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# 2024 Connecticut Y League Swimming and Diving Open Championships

## MEET ANNOUNCEMENT

### About the Championship

Date: January 19-21, 2024

Location: Westport Weston Family Y

Entry Deadline: January 10, 2024

Hosted by: Westport Weston Family Y Water Rat Swim Team

Meet Director: Ellen Johnston

[ejohnston@westporty.org](mailto:ejohnston@westporty.org)

Web Site: [www.wrat.org](http://www.wrat.org)

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In applying for this sanction, the Host, Westport Weston Family Y Swim Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, the Westport Weston Health District – click [WWHD](#) for website

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit [ctswim.org](#) or the host website for any updates.

## ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, open championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the CT LSC of USA Swimming.

YMCA Sanction number: CAQ-2023-CT11294089

USA-S/CSI Approval number: #A24-1

USA-S/CSI Time Trial Approval number: Same as above

**ADJUSTMENTS TO THE MEET ANNOUNCEMENTS:** The Championship Meet Committee 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 or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

**MEET TIMELINE:** Warm-up and start times for all sessions are subject to change depending on the size of the meet.



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## **Session Times: Subject to Change**

Session I - Friday Afternoon: Mixed Age Groups

Warm-up: 4:00pm                      Meet Starts: 5:00pm

Session II - Saturday Morning: 15-18

Warm-up: 6:45am                      Meet Starts: 8:30am

Session III – Saturday Mid-Day: 8 & Under

Warm-up: 11:15am                      Meet Starts: 12:30pm

Session IV: Saturday Afternoon: 11-12

Warm-up: 3:15pm                      Meet Starts: 4:30pm

Session V: Sunday Morning: 13-14

Warm-up: 7:00am                      Meet Starts: 8:45am

Session VI: Sunday Afternoon: 9 –10

Warm-up: 12:15pm                      Meet Starts: 1:30pm

**INCLEMENT WEATHER/CANCELTION:** To be determined if needed. Teams will be notified via email.

## **LOCATION AND FACILITY**

Location: Westport Weston Family Y

14 Allen Raymond Lane – Westport, CT 06880

Click [here](#) for map

Emergency Phone Number: 203-226-8981

The Westport Weston Family Y Strittmatter Natatorium is configured as a 10 lane, 25 yard course. Water depth at start is 9' and at turn end is 4'. Colorado Timing System with full color scoreboard will be used. The competition course has been certified in accordance with 104.2.2C (4). Copy of such certification is on file with USA Swimming.



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Warm-up/Warm-down will be available in two (2) 20yd lanes of the family/teaching pool.

Spectator seating is available off deck and TBD. Amount of spectator seating TBD upon all meet entries having been received.

Swimmer holding area for excess numbers is located in the spectator area. No personal chairs are allowed on the pool deck. The pool deck has minimal seating available, but swimmers will be able to come down to talk with their coach pre- and post-race.

Handicap parking is available near the front of the facility. Handicap accessibility is available into the spectator area. An elevator is conveniently located just off the lobby to access the youth locker rooms on the lower level.

Free guest WiFi is available. No spectator fee. Programs will be available for free on Meet Mobile.

## WEB SITE

Meet Information can be found at: [www.wrat.org](http://www.wrat.org)

Online Meet Results: Results will be on Meet Mobile.

## CONTACT INFORMATION

Meet Director: Ellen Johnston – [ejohnston@westporty.org](mailto:ejohnston@westporty.org)

Kristen Finnegan – [kfinnegan@westporty.org](mailto:kfinnegan@westporty.org)

Entry Chairperson: Ellen Johnston – [ejohnston@westporty.org](mailto:ejohnston@westporty.org)

Meet Referee: Jeff Sargent – [jssarge@att.net](mailto:jssarge@att.net)

Administrative Official: Adrienne Williams – [awilliams@westporty.org](mailto:awilliams@westporty.org)

Officials Coordinator: Jackie Austin – [jbc.austin@gmail.com](mailto:jbc.austin@gmail.com).

Safety Director: Rich Carter – [rcarter@westporty.org](mailto:rcarter@westporty.org)

## NOTICES

- Timers will be needed from visiting teams. Swimmers will need to provide his/her own timer for the 500yd Freestyle and 400 Ind. Medley.
- Parking will be available in the main Y parking lot. More specific parking instructions will be sent out to teams prior to the meet.



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- Those wishing to officiate, please contact our Officials Coordinators listed above.
- This meet is open to Y teams out of the Connecticut Y League.
- Kid's Club will NOT be available for non-Westport Weston Family Y members.

**Please Note:** This USA/CT Swimming approved meet will not count toward the regular scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championship). This meet does not count toward the eligibility requirement of Connecticut Swimming Scholar Athlete, Athlete Travel Assistance, or other CSI recognition programs with meet eligibility requirements. This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CT Zone Team selection. Times attained at this meet cannot be used for Short Course Zone Team qualification and selection.

## ELIGIBILITY

### ATHLETE

**YMCA Membership:** An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the first day of the meet.

**Amateur Status:** An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

**Unattached Athletes:** There is no unattached status in YMCA Swimming.

- CIAC High School Swimmer events should be noted as "Exhibition"

**Age:** An athlete must be the correct age for the age specified events. The "Open" events are open to swimmers 13 & over.

**YMCA Meet Participation:** Must be a current member of a YMCA.

**Athletes with a Disability:** Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

### COACH

**Required Certifications:** Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer



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CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

**Coach Registration:** Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

**Teams without A Coach at the Meet:** All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

## TEAM

**Team Registration:** Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

**Insurance:** Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

## ENTRY INFORMATION

**ENTRY LIMITS:** Swimmers may participate in three (3) individual events per session no more than five (5) events total – which includes up to two (2) relays.

- Friday Events will not count towards the 3 event limit, nor, will they be scored.

**QUALIFICATION PERIOD:** None

**USA-S IDs:** Only USA-S registered athletes should have an ID number in the Meet Entry File.

**TIME STANDARDS:** None

**TIMES:** No Times (NT) are not allowed. Submit entry times in Actual Time - no conversion. Times are to be in short course yards – scy.



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## **ENTRY FEES:**

- Electronic Entries:
  - Individual Events: \$12.00
  - Relays: \$20.00
- Manual Entries:
  - Individual Events: \$15.00
  - Relays: \$25.00

Please Note: No refunds will be given for entries that are accepted, for entries that are rejected due to improper entry, or for events that may be canceled due to conditions outside the control of the Westport Weston Family Y.

**OTHER:** \$2.00 per Swimmer League Fee

**ENTRY DEADLINE:** Wednesday, January 10, 2024

**ENTRY PROCEDURE:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at [ejohnston@westporty.org](mailto:ejohnston@westporty.org). Please check that your team name, address, and contact information are listed correctly in this file.

**PAYMENT:** Please make checks payable to **WRAT Parents Club** and mail to: Ellen Johnston – Water Rat Swim Team; Westport Weston Family Y; 14 Allen Raymond Lane – Westport, CT 06880

**OVER-SUBSCRIPTION:** If the session is oversubscribed, the following protocol will be set in motion in order to reduce the timeline to the required length of participation number.

- Relay entries may be reduced.
- The maximum number of events per session may be reduced by one (1).

## **VOLUNTEERS/OFFICIALS/TIMERS**

**OFFICIALS AND TIMERS:** Participating teams will be asked to supply timers. Officials available to work are asked to contact the Officials Coordinator listed earlier in this meet announcement.

**SIGN-UP PROCEDURE:** At the entrance to the pool there deck will be a check-in station.



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**BACKGROUND CHECK POLICY:** Coaches will be asked to present their coaching credentials to meet management.

**OFFICIAL ATTIRE:** White top/Navy bottom

## CHECK-IN PROCEDURE

**MEET CHECK-IN PROCEDURE:** Coaches should be prepared to show credentials when picking up meet packet at the computer table.

**EVENT CHECK-IN:** Team packets will have scratch sheets for each session for which they are participating. These will be due no later 30 minutes at the start of warm-ups.

**COACHES MEETING:** As needed

**OFFICIALS AND TIMERS MEETING:** Timers will be told where and when to meet upon check-in. Officials meeting will be conducted in the Schine Meeting Room.

## CHAMPIONSHIP PROCEDURES AND OPERATIONS

**CHAMPIONSHIP COMMITTEE:** The Committee will consist of the Meet Director, Meet Referee and Coach to be named.

**RULES:** The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, USA-S Technical Rules.

**MEET FORMAT:** The meet will be swum as Timed Finals. Swimmer's age will be determined as of the first day of the meet – Friday, January 19, 2024.

- 500yd Freestyle and 400 Ind. Medley will run Fastest to Slowest. Alternating gender TBD.

**EVENT SEEDING:** Events will be seeded Slowest to Fastest, except for the following events: 500yd Freestyle and 400yd Ind. Medley. Alternating gender TBD. The Meet Referee/Administrative Official reserve the right to combine heats.

**SCRATCH PROCEDURES:** An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.





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**NO SHOW:** An athlete who is seeded in an event and fails to compete in an event will not be penalized from competing in other entered events.

**WARM-UP SAFETY PROCEDURES:** Teams will be assigned lanes for warm-ups and be given a warm-up schedule. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of his/her athletes and are expected to monitor them at all times during warm up sessions.

**READY BENCH:** None

**STARTS:** 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

- Exception will be for the 8 & Under session.

**SWIMS (USA-S):** This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

**RESULTS:** Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted.

**PROTEST PROCEDURE:** Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues.

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final (USA-S Rule 102.23).

**CONDUCT AND RESTRICTIONS:** The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct.



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- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity.” This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass, Food, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands.
- Shaving is not permitted in any areas of the facility.

Please Note: Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following “Non-Camera Zones” shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups.



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- Additional "Non-Camera Zones" may be designated by Meet Management. Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

## AWARDS AND RECOGNITION

**SCORING:** The Meet will be scored

- Individual Events: 1<sup>ST</sup> – 10<sup>TH</sup> [11, 9, 7, 6, 5, 4, 3, 2, 1]

**AWARDS:**

- 8 & Under, 9-10, 11-12 and 13-14:
  - Individual and Relays: Medals: 1-3      Ribbons: 4-10
- 15-18: No Awards

## TIME TRIALS

**FORMAT AND FEE:** At the discretion of the Meet Committee. Time Trials are open only to athletes entered in the Championship meet.

An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials.

- If provided, a time trial will count as one of the swimmer's allotted number of events.
- If provided, the cost is \$20.00 per individual event and \$40.00 per relay
- If provided, coaches will be made aware of the entry procedure.

## SPECTATORS - TBD

**ADMISSION FEE:** None

**HEAT SHEETS:** Will be available on Meet Mobile

**CONCESSION STAND:** TBD

**SEAT SAVING POLICY:** Not Allowed

**HANDICAP SEATING:** Available

**LOST AND FOUND:** As needed

**CONDUCT AND RESTRICTIONS:**



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- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.

## LIABILITY, SAFETY AND EMERGENCY PROCEDURES

**INSURANCE:** Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

### LIABILITY LIMITS:

- In granting of the USA-S/CSI approval, it is understood and agreed that USA Swimming and CSI, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- Each participating Y must submit – prior to the meet – a Certificate of Insurance.

**EMERGENCIES:** The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site. Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

**UNACCOMPANIED ATHLETE:** Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).



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**CONCUSSION AWARENESS:** This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director.
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

**LIGHTNING POLICY:** The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**EVACUATION PROCEDURE:** Through the emergency doors provided on the pool deck.

## **DIRECTIONS:**

The Westport Weston Family Y at Mahackeno is located directly off Exit 41 – northbound – of the Merritt Parkway.

**I-95:** From north or south, left turn off exit ramp. Follow up to the Merritt Parkway – Route 15. Get in the right lane and turn onto what looks to be the on ramp for the Merritt Parkway but stay in the right lane.

- You will be able to drop your child off at the front of the building but will then proceed to meet parking area.



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## LODGING

There are numerous hotels in the Norwalk, Stamford, Trumbull and Fairfield area.

## PARKING

Is available onsite. Specific parking instructions will be sent to attending teams.

## APPENDIX 1: ORDER OF EVENTS

Order of Events:

Friday	Saturday AM: 15-18	Saturday Mid-Day: 8 & Under
11-18 400yd Ind. Medley	200yd Medley Relay	100 Medley Relay
11-18 200 Breaststroke	100 Breaststroke **Open	25 Backstroke
11-18 200 Backstroke	200 Freestyle	50 Freestyle
11-18 200 Butterfly	100 Butterfly	25 Butterfly
11-18 500yd Freestyle	100 Backstroke	25 Freestyle
	50 Freestyle ** Open	100 Ind. Medley
	200 Ind. Medley	100 Freestyle Relay
	100 Freestyle	
	200 Freestyle Relay	

Saturday Afternoon: 11-12	Sunday AM: 13-14	Sunday PM: 9-10
200 Medley Relay	200yd Medley Relay	200 Medley Relay
100 Freestyle	100 Breaststroke	100 Freestyle
50 Breaststroke	200 Freestyle	50 Breaststroke
50 Backstroke	100 Butterfly ** Open	50 Backstroke
100 Ind. Medley	100 Backstroke	100 Ind. Medley
50 Butterfly	50 Freestyle	50 Butterfly
50 Freestyle	200 Ind. Medley	50 Freestyle
200 Freestyle Relay	100 Freestyle ** Open	200 Freestyle Relay
	200 Freestyle Relay	

### **Notes: \*\*Open Events are 13 & Over:**

- May not swim the same event twice
- For those that swim in an 'Open' event not in their age group session: Scoring will be broken down and scored to the appropriate age group.

## APPENDIX 2: QUALIFYING TIMES

None



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## APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(**Note:** Return signed Declaration form to the meet director)

**Participating YMCA:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

**Meet Name:** \_\_\_\_\_

**Meet Date(s):** \_\_\_\_\_

**Meet Host:** \_\_\_\_\_

**Meet Location:** \_\_\_\_\_

We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the [2022 Connecticut Y League Swimming and Diving Open Championships](#) for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the [2022 CT Y League Swimming and Diving Open Championships](#)

**RELEASE** - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, [Westport Weston Family Y Water Rat Swim Team](#), their agents, representatives or assigns, and the [Westport Weston Family Y](#) for any and all injuries which may be suffered by participants at the [2022 Connecticut Y League Swimming and Diving Open Championships](#). Furthermore, we understand that the YMCA of the USA and [Westport Weston Family Water Rat Swim Team](#) are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

\_\_\_\_\_  
*Name and Signature of Head Coach*

\_\_\_\_\_  
*Name and Signature of YMCA Executive Director or Designee*





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## WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at Westport Weston Family Y or any Westport Weston Family Y Water Rat Swim Team related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) Westport Weston Family Y Water Rat Swim Team and / or the Westport Weston Family Y and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES.  
BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this 21<sup>ST</sup> to 23<sup>RD</sup> days of January 2022.

SIGNATURE: \_\_\_\_\_

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

NAMES OF MINOR CHILD(REN), IF ANY: \_\_\_\_\_





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**This is the last page of the Meet Announcement**