

Regional YMCA of Western CT – Mako Swim Team

Name of Meet:	<i>One World Games – Connecticut USA</i>
Date of Meet:	July 21, 2009
Sponsor(s):	Mako Swim Team / Regional YMCA of Western CT
Location(s):	Greenknoll Aquatic Center at Camp Greenknoll Day, #10 Huckleberry Hill Rd, Brookfield CT 06904
Facility/Pool Description:	The pool is a 6 lane by 50 meter facility with fully automatic Colorado electronic timing system and non-turbulent lane lines.
Pool Emergency No.:	203-775-1113
<p>USA Swimming Rules 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.</p>	
<p>Meet Format / eligibility: This is an international swim meet to be contested between Minas Tenis Clube of Brazil, Western CT YMCA Mako Swim Team, and other invited YMCA swim teams. This meet is a quadrathlon. 12& under swimmers will swim 50 meters of each stroke (fly, back, breast, free) and 13& over swimmers will swim 100 meters of each stroke. Individuals compete for the lowest composite time, calculated by adding together their times from each of the four events. The meet will be placed and scored to 6 places for each age group 11/12, 13/14, and 15 & over for both genders. The events will be seeded mixed gender, however the scoring and placing will be figured with each gender and age group competing only against itself. Swimmers must be 11 years of age minimum and will swim their age as of July 21, 2009.</p>	
<p>Meet Venue: 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.</p>	
<p>Cut Protocol: The meet will be managed to finish before dark. If the timeline is excessive based on entries, teams /entries will be cut based on date of receipt.</p>	
<p>Awards: Awards for top 6 placements in each individual event. The first place winners will receive a trophy. Places 2 through 6 will earn ribbons. Awards will be presented by the pavilion after the meet - along with an informal buffet.</p>	

Meet Manager & Entry Chair:	Pat Dembowski / Regional YMCA of Western CT 28 Greenknoll Drive Brookfield CT 06804 email: patholahan@yahoo.com 203-740-1948
Meet Referee:	Greg Dembowski gdembowski@regionalmca.org 203-740-3432 X 201
Entry fees:	Swimmers: \$5.00 per swimmer plus \$5.00 per event (\$25.00 total for all 4 events in the quadrathlon). Swimmers may swim choose to swim in less than the four strokes, but doing so will make it very difficult to "place" competitively in the quadrathlon. Informal food and drink will be provided after meet for all athletes, coaches & officials. Non athletes (friends, family, etc) are encouraged to join in the food and social after the meet – charge are \$5 per person payable at the concession.
Checks Payable To:	Regional YMCA of Western CT
Order of Events / Entry file:	The entry event file is on our website makoswim.org, or you may request an email copy from patholahan@yahoo.com 01 11/12 50 m Butterfly 02 13& Over 100 m Butterfly 07 11/12 50 m Backstroke 08 13& Over 100 m Backstroke 14 11/12 50 m Breaststroke 15 13& Over 100 m Breaststroke 20 11/12 50 m Freestyle 21 13& Over 100 m Freestyle
Entry Limitations:	Swimmers may swim a maximum of 4 events.
Entry Deadline:	Email by July 17, 2009 midnight to patholahan@yahoo.com

Entry Format:	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. http://www.hytekLtd.com/downloads.html Anyone needing help with the free Team Manager Lite use please read instructions on Hytek's website .
Work Assignments:	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.
Warm-up Time:	4:15 PM
Start Time:	5:30 PM
Scratch Procedure:	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.
Refreshments/Concessions:	Beverages will be available to purchase during the meet.
Handicap/Elderly Accessibility:	Accessible. Fully ADA Compliant
Lodging:	Courtyard Danbury 3 Eagle Road Danbury CT 06810 (203) 730-2228 3.5 miles / 8 minutes

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.

Directions / Parking:

Points East and West 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

Parking for the meet: 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.

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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
# Swimmers				X \$5.00 each	
# Individual Entries				X \$5.00 each	
TOTAL ENTRY FEE	- - - -	- - - -	- - - -	- - - - ->	

* 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,
sort report by swimmer | Mail to: |
| 2. Entry summary sheet | |
| 3. List of officials who will work | Patricia Dembowski |
| 4. Check payable to "Regional
YMCA of Western CT" | 28 Greenknoll Drive
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

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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 One World Games - Connecticut USA 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