

22nd Annual Kamana Wanna Swim Invitational

June 28-29, 2025

Odessa Terry Pool, Hockanum Park
310 High Street, East Hartford, CT 06108

<http://goo.gl/450HU6>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L25-42. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

	Name	Email	Phone
Meet Director:	Laura McLaughlin	lehyswimreg@gmail.com	860-798-8946
Meet Referee:	Joe Guenther	jguentherjr@gmail.com	860-338-69-12
Lead Admin Official:	Joann Bresnahan	lehyswimreg@gmail.com	860-402-5797
Entry Chair:	Joann Bresnahan	lehyswimreg@gmail.com	860-402-5797
Safety Chair:	Katrina Richards	lehyswimreg@gmail.com	
Officials Contact:	Joe Guenther	jguenther@gmail.com	860-338-6912

MEET HOST: LEHY-Laurel East Hartford YMCA

WEBSITE: <https://www.teamunify.com/team/ymca-0983/page/home>

POOL EMERGENCY NUMBER: 860-291-7422

COURSE: LCM.

SESSION TIMES: Subject to Change

This a morning sessions only meet.

Saturday and Sunday warm-ups will begin at 7:30am, with the meet beginning at 8:40am

ENTRY OPENING DATE: Entries will be accepted no earlier than **April 24th at 7p.**

CONNECTICUT-ONLY DEADLINE: CT deadline is **Monday, May 18, 2025 at 11:59pm.** All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entry into the meet will be determined by the email date and time of the entry. CT clubs meeting this deadline will be entered before out of state clubs.

DEADLINES: Deadline is **Thursday, June 19, 2025 at 11:59pm.** Mail hardcopy and payment to the entry chairperson: **Joann Bresnahan, 11 Woodycrest Rd., Wethersfield, CT, 06109.** All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entry into the meet will be determined by the email date of the entry.

PAYMENT INSTRUCTIONS: Please make checks payable to **Laurel East Hartford YMCA.**

Mail to:

Joann Bresnahan

11 Woodycrest Rd.

Wethersfield, CT 06109

Payment must be received by Friday, June 27, 2025.

SWIMMER SURCHARGE: Teams that are charged pool rental for running a regularly scheduled non CSI Championship meet during the LC season (4/1-8/31), can charge a per swimmer facility fee not to exceed \$10. This charge will NOT be subject to CSI surcharges.

ENTRY FEES: Electronic entries: \$15.00 for individual events, \$15.00 for distance event. Per Swimmer Facility Fee: \$0.00. Manual entries: \$20.00 for individual events, \$20.00 for distance events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

REGISTRATION REPORTING: 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.

FACILITY: The Terry Odessa Pool is an 8-lane, 50-meter pool. Water depth at start end is 12 feet. Water depth at turn end is 3.75 feet. The competition course has not been certified in accordance with 104.2.2C(4). Colorado Timing System with touch pads for 100 meters or more will be used. A two button electronic timing system will be used for the 50-meter events.

Swimmers should be dropped off at the front entrance to Terry Odessa Pool and enter through the locker rooms to the pool deck. Teams will sit on the pool deck for the duration of the meet, please provide your own chairs and shade covering. All chairs and shade covering will need to be removed at the end of each session; overnight storage of any team shade structures is not available. Spectator seating is located on the grass outside the pool fence, please bring your own chairs and shade covering.

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

WIFI ACCESS: Wi-Fi is NOT available.

MEDICAL SUPERVISION: Two lifeguards will be present on site with access to an AED.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Each session will have a separate warmup time for 12&U swimmers and 13&O swimmers using 8 lanes, with lanes assigned by teams. At the conclusion of those 2 warm up tiers there will be an additional warm up period for all teams with lanes 1 and 2 being pace lanes, lanes 3-7 designated as one way sprints with starts from the blocks, and lane 8 being circle lane. Warm-up sessions will be created after the entry deadline and mailed to Coaches the Monday before the meet. The meet director reserves the right to condense or expand this warm-up format upon meet subscription.

EVENT INFORMATION: Deck entries will not be accepted. The meet theme is Hawaiian. Special awards will be given to the two swimmers whose attire best represents the theme. A special prize will also be awarded to the team that has the best-decorated tent! Prizes will be awarded at the conclusion of Saturday's session. Be creative and have some fun!

ENTRY LIMITATIONS: Swimmers may enter up to three (3) scheduled individual events per day.

SCRATCH PROCEDURES: Scratch sheets will be provided in the coaches packets. These sheets must be returned 15 minutes after the warm-ups begin with scratched swimmers clearly identified. Please be sure the

computer operator is able to read the event and name of the swimmer being scratched. USA Swimming Rulebook 102.3

SAFE SPORT POLICIES: Seating for spectators is outside the fence, bring your own chairs and shade covering. No spectators, unless they are actively working the meet, will be allowed inside the fence during the meet.

DISABLED ACCESS: The facility is handicapped accessible. For more information, call Laura McLaughlin at 860-798-8946.

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

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

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

https://www.ctswim.org/Customer-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](#).

ENTRY TIMES: Submit entry times in LCM. As stated in the event file, cut off times for the 400 IM is 6:30.00 for both Girls and Boys and the 400 freestyle is 6:15.00 for 12/U Girls and Boys, 5:45.00 for 13/O Girls and Boys. These times will be strictly adhered to. No times (NT) are discouraged for all other events.

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 lehyswimreg@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Entry into the meet will be determined by the email date of the entry. Your team is not officially entered into the meet until payment has been received. Please send payments to the entry chair listed, immediately after sending your electronic entry, to ensure entry into the meet.

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

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

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

CUT PROTOCOL:

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

1. Athletes aged 7 and Under will be cut from the meet.
2. The distance events (400 meters or yards or greater) may be heat limited to the first 2 heats of entries per gender in the order they were received.
3. The maximum number of events allowed per day may be reduced by one (1).
4. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

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

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

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

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

RELAYS: No

SAFETY:

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

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

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

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

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

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

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

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

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

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

- Professional photographers with current, official media credentials that are promoting the sport of swimming

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

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

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: Yes, time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is/are 8:30am. The fee for Time Trial entries are \$20.00 for individual events.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Swim Teams will be required to supply timers based on their entry for Saturday and Sunday sessions. 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: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING:

- **NO STREET PARKING ALLOWED**
- **PARKING ON THE GRASSY AREAS IS PROHIBITED**
- If the pool lot is full, park in the Hockanum Elementary School parking lot adjacent to the pool.
- **Illegally parked cars will be subject to ticket and towing. This is strictly enforced by the Town of East Hartford.**

DIRECTIONS: The Odessa Terry Pool is located at 310 High Street, East Hartford, CT.

I-91 North: Take exit 25 (route 3). Take first exit after the bridge (Glastonbury). Turn left at the first traffic light. Turn left onto Main Street (north) continue north on Main St. past large shopping center to first light. Turn left onto Broad Street. Broad becomes High Street at Naubac Avenue. Continue 300 yards, pool is on the right.

From Route 2 West: Take Hebron Avenue exit. At end of exit, proceed to Main Street (Glastonbury). Turn right onto Main Street (north) and follow directions above. I-84 East or West: Take exit to CT Route 2 East to East Hartford. Take High Street exit. At the bottom of the ramp, turn right. Proceed onto High Street for 300 yards; the pool is on the left.

21th Annual Kamana Wanna Swim Invitational - 6/28/2025**Sanction #: L24-43****Session Report**

Session: 1 Saturday AM

Day of Meet: 1 Starts at 08:40 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 400 Freestyle	0	0	08:40 AM	_____
Finals	2 Boys 12 & Under 400 Freestyle	0	0	08:40 AM	_____
Finals	3 Girls 13 & Over 400 Freestyle	0	0	08:40 AM	_____
Finals	4 Boys 13 & Over 400 Freestyle	0	0	08:40 AM	_____
	Break: 2 Minutes: timers to shallow end				
Finals	5 Girls 12 & Under 50 Breaststroke	0	0	08:42 AM	_____
Finals	6 Boys 12 & Under 50 Open Water	0	0	08:42 AM	_____
	Break: 2 Minutes: timers back to blocks				
Finals	7 Girls 13 & Over 100 Breaststroke	0	0	08:44 AM	_____
Finals	8 Boys 13 & Over 100 Breaststroke	0	0	08:44 AM	_____
Finals	9 Girls 12 & Under 100 Backstroke	0	0	08:44 AM	_____
Finals	10 Boys 12 & Under 100 Backstroke	0	0	08:44 AM	_____
Finals	11 Girls 13 & Over 200 Backstroke	0	0	08:44 AM	_____
Finals	12 Boys 13 & Over 200 Backstroke	0	0	08:44 AM	_____
Finals	13 Girls 12 & Under 100 Freestyle	0	0	08:44 AM	_____
Finals	14 Boys 12 & Under 100 Freestyle	0	0	08:44 AM	_____
Finals	15 Girls 13 & Over 100 Freestyle	0	0	08:44 AM	_____
Finals	16 Boys 13 & Over 100 Freestyle	0	0	08:44 AM	_____
	Break: 2 Minutes: timers to shallow end				
Finals	17 Girls 12 & Under 50 Butterfly	0	0	08:46 AM	_____
Finals	18 Boys 12 & Under 50 Butterfly	0	0	08:46 AM	_____
	Break: 2 Minutes: timers back to blocks				
Finals	19 Girls 13 & Over 100 Butterfly	0	0	08:48 AM	_____
Finals	20 Boys 13 & Over 100 Butterfly	0	0	08:48 AM	_____
Finals	21 Girls 12 & Under 200 IM	0	0	08:48 AM	_____
Finals	22 Boys 12 & Under 200 IM	0	0	08:48 AM	_____
Finals	23 Girls 13 & Over 200 IM	0	0	08:48 AM	_____
Finals	24 Boys 13 & Over 200 IM	0	0	08:48 AM	_____
	Finish Time			08:48 AM	_____

21th Annual Kamana Wanna Swim Invitational - 6/28/2025**Sanction #: L24-43****Session Report**

Session: 2 Sunday AM

Day of Meet: 2 Starts at 08:40 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Girls 13 & Over 400 IM	0	0	08:40 AM	_____
Finals	26 Boys 13 & Over 400 IM	0	0	08:40 AM	_____
	Break: 2 Minutes: timers to shallow end				
Finals	27 Girls 12 & Under 50 Backstroke	0	0	08:42 AM	_____
Finals	28 Boys 12 & Under 50 Backstroke Multi-Class	0	0	08:42 AM	_____
	Break: 2 Minutes: timers back to blocks				
Finals	29 Girls 13 & Over 100 Backstroke	0	0	08:44 AM	_____
Finals	30 Boys 13 & Over 100 Backstroke	0	0	08:44 AM	_____
Finals	47 Boys 13 & Over 50 Backstroke	0	0	08:44 AM	_____
Finals	31 Girls 12 & Under 200 Freestyle	0	0	08:44 AM	_____
Finals	32 Boys 12 & Under 200 Freestyle	0	0	08:44 AM	_____
Finals	33 Girls 13 & Over 200 Freestyle	0	0	08:44 AM	_____
Finals	34 Boys 13 & Over 200 Freestyle	0	0	08:44 AM	_____
Finals	35 Girls 12 & Under 100 Breaststroke	0	0	08:44 AM	_____
Finals	36 Boys 12 & Under 100 Breaststroke	0	0	08:44 AM	_____
Finals	37 Girls 13 & Over 200 Breaststroke	0	0	08:44 AM	_____
Finals	38 Boys 13 & Over 200 Breaststroke	0	0	08:44 AM	_____
	Break: 2 Minutes: timers to shallow end				
Finals	39 Girls 12 & Under 50 Freestyle	0	0	08:46 AM	_____
Finals	40 Boys 12 & Under 50 Freestyle	0	0	08:46 AM	_____
Finals	41 Girls 13 & Over 50 Open Water	0	0	08:46 AM	_____
Finals	42 Boys 13 & Over 50 Freestyle	0	0	08:46 AM	_____
	Break: 2 Minutes: timers back to blocks				
Finals	43 Girls 12 & Under 100 Butterfly	0	0	08:48 AM	_____
Finals	44 Boys 12 & Under 100 Butterfly	0	0	08:48 AM	_____
Finals	45 Girls 13 & Over 200 Butterfly	0	0	08:48 AM	_____
Finals	46 Boys 13 & Over 200 Butterfly	0	0	08:48 AM	_____
	Finish Time			08:48 AM	_____