

## Regional YMCA of Western CT – Mako Swim Team

Revised July 15, 2009 to add Time Standards

<b>Name of Meet:</b>	<b>2009 Mako YMCA National Qualifier Long Course Invitational</b>
<b>Date of Meet:</b>	July 21, 2009
<b>Sponsor(s):</b>	Mako Swim Team / Regional YMCA of Western CT
<b>Location(s):</b>	Greenknoll Aquatic Center at Camp Greenknoll Day, #10 Huckleberry Hill Rd, Brookfield CT 06904
<b>Facility/Pool Description:</b>	The pool is a 6 lane by 50 meter facility with fully automatic Colorado electronic timing system and non-turbulent lane lines.
<b>Pool Emergency No.:</b>	203-775-1113
<b>USA Swimming Rules</b> will govern this meet. 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. Meet management reserves the right to limit heats, adjust warm-up and/or start times or make other changes to ensure a quality meet. Events with low subscription may be combined to ensure a more efficient timeline. Changes will be communicated as far in advance as possible.	
<b>Meet Format / eligibility:</b> This is a closed, inter-association YMCA meet as defined by the YMCA of USA. The age limit is 12 to 21 years. Open to registered YMCA swimmers currently on a registered YMCA swim team who meet the qualifying time standards listed with the Order of Events. Each team is required to swim under the direction of a YMCA swim coach. Swimmers will swim their age as of July 21, 2009.	
<b>Meet Venue:</b> The Greenknoll Aquatic Center is an outdoor 50 meter X 6 lane pool located on the YMCA's Camp Greenknoll, adjacent to and just west of the Regional YMCA of Western CT's Greenknoll Branch building. Shade is limited so feel free to bring shelters for swimmers which may be set up on the grass outside the fence line. There are changing rooms and bathrooms at pool side. Lockers are not yet installed so swimmers should bring possessions to their team area. There are sheltered tables under the pavilion nearby (close to the pool) for relaxing and picnicking. Swimmers and spectators should bring folding chairs for seating – there is no seating provided.	
<b>Cut Protocol:</b> The meet will be managed to stay within approximately four hours of competition, after warm ups. If the timeline is excessive based on entries, teams /entries will be cut based on date of receipt.	
<b>Awards:</b> Awards for top 6 placements in each individual event.	

<b>Meet Manager &amp; Entry Chair:</b>	Pat Dembowski / Regional YMCA of Western CT 28 Greenknoll Drive Brookfield CT 06804 email: patholahan@yahoo.com 203-740-1948
<b>Meet Referee:</b>	Greg Dembowski                      gdembowski@regionalyymca.org                      203-740-3432 X 201
<b>Entry fees:</b>	<b>Splash Fee:</b> \$6.00/individual event, \$8.00 for 400 yd distance events; \$20.00/relay. For hand entered entries, a \$1.00 charge per event will be added for any team with more than 5 athletes.
<b>Checks Payable To:</b>	Regional YMCA of Western CT
<b>Order of Events / Entry file:</b>	The order of events is attached; the entry event file is on our website makoswim.org, or you may request an email copy from patholahan@yahoo.com
<b>Entry Limitations:</b>	Swimmers may swim a maximum of 4 events, plus relays.
<b>Entry Deadline:</b>	Email by July 17, 2009 midnight to patholahan@yahoo.com
<b>Entry Format:</b>	Electronic entry file via email is preferred using Hytek, or other program in SDIF format. No time (NT) entries are discouraged; use estimated or converted times if no seed time is available in LCM. Please send original entry sheets, sorted by swimmer; no photocopies please. Include on the entry the name, address, and telephone number of the head coach <u>and</u> a club official responsible for the team's entry. In case of dispute, the original entry form will be considered the only official document of entry. Note: Hytek's Team Manager Lite is a free compatible option for teams that do not have Hytek Team Manager; it enables them to create hytek rosters, import event files, prepare entries and export entries to meet hosts. <a href="http://www.hytek ltd.com/downloads.html">http://www.hytek ltd.com/downloads.html</a> Anyone needing help with the free Team Manager Lite use please read instructions on Hytek's website .
<b>Work Assignments:</b>	All teams will be required to supply timers in proportion to the size of their entry. Teams providing a list of officials by July 17, 2009 will be credited in their timing assignments. Form to submit officials' data is attached. <b>Swimmers in the 400 Freestyle, 400 IM, and 400 Freestyle Relays</b> at the end of each session must provide their own timers; watches to be provided by meet host.
<b>Warm-up Time:</b>	4:15 PM
<b>Start Time:</b>	5:30 PM
<b>Scratch Procedure:</b>	Scratch sheets will be due to the computer table 15 minutes after the start of warm-ups; these must be returned even if a team has no scratches.

<b>Refreshments/Concessions:</b>	Beverages will be available to purchase during the meet.
<b>Handicap/Elderly Accessibility:</b>	Accessible. Fully ADA Compliant
<b>Lodging:</b>	<p>Courtyard Danbury  3 Eagle Road  Danbury CT 06810  (203) 730-2228  3.5 miles / 8 minutes</p>
<b>Directions / Parking:</b>	<p>Our outdoor 50 Meter pool is at our Camp Greenknoll at #10 Huckleberry Hill Road, Brookfield, CT. Use #2 Huckleberry Hill Road for GPS input – that is the location for parking.</p> <p><b>Points East and West of Danbury:</b>  I-84 WEST to Exit 7 (US-7 north).  US-7 NORTH to first Exit, Exit 11 (Federal Road)  Take LEFT off Exit ramp  Take RIGHT on Federal Road (US-202)  Pass Costco on LEFT  In .4 miles bear LEFT on Old New Milford Road  Turn LEFT on Huckleberry Hill Road  YMCA is on right, Greenknoll Aquatic Center at Camp Greenknoll is just past YMCA Building, also on the right</p> <p><b>Parking for the meet:</b> Parking is at the back of our regular YMCA, located at #2 Huckleberry Hill Rd. You may park anywhere on the upper level lot, or use the drive way down towards the pond to access overflow parking on the grass near the pond, forming two rows of parked cars, do not block the dry hydrant, which is a big concrete circular thing in the grassy area. Be careful not to block any cars in as employee parking is also on the grass and they will be departing during the meet. Do not attempt to drive into the farm gate at #10 Huckleberry Hill Road. Once you park, walk down the driveway towards the pond and cross over the foot bridge to the pool.</p>

# **ORDER OF EVENTS**

<b><u>Event Number</u></b>	<b><u>All Events Mixed Gender – Except Relays</u></b>	<b><u>Qualifying Time (LCM)</u></b>
3	100 m Freestyle	1:11.99
4	100 m Breast stroke	1:30.29
5	100 m Butterfly	1:18.19
6	100 m Backstroke	1:20.49
9	200 m Freestyle	2:27.99
10	200 m IM	2:46.99
11	200 m Breast stroke	3:08.99
12	50 m Butterfly	37.29
13	50 m Backstroke	39.59
16	50 m Freestyle	34.39
17	50 m Breaststroke	43.39
18	200 m Butterfly	2:47.19
19	200 m Backstroke	2:47.59
22	400 m Freestyle	5:05.00
23	400 m IM	5:46.99
24	400 m Freestyle Relay Girls	4:42.99
25	400 m Freestyle Relay Boys	4:18.99
26	400 m Medley Relay Girls	5:21.99
27	400 m Medley Relay Boys	4:54.99

**2009 Mako YMCA National Qualifier Long Course Invitational**  
**Entry Summary Sheet**

Team Name: \_\_\_\_\_

Head Coach Name: \_\_\_\_\_ Phone # (Day) \_\_\_\_\_

Coach email: \_\_\_\_\_ Phone # (Eve) \_\_\_\_\_

Entry Contact: \_\_\_\_\_ Entry Contact \_\_\_\_\_

Email

	Girls	Boys	# Total Entries	X Fee*	Amount Due
# Individual Entries				X \$6.00 each	
# Individual Entries (400 meter)				X \$8.00 each	
# Relay Team Entries				X \$20.00 each	
<b>TOTAL ENTRY FEE</b>	- - - -	- - - -	- - - -	- - - - ->	

\* Hand entries for teams with more than 5 swimmers - add \$1.00 per event.

Email your entries no later than July 17, 2009 to:  
 Pat Dembowski at patholahan@yahoo.com

The following is to be included with hard copy entry.

- |  |   |
|--|---|
| 1. Hard copy of submitted entries,<br>sort report by swimmer | Mail to:                                    |
| 2. Entry summary sheet                                       |   |
| 3. List of officials who will work                           | Patricia Dembowski                          |
| 4. Check payable to "Regional<br>YMCA of Western CT"         | 28 Greenknoll Drive<br>Brookfield, CT 06804 |
| 5. Signed Release Declaration                                |   |

**Officials Working Meet**

\_\_\_\_\_  
 Official's name                      Phone Number                      email address

\_\_\_\_\_  
 Official's name                      Phone Number                      email address

\_\_\_\_\_  
 Official's name                      Phone Number                      email address

## ***2009 Mako YMCA National Qualifier Long Course Invitational***

The **Release Declaration** below must be signed and accompany all meet entries. Entries submitted without a signed Release Declaration will not be accepted. No substitution or changes will be accepted.

### **RELEASE DECLARATION**

In consideration of your accepting this entry, we hereby, for ourselves, heirs, executors and administrators, waive and release and any all rights and claim for damage we may have against the Regional YMCA of Western CT, the Mako Swim Team and its Parent Volunteers involved in the running of this swim meet for any and all injuries which may be suffered by us at the 2009 Mako YMCA National Qualifier Long Course Invitational to be held on July 21, 2009.

We further acknowledge the risks inherent in the activities to be undertaken at said meet and hereby agree to assume these inherent risks.

\_\_\_\_\_  
Signature  
YMCA Executive Director

\_\_\_\_\_  
Type or Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature  
Head Coach

\_\_\_\_\_  
Type or Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
YMCA Name and Phone Number

\_\_\_\_\_  
YMCA Complete Address