



Regional YMCA of Western CT LCM Masters Meet

Saturday, July 15, 2023

10 Huckleberry Hill Road, Brookfield CT 06804

<https://goo.gl/maps/enzLp>

Sanctioned by the Connecticut LMSC for USMS Inc., Sanction #

FACILITY	Greenknoll Youth Development and Aquatics Center offers a 6 lane, 50m heated pool for warm up and competition. Water depth at the start end of competition pool is: 6ft. Water depth at turn end is: 3.5ft. Colorado timing system with 6 lane display and touch pads at start and turn end. Team seating is available. The Greenknoll Youth Development and Aquatics Center is an outdoor facility. The meet will be run as a 50-meter, 5 lane meet. There will be 1 lane for constant warmup/warm down. Times will be submitted for USMS Top 10 and Records.
PARKING	All athletes, coaches and spectator parking will be in the lower and side lot of the YMCA Main Building. Please follow all parking signs and follow instructions from our parking attendants.
WARMUP	Feet first entry into the pool in a cautious and controlled manner during warm-up. Diving will be permitted at the discretion of the meet referee, but only in designated one-way sprint lane(s).
ELIGIBILITY	Open to all USMS-registered swimmers aged 18 and older. Age determining date for this meet is December 31, 2023.
SCHEDULE	Pool area opens at 2:00, Warm-up 2:30 pm; meet start 3:30 pm. Deck entries must be in by 2:30 pm!! No deck entries will be accepted after this time.
SEEDING	Events will be run in heats, slowest to fastest, regardless of age or sex, with the exception of the 400 free which will be run fastest to slowest
EVENT LIMIT	Swimmers are permitted to enter a MAXIMUM of four (4) individual events & two (2) relay events. The 400-meter freestyle and 400-meter IM will be limited to a maximum of 2 heats or 10 swimmers. Positive check-in required for the 400 free and 400 IM. The meet will be capped at 100 meet competitors.
RELAY ENTRIES	Women's relays must consist of four women. Men's relays must consist of four men. Mixed relays may be made up of two women & two men or three women & one man. Mixed relays going for a USMS record must be two women and two men. The 200 Medley relay and 4x100 Free relay may be run in 1 Heat.
RECORD TIMES	A swimmer who intends to post a USMS National Record or FINA World Record during the meet should bring it to the attention of the Meet official PRIOR TO YOUR EVENT.
ENTRY FEES	Entry fee is \$45.00 for online entry RECEIVED BY 07/11/2023 . Deck entries are \$50.00 . Entry fees are non-refundable and non-transferrable. Paper entries only. No online entry. Cash or check payable to the Regional YMCA of Western Connecticut Entries should be scanned and sent to jpaige@regionalymca.org . Mail entries should be sent to: Jason Paige Senior Aquatics Director Regional YMCA of Western Connecticut 2 Huckleberry Road Brookfield, CT 06804
ENTRY TIMES	Enter long course meter times for all events.
QUESTIONS:	For entry questions or adjustments or any other inquiries please contact Meet Director Jason Paige – jpaige@regionalymca.org ,



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EVENT ORDER:

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 200 LCM Medley Relay*	_____	13	Mixed 100 LCM Butterfly	_____
4	Mixed 200 LCM Freestyle	_____	12	Mixed 100 LCM Backstroke	_____
5	Mixed 50 LCM Butterfly	_____	13	Mixed 400 LCM Freestyle	_____
6	Mixed 100 LCM Breaststroke	_____	14	Mixed 50 LCM Breaststroke	_____
7	Mixed 200 LCM IM	_____	16	Mixed 50 LCM Freestyle	_____
8	Mixed 100 LCM Freestyle	_____	17	Mixed 400 LCM IM	_____
9	Mixed 50 LCM Backstroke	_____			
10	Mixed 400 LCM Freestyle Relay*	_____			

LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THIS MEET OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, THE TOWN OF BROOKFIELD OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule book article 204.1)

SIGNATURE _____ DATE _____

PRINT NAME _____ GENDER (circle one) male female

ADDRESS/CITY/STATE/ZIP _____

EMAIL ADDRESS _____ DATE OF BIRTH: ____/____/____

AGE: _____ (as of 12/31/2023) USMS #: _____ [please attach copy of card]

DAY TELEPHONE (_____) _____ - _____ EVE TELEPHONE (_____) _____ - _____

LMSC (i.e.: Conn Masters): _____ CLUB (i.e.: Wilton Wahoo Masters): _____