



Regional YMCA of Western CT Masters LCM Meet

Saturday July 19, 2025

Warm up: 2:00pm Meet Start: 3:00pm

Hosted by: The RYWC MAKOS and Connecticut Masters

Meet director: Jason Paige

Meet Referee: Rob Duguay

Online Entry Coordinator: Rob Duguay

Sanctioned by: Connecticut LMSC for US Masters Swimming Inc. Sanction Number: Pending

Facility: **Regional YMCA of Western Connecticut: Greenknoll Branch, Youth Development and Aquatics Center**
2 Huckleberry Hill Rd, Brookfield, CT 06804

Greenknoll Youth Development and Aquatics Center offers a 6 lane, outdoor, 50m heated pool for warm up and competition. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

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.

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

Warm up: 2:00 pm. All six lanes will be open for circle swimming warm up at 2:00pm. FEET FIRST ENTRY is required during warm up except in designated One-Way Sprint lanes. One lane will remain open for continuous circle swim warm up throughout the meet. FEET FIRST ENTRY is required in the continuous warm up warm down lane.

Meet Start: 3:00 pm.

Timing System: The primary Timing system will be an Automatic Timing System. We will be using a Colorado Timing System, System 6 console with touch pads on the start and turn ends, one button as a semi-automatic back up and at least one watch per lane as a manual back up. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

Rules and Eligibility: Current USMS rules will govern the meet. All participants must be age 18 or older as of the last day of the meet and be currently registered members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Master Swimming governing body. Swimmers' ages will be determined as the swimmer's age as of December 31, 2025.

Entry Limit: Swimmers are permitted to enter a MAXIMUM of Four-4 Individual Events and Two- 2 Relays. The 400m Freestyle and 400m Individual Medley will be capped at 2 heats (10 Swimmers). Positive check-in is required for the 400m Freestyle and the 400m IM.

Age Determination Date: Swimmer's age as of **December 31, 2025**.

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. Mixed, Men's and Women's relays maybe run in the same heat. Relay age group is determined by the aggregate age of the four relay team members: 72- 99, 100-119, 120-159, 160-199, 200-239, and up in 40-year increments as high as necessary. Age of each team member is age as of December 31 of the current year.

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: The entry fee is \$50.00 for online or mailed entries. \$55.00 for deck entries. Deck Entries can be paid in cash or have a check made out to **Regional YMCA of Western Connecticut**.

Online Entries: Online Entries will be processed until **11:59pm THURSDAY JULY 17, 2025**. Online entries will be processed at the link below:
https://www.clubassistant.com/club/meet_information.cfm?c=2650&smid=20132

Deck Entries: Deck entries will be accepted on **July 19, 2025 until 2:30pm**. \$55.00 payable in cash or a check made out to **Regional YMCA of Western Connecticut**.

Photography Restrictions: In accordance with USMS Rule 102.16 the following photography restrictions will be **STIRCTLY ENFORCED**. The use of cameras, including cellphone cameras and/or other recording devices, is prohibited behind the starting platforms during the start of races, including relay starts. The use of audio or visual recording devices, including cellphone cameras, is prohibited in changing areas, restrooms, and locker rooms. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. USMS-credentialed media personnel may be exempted from these restrictions. The meet referee may further restrict the use of cameras and video equipment during competition. Any individual in violation of these restrictions may be barred from the venue by the meet referee or meet director.

Questions: Questions regarding the meet can be directed to Meet Director, Jason Paige at jpaige@regionalyymca.org.

Questions regarding online entries can be directed to Entry Coordinator and Meet Referee, Rob Duguay at bobbydoogs@gmail.com

Saturday July 19, 2025

Regional YMCA of Western CT LCM Masters Meet

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

EVENT ORDER:

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Women's 200 LCM Medley Relay*	_____	11	Mixed 100 LCM Butterfly	_____
2	Men's 200 LCM Medley Relay*	_____	12	Mixed 50 LCM Breaststroke	_____
3	Mixed 200 LCM Medley Relay*	_____	13	Women's 400 LCM Freestyle Relay*	_____
4	Mixed 200 LCM Freestyle	_____	14	Men's 400 LCM Freestyle Relay*	_____
5	Mixed 50 LCM Butterfly	_____	15	Mixed 400 LCM Freestyle Relay*	_____
6	Mixed 100 LCM Breaststroke	_____	16	Mixed 100 LCM Backstroke	_____
7	Mixed 200 LCM IM	_____	17	Mixed 50 LCM Freestyle	_____
8	Mixed 100 LCM Freestyle	_____	18	Mixed 400 LCM IM	_____
9	Mixed 50 LCM Backstroke	_____			
10	Mixed 400 LCM Freestyle	_____			

*Relay heats maybe combined.

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 12/31/2025)

USMS #: _____ [please attach copy of card]

DAY TELEPHONE (_____) _____ - _____

EVE TELEPHONE (_____) _____ - _____

LMSC (i.e.: CT, NE, Metro): _____

CLUB (i.e.: Connecticut Masters, Chelsea Piers):