

# WYW 12 under Valentine Pentathlon February 11, 2025

Wilton Family YMCA  
Melissa & Mark Nickel Pool  
404 Danbury Road  
Wilton, CT 06987

<https://goo.gl/maps/zBZWL8N6iDpgnqGg6>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S-24-76

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.

	Name	Email	Phone
<b>Meet Director:</b>	JoAnn McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384 x 249
<b>Meet Referee:</b>	Bruce Van Velzor	<a href="mailto:wywofficials@gmail.com">wywofficials@gmail.com</a>	
<b>Lead Admin Official:</b>	JoAnn McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	203-762-8384 x249
<b>Entry Chair:</b>	JoAnn McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	
<b>Safety Chair:</b>	Eric Holden	<a href="mailto:eholden@riverbrookymca.org">eholden@riverbrookymca.org</a>	
<b>Officials Contact:</b>	Bruce VanVelzor	<a href="mailto:Wywofficials@gmail.com">Wywofficials@gmail.com</a>	
<b>Disability Contact</b>	JoAnn McCaffrey	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>	

**MEET HOST:** WYW

**WEBSITE:** [www.wywahoos.org](http://www.wywahoos.org)

**POOL EMERGENCY NUMBER:** 203-762-8384

**COURSE:** SCY

**SESSION TIMES:** (Subject to Change)

Warm up 4:00 Start 5:15 pm

**DEADLINES: Deadline is 1/24/25.** Mail hardcopy and payment to the entry chairperson: JoAnn McCaffrey, Wilton Y Wahoos, 404 Danbury Road, Wilton CT. 06897. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will determined by the date an email entry is received.

**PAYMENT INSTRUCTIONS:** Make Checks payable to Wilton Y Wahoos

Mail to:

JoAnn McCaffrey

Wilton Y Wahoos

404 Danbury Road

Wilton CT. 06897

Payment must be received by February10, 2025.

**ENTRY FEES:** Electronic entries: \$12.00 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 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.

**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-Finals.

**FACILITY:** Wilton Family YMCA, 404 Danbury Rd., Wilton, CT. The Wilton YMCA pool is a 6 lane by 50 meter facility with a dividing bulkhead and Daktronics electronic timing. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool is 50 meters x 15 yards with a north end (dive end) pool depth of 6 ½ ft and south end (turn end) pool depth of 4.7 ft. When the pool is divided into the 2 SCY pools, 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. When the pool is set up for SCY, there is a section that is 5 yards x 15 yards across between the two courses and its depth is 6.7 ft. This portion of the pool is not used during competition. Daktronic timing system will be used.

**MEDICAL SUPERVISION:** Lifeguards will be in both pools at all time. The facility has AED devices.

**WIFI ACCESS:** The YMCA has gust Wi-Fi services

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. 6 lanes per pool will be used for warmups. If necessary, a second warmup will be instituted and/ or the second pool will be used.

**EVENT INFORMATION:** No deck entries will be accepted.

**ENTRY LIMITATIONS:** 5 events for the session (as time allows)

**SCRATCH PROCEDURES:** Scratches will need to be turned in 15 minutes after the start of warmup session, or the team will be scratched from their events.

**FACILITY PROTOCOLS:** 50 METER LOCKER ROOMS ARE FOR SWIMMERS ONLY! , Adults will be required to use other facilities in the building, per Safe Sport policy.

**SAFE SPORT POLICIES:** At the time of writing, there will be spectators on deck. They will have to enter through lobby of the building through the revolving doors to the pool deck. If live streaming is available, we will post information.

**DISABLED ACCESS:** There is handicap parking at the entrance to the pool and locker rooms are handicap accessible. Please contact the meet director for any assistance

**ELIGIBILITY:** All USA Swim 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.

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-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 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: SCY. NT entries are NOT ALLOWED

- NO DECK ENTRIES WILL BE ALLOWED

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

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

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

**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 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:

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

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

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

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 full authority to restrict any and all photography, audio and visual recording at a meet.

Photography or video recording 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 warmups. Flash photography is prohibited during the start

of any heat, including whenever a 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 cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional “No Camera Zones” may be designated by Meet Management or the meet referee.

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

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

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

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

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** NO

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Work Assignments will be pre-assigned by the meet director. Participating clubs will be notified by the Monday before the meet. Officials willing to work may contact the meet referee, Bruce VanVelzor @ [wywofficials@gmail.com](mailto:wywofficials@gmail.com)

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. Spectators are limited to the spectator area only.

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

**AWARDS:** 1-6 place awards for swimmers **completing 25 of each stroke and 100 IM OR 50 of each stroke and 200 IM 8/under, 9-10, 11/12 both girls and boys.**

Placement will be awarded by combination time for all events above, DQ’s will eliminate an event.

**CONCESSIONS:** limited concession

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**MISCELLANEOUS:**

**PARKING:** There is adequate parking on premises. Overflow parking needs to park at Wilton High School across the street from the YMCA.

**DIRECTIONS: DIRECTIONS: 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

**2025 WYW Valentine Pentathlon - 2/11/2025**

**Session Report**

Session: 1 12 under

Day of Meet: 1 Starts at 05:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 12 & Under 50 Freestyle	0	0	05:15 PM	_____
Finals	2 Boys 12 & Under 50 Freestyle	0	0	05:15 PM	_____
Finals	3 Girls 12 & Under 25 Freestyle	0	0	05:15 PM	_____
Finals	4 Boys 12 & Under 25 Freestyle	0	0	05:15 PM	_____
Finals	5 Girls 12 & Under 50 Backstroke	0	0	05:15 PM	_____
Finals	6 Boys 12 & Under 50 Backstroke	0	0	05:15 PM	_____
Finals	7 Girls 12 & Under 25 Backstroke	0	0	05:15 PM	_____
Finals	8 Boys 12 & Under 25 Backstroke	0	0	05:15 PM	_____
Finals	9 Girls 12 & Under 200 IM	0	0	05:15 PM	_____
Finals	10 Boys 12 & Under 200 IM	0	0	05:15 PM	_____
Finals	11 Girls 12 & Under 100 IM	0	0	05:15 PM	_____
Finals	12 Boys 12 & Under 100 IM	0	0	05:15 PM	_____
Finals	13 Girls 12 & Under 50 Breaststroke	0	0	05:15 PM	_____
Finals	14 Boys 12 & Under 50 Breaststroke	0	0	05:15 PM	_____
Finals	15 Girls 12 & Under 25 Breaststroke	0	0	05:15 PM	_____
Finals	16 Boys 12 & Under 25 Breaststroke	0	0	05:15 PM	_____
Finals	17 Girls 12 & Under 50 Butterfly	0	0	05:15 PM	_____
Finals	18 Boys 12 & Under 50 Butterfly	0	0	05:15 PM	_____
Finals	19 Girls 12 & Under 25 Butterfly	0	0	05:15 PM	_____
Finals	20 Boys 12 & Under 25 Butterfly	0	0	05:15 PM	_____
	Finish Time			05:15 PM	_____