

Regional YMCA of Western CT – Mako Swim Team

Issued: April 30, 2010

Revision: May 2, 2010 (event number correction 37-39, p 5)

Name of Meet:	2010 Greenknoll YMCA Long Course Invitational Championship
Date of Meet:	July 10-11, 2010
Sanction No.: CAQ 09-20108132	Sanctioned by YMCA of USA
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. Swimmers and spectators should bring folding chairs for seating.
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. Changes will be communicated as far in advance as possible.</p>	
<p>Meet Format / eligibility: 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&under, 11/12 and 13&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 10, 2010.</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. 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>Cut Protocol: 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, 4th events will be cut. The 400 Free and 400IM events may be heat limited if number of entries creates timeline issues.</p>	
<p>Awards: Ribbons for top 6 placements in each individual event for 10&Under, 11/12, and 13&Over for both genders. Relays – ribbons for top three fishers overall, for each gender.</p>	

Meet Director & Entry Chair:	Meet Director: Robert Bouchey Entry Chair: Pat Dembowski 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:	Splash Fee: \$6.00/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.
Checks Payable To:	Regional YMCA of Western CT
Order of Events / Entry file:	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
Time Trials:	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).
Entry Limitations:	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.
Entry Deadline:	Email by June 25, 2010: Mailed entries and payments must be received by June 30, 2010. 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 June 30, 2010.

Entry Format:	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 th 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. http://www.hy-tek.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 1, 2010 will be credited in their timing assignments. Form to submit officials' data is attached. Watches to be provided by meet host.
Warm-up Times:	Session 1: Sat AM 7:30am, Session 2: Sat PM 1:30pm, Session 3: Sun AM 7:30am
Start Times:	Session 1: Sat AM 8:45am, Session 2: Sat PM 2:45pm, Session 3: Sun AM 8:45am
Scratch Procedure:	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.
Refreshments/Concessions:	Food and beverage concession will be available 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

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 10, 2010
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 10, 2010
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
25	Open	400m Medley Relay	26

Sunday July 11, 2010
A.M. Session

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
27	Open	100m Freestyle	28
29	Open	100m Breaststroke	30
31	Open	200m Butterfly	32
33	Open	100m Backstroke	34
35	Open	200m IM	36
37	Open	400m Freestyle	38
39	Open	800m Freestyle Relay	40

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 \$6.00 each	
# Individual Entries (400 meter)				X \$7.00 each	
# Relay Team Entries				X \$12.00 each	
TOTAL ENTRY FEE	- - - -	- - - -	- - - -	- - - - ->	

* 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 25, 2010 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 June 30, 2010.

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

Officials Working Meet

_____ Official's name	_____ Phone Number	_____ email address	_____ sessions available
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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 10 and 11, 2010.

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