YMCA****Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 10 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 10 & Under 50 Butterfly	25	5	08:30 AM	_____
Finals	2 Boys 10 & Under 50 Butterfly	30	5	08:36 AM	_____
Finals	3 Girls 11-12 50 Butterfly	29	5	08:42 AM	_____
Finals	4 Boys 11-12 50 Butterfly	17	3	08:46 AM	_____
Finals	5 Girls 13-14 100 Butterfly	15	3	08:49 AM	_____
Finals	6 Boys 13-14 100 Butterfly	12	2	08:54 AM	_____
Finals	7 Girls 15 & Over 100 Butterfly	11	3	08:57 AM	_____
Finals	8 Boys 15 & Over 100 Butterfly	5	1	09:02 AM	_____
Finals	9 Girls 10 & Under 50 Backstroke	25	5	09:03 AM	_____
Finals	10 Boys 10 & Under 50 Backstroke	33	6	09:10 AM	_____
Finals	11 Girls 11-12 50 Backstroke	30	5	09:17 AM	_____
Finals	12 Boys 11-12 50 Backstroke	18	3	09:22 AM	_____
Finals	13 Girls 13-14 100 Backstroke	16	3	09:25 AM	_____
Finals	14 Boys 13-14 100 Backstroke	14	3	09:31 AM	_____
Finals	15 Girls 15 & Over 100 Backstroke	13	3	09:37 AM	_____
Finals	16 Boys 15 & Over 100 Backstroke	5	1	09:42 AM	_____
Finals	17 Girls 10 & Under 50 Breaststroke	26	5	09:43 AM	_____
Finals	18 Boys 10 & Under 50 Breaststroke	30	5	09:49 AM	_____
Finals	19 Girls 11-12 50 Breaststroke	29	5	09:55 AM	_____
Finals	20 Boys 11-12 50 Breaststroke	18	3	10:00 AM	_____
Finals	21 Girls 13-14 100 Breaststroke	15	3	10:03 AM	_____
Finals	22 Boys 13-14 100 Breaststroke	13	3	10:09 AM	_____
Finals	23 Girls 15 & Over 100 Breaststroke	11	3	10:14 AM	_____
Finals	24 Boys 15 & Over 100 Breaststroke	5	1	10:19 AM	_____
Finals	25 Girls 10 & Under 50 Freestyle	26	5	10:21 AM	_____
Finals	26 Boys 10 & Under 50 Freestyle	33	6	10:26 AM	_____
Finals	27 Girls 11-12 50 Freestyle	30	5	10:32 AM	_____
Finals	28 Boys 11-12 50 Freestyle	18	3	10:35 AM	_____
Finals	29 Girls 13-14 100 Freestyle	16	3	10:38 AM	_____
Finals	30 Boys 13-14 100 Freestyle	14	3	10:42 AM	_____
Finals	31 Girls 15 & Over 100 Freestyle	13	3	10:46 AM	_____
Finals	32 Boys 15 & Over 100 Freestyle	5	1	10:50 AM	_____
Finals	33 Girls 10 & Under 100 IM	24	4	10:51 AM	_____
Finals	34 Boys 10 & Under 100 IM	29	5	10:59 AM	_____
Finals	35 Girls 11-12 100 IM	28	5	11:09 AM	_____
Finals	36 Boys 11-12 100 IM	16	3	11:17 AM	_____
Finals	37 Girls 13-14 200 IM	14	3	11:23 AM	_____
Finals	38 Boys 13-14 200 IM	13	3	11:32 AM	_____
Finals	39 Girls 15 & Over 200 IM	13	3	11:41 AM	_____
Finals	40 Boys 15 & Over 200 IM	5	1	11:52 AM	_____
	Swimmers Counts for Warm-ups: 155	=====	=====		
	Entry / Heat Totals:	742	140		
	Finish Time			11:54 AM	_____