

## Regional YMCA of Western CT – Mako Swim Team

Issued: May 1, 2009

Revision: June 9, 2009 to add sanction number

<b>Name of Meet:</b>	<b>2009 Greenknoll YMCA Long Course Invitational Championship</b>
<b>Date of Meet:</b>	July 11-12, 2009
<b>Sanction No.:</b> CAQ 08-09 5031	Sanctioned by YMCA of USA
<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. Swimmers and spectators should bring folding chairs for seating.
<b>Pool Emergency No.:</b>	203-775-1113
<p><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. Changes will be communicated as far in advance as possible.</p>	
<p><b>Meet Format / eligibility:</b> This is a sanctioned, closed, inter-association YMCA meet as defined by the YMCA of USA. The age limit is "open" – no upper or lower age limits; swimmers will be separated by seed times and gender. Open to registered YMCA swimmers currently on a registered YMCA swim team. Each team is required to swim under the direction of a YMCA swim coach. Results will be reported for 10&amp;under, 11/12 and 13&amp;over. Swimmers may participate in any number of sessions and they may swim a maximum of 4 events per session, not including relays. Swimmers will swim their age as of July 11, 2009.</p>	
<p><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. It is a new facility which opened in June, 2007. 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 will not yet be 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.</p>	
<p><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. Before cutting teams, 4<sup>th</sup> events will be cut. The 400 Free and 400IM events may be heat limited if number of entries creates timeline issues.</p>	
<p><b>Awards:</b> Ribbons for top 6 placements in each individual event for 10&amp;Under, 11/12, and 13&amp;Over for both genders. Relays – ribbons for top three fishers overall, for each gender.</p>	

<b>Meet Manager &amp; Entry Chair:</b>	Pat Dembowski Regional YMCA of Western CT 246 Federal Rd - Brookfield Commons, Unit B21 Brookfield CT 06804 email: patholahan@yahoo.com 203-740-1948
<b>Meet Referee:</b>	Greg Dembowski                      gdembowski@regionalmca.org                      203-740-3432 X 201
<b>Entry fees:</b>	<b>Splash Fee:</b> \$5.00/individual event, \$7.00 for 400 yd distance events; \$12.00/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>Time Trials:</b>	Time permitting, time trials may be offered at the end of each session. Requests for time trials must be handed in to the meet manager by 8:00 AM for morning sessions and 2:00 PM for the afternoon session. Time trial requests will be offered on a first come first serve basis and will be limited to 1 event per swimmer per session. Cost is \$6.00 per time trial, \$8.00 for distance events (400 meters or more).
<b>Entry Limitations:</b>	4 individual events per session, excluding relays. Athletes may swim the same events twice, provided they are in different sessions (50 Free, 200IM). See Cut protocol.
<b>Entry Deadline:</b>	Email by June 26, 2009: Mailed entries and payments must be received by July 1, 2009. Date of email receipt shall be considered the official date of entry so long as payment and paper entry are received no later than 4 business days after email receipt and not later than July 1, 2009.

<b>Entry Format:</b>	Electronic entry file via email is preferred using Hytek, or other program in SDIF format; if teams are unable to prepare electronic entries please use the manual entry forms available at makoswim.org No time (NT) entries are discouraged; use estimated or converted times if no seed time is available in LCM. If a swimmer is entered in more than 3 events per session circle 4 <sup>th</sup> event to indicate which event should be cut if the meet is over-subscribed (see Cut Protocol). The required mailed entry must contain a computer printout or the original manual entry file. 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.hy-tek.com/downloads.html">http://www.hy-tek.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 1, 2009 will be credited in their timing assignments. Form to submit officials' data is attached. <b>Swimmers in the 400 Freestyle and 400IM</b> at the end of each session must provide their own timers; watches to be provided by meet host.
<b>Warm-up Times:</b>	Session 1: Sat AM 7:30am, Session 2: Sat PM 1:30pm, Session 3: Sun AM 7:30am
<b>Start Times:</b>	Session 1: Sat AM 8:45am, Session 2: Sat PM 2:45pm, Session 3: Sun AM 8:45am
<b>Scratch Procedure:</b>	Scratch sheets will be due to the computer table 30 minutes after the start of warm-ups; these must be returned even if a team has no scratches.
<b>Refreshments/Concessions:</b>	Food and beverage concession will be available during the meet.
<b>Handicap/Elderly Accessibility:</b>	Accessible. Fully ADA Compliant
<b>Lodging:</b>	Courtyard Danbury 3 Eagle Road Danbury CT 06810 (203) 730-2228 3.5 miles / 8 minutes

**Directions:**

**Points East of Danbury:**

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

**Danbury and points West:**

I-84 EAST 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

**Greenknoll YMCA Long Course Invitational**

**Order of Events**

Saturday July 11, 2009  
A.M. Session

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
1	Open	50m Butterfly	2
3	Open	50m Backstroke	4
5	Open	50m Breaststroke	6
7	Open	50m Freestyle	8
9	Open	200m IM	10
11	Open	400m Free Relay	12

Saturday July 11, 2009  
P.M. Session

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
13	Open	200m Freestyle	14
15	Open	200m Backstroke	16
17	Open	100m Butterfly	18
19	Open	200m Breaststroke	20
21	Open	50 Freestyle	22
23	Open	400m IM	24

Sunday July 12, 2009  
A.M. Session

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
25	Open	100m Freestyle	26
27	Open	100m Breaststroke	28
29	Open	200m Butterfly	30
31	Open	100m Backstroke	32
33	Open	200m IM	34
35	Open	400m Freestyle	36

**Greenknoll YMCA 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 \$5.00 each	
# Individual Entries (400 meter)				X \$7.00 each	
# Relay Team Entries				X \$12.00 each	
<b>TOTAL ENTRY FEE</b>	- - - -	- - - -	- - - -	- - - - →	

\* Hand entries for teams with more than 5 swimmers - \$5.00 for Individual events and \$13.00 for relays.

Email your entries no later than June 26, 2009 to:  
 Pat Dembowski at patholahan@yahoo.com

The following must be received by postal mail within four (4) business days of the email entry and not later than July 1, 2009.

- |   |                             |
|---|-----------------------------|
| 1. Hard copy of submitted entries, sort report by swimmer | Mail to:                    |
| 2. Entry summary sheet                                    | Regional YMCA of Western CT |
| 3. List of officials who will work                        | #2 Huckleberry Hill Road    |
| 4. Check payable to "Regional YMCA of Western CT"         | Brookfield, CT 06804        |
| 5. Signed Release Declaration                             | Attention: Pat Dembowski    |

**Officials Working Meet**

_____	_____	_____	_____
Official's name	Phone Number	email address	sessions available
_____	_____	_____	_____
Official's name	Phone Number	email address	sessions available
_____	_____	_____	_____
Official's name	Phone Number	email address	sessions available

**Greenknoll YMCA 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 Greenknoll YMCA Long Course Invitational to be held on July 11 and 12, 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
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Signature Head Coach	Type or Print Name	Date
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\_\_\_\_\_  
YMCA Name and Phone Number

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YMCA Complete Address