

Western CT YMCA Mako Swim Team

USA Swimming & Meet Information

WCYM (Western CT YMCA Mako) Swim Team participates in both YMCA and USA-S invitational meets, as well as YMCA dual meets. United States Swimming (USA-S) is the governing body for competitive swimming in the USA. CT Swimming Inc. (CSI) is the organization that governs US Swimming in the state of Connecticut. Below is some information about invitational meets both YMCA and USA-S.

Meet Organization: Entries into meets are made on a “positive” sign up basis; we will post a meet schedule and announce sign up deadlines via email notices. We use an online meet registration system. There are 3 general types of invitational meets:

- 8 & under (sometimes 9&u); we will usually attend 1 or 2 of these during the season.
- Age Group (10&u, 11-12, 13-14, 15&o); we will attend about 8 per short course season, less during long course season.
- Senior (all swimmers 12&o swim together)
- YMCA Dual meets – 2 teams in our cluster compete – no meet fees (free to attend)
- Age up Dates: You usually swim your age as of the first day of the meet for USA swimming. For meets hosted by the YMCA New England Region and Yankee Cluster teams you swim your age as of Dec 1 for short course and as of June 1 for Long Course. Some YMCA invitational meets use the same age up system as USA swimming.

Long Course / Short Course: Short course (SC) swimming is conducted during September – March and meets are in 25 yd or 25 meter pools. Long Course (LC) swimming runs from approximately late April – late July and the meets are in 50 meter pools. Minimum event distance in a LC pool is 50 meters. This can be too long for young and novice swimmers. We do a few SC meets during the long course season. We have 25 yd (year round) and 50 m pools (summer only) to practice in.

Length: USA Swimming has placed a time limit on the invitational meets of 4 hours per session not including warm up; 2 age groups (10&u, 11-12, 13-14, or 15&o) usually swim in a session. Meets are typically on Saturday and Sunday; some meets will have a Friday evening session. There is no formal time limit for YMCA invitational meets, but the 4 hour rule is used as a guide. You may sign up for all days, or just some of the days in most multi-day meets.

Events: Standard invitational meets offer a wide variety of events. The table below lists all the official events for each age group, although not all swimmers will be expected to swim in every event. Swimmers may request to be entered in a challenging event, and on occasion the coaching staff may decide that an entire workout group will do a specific event as a team challenge. Most meets allow 3 events per day; occasionally swimmers will be allowed to enter a 4th event.

8&u		10&u		11-12			13&o (senior)	
25 Free*	25 Breast*	50 Free	50 Breast	50 Free	50 Back	50 Fly	50 Free	200 Back
50 Free	50 Breast	100 Free	100 Breast	100 Free	100 Back	100 Fly	100 Free	100 Breast
100 Free	25 Fly*	200 Free	50 Fly	200 Free	200 Back	200 Fly	200 Free	200 Breast
25 Back*	50 Fly	500 Free	100 Fly	400 / 500* Free	50 Breast	100 IM*	400 / 500* Free	100 Fly
50 Back	100 IM*	50 Back	100 IM*	800 / 1000* Free	100 Breast	200 IM	800 / 1000* Free	200 Fly
		100 Back	200 IM	1500 / 1650* Free	200 Breast	400 IM	1500 / 1650* Free	200 IM
							100 Back	400 IM

* Denotes events that are swum only in short course (25 yd or meter pools)

Meet Fees: Fees are charged for invitational meets. YMCA Dual meets are free of charge. Invitationals usually charge \$4.00 - \$6.00 per event entered, and approximately \$5.00 - \$6.00 per event for championship meets. There are no refunds for scratches, missed races, or no shows.

Registration Fees: SC USA swimming requires a \$57.00 for individual yearly USA-S membership (October 1, 2009– December 31, 2010), plus each swimmer is charged a share of the Team’s registration fee (~\$1.00). This fee also covers LC registration fees for the year round swimmer. If you are a USA swimmer for LC swimming only, a seasonal membership (April 15, 2010 – August 15, 2010) is offered for \$32.50. Note fees are subject to change by USA or CT Swimming – we pass along the actual cost.

Meet Account: All USA swimmers must maintain a positive meet account as we pay for meets when we enter them. These accounts are used for registration and meet fees. Monies not used for registration and / or meet fees shall be carried over to the next season or are available for refund after the end of the season if requested.

Participation Requirements: In order to compete at Yankee Cluster Championships swimmers must swim in at least 2 Yankee Cluster meets (dual and/or Autumn Classic) for the SC season and at least 1 for the LC season. For YMCA New England championships (SC season) swimmers must swim in at least 2 YMCA meets one of which must be nationally sanctioned. YMCA National qualifiers must compete in 4 YMCA meets, 1 of which must be nationally sanctioned. There are no minimum requirements to participate in USA-S competition. However, in order to participate in an event in the Regional Championships swimmers must compete in at least 1 CT Swimming sanctioned meet during the season and must NOT have qualified for that same event for Age Group Championship Meet. To compete in Age Group Championship swimmers must have swum in at least 1 CT Swimming sanctioned meet and meet the minimum time standards (designed to limit the meet to the top swimmers in the state). Each season CT Swimming organizes and sends a team to compete in the Eastern Zone All Star meet, if interested in Zones please contact the head coach and review the meet information and requirements on CTSwim.org