

## TYPES OF MEETS

The following types of meets are available for competitive swimming purposes within the CSI sanctioning process. Meet sanctions are under the auspices of the Program Operations Division. All meets are reviewed by Program Operations to assure that USA Swimming and CSI rules and procedures are followed.

Note regarding Adapted Swimming. Athletes with disabilities are welcome to enter CSI meets. Information specific to adapted athletes is published in every meet announcement. Participation in CSI championship meets is encouraged and time standards are established on an as-needed basis. The Eastern Zone Age Group meets include adapted athletes as well and publishes the selection criteria in its meet announcement. [Adapted Swimming Policy](#)

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### CSI REGULARLY SCHEDULED SANCTIONED MEETS

Regularly-scheduled meets are meets sanctioned by CSI, where meet hosts have been awarded a meet through established bid procedures, follow USA Swimming sanction requirements and conditions, follow CSI meet guidelines, and pay required CSI sanction deposits and surcharges. CSI Regularly-Scheduled Meets are open to all CSI athletes and clubs. The Program Operations Division works with the bidding clubs to provide a wide array of meet types, meet locations, and meet dates to benefit all CSI clubs throughout the course of the season. All swim meet announcements scheduled and awarded by Program Operations are submitted to the CSI Office for publication on the CSI website. These regularly scheduled meets are recognized as USA Swimming sanctioned swim meets under the jurisdiction of CSI and will qualify for meet eligibility requirements for the CSI Regional and Age Group Championships, [CSI Swimmer of the Year](#), [CSI Zone Team](#), [CSI Scholar Athlete](#), and [CSI Athlete Travel Assistance](#). CSI Regularly-Scheduled Meets may include any of the following formats:

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### AGE GROUP SWIMMING

Age group swimming is the program through which USA Swimming provides fair and open competition for its registered swimmers where they swim in classes with other athletes close in age. USA Swimming athletes from other LSCs may enter if the meet host “opens” the meet and establishes a CSI club priority entry deadline. The swimmers are grouped by age, gender and, seeded by swimming ability. The Age Group Committee develops and conducts the CSI age group swimming meets and programs.

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### AGE GROUP QUALIFIER MEETS

The purpose of the Age Group Qualifier meet is to provide a meet where age group athletes may qualify for Age Group Championships. The age groups and events are designed to mirror Age Group Championship and Regional Championships events. The age groups are: 10/U; 11/12; 13/14; and 15/Over.

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### 8 & UNDER MEETS

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8 & Under Meets serve as introductory meets for the youngest athletes. The age groups are 5 years, 6 years, 7 years, 8 years, and 8/Under. Meet hosts may combine age groups. Time Standards may or may not apply. The 25-yard events held at these meets are not recognized by USA Swimming or CSI.

## REGIONAL CHAMPIONSHIP MEETS

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Regional Championships are developmental championship meets for 8/10 or 10/U, 11/12, 13/14, and 15/18. These meets are awarded to CSI meet hosts through a bid process. Time standards apply. CSI may conduct no fewer than four Regional Meets per short course season, and 3 per long course season. Clubs are assigned to a region within the LSC. These meets are designed to allow swimmers the opportunity to qualify for the next higher level of meets. As such, each meet will have maximum and minimum qualifying times. These meets are timed finals meets. The qualifying times are published at the beginning of each season and can be found on the CSI website. The meets are open to CSI athletes only.

Swimmers shall not be denied the opportunity to attempt to qualify for Short Course Age Group Championships because of a birthday occurring within the time frame defined as the "Championship Period". The Championship Period is defined as the first day of the Regional Championships through and including the first day of the Age Group Championships for the Short Course season. He/she may compete in the next higher age group if:

- 1) his/her birthday falls within the Championship Period, and as a result would be required to qualify in the next higher age group at the Short Course Age Group Championships in that Championship Period, and
- 2) he/she has exceeded the maximum COT for his/her current age, and
- 3) he/she has not exceeded the maximum COT for the higher age group.

## AGE GROUP CHAMPIONSHIP MEET

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CSI Age Group Committee, under the auspices of Program Development conducts one Age Group Championship Meet per short course and one per long course seasons. The age groups are: 10/Under, 11/12, and 13/14. Time Standards apply. These meets follow a 3.5 day prelim/final format. The qualifying times are published at the beginning of each season and can be found on the CSI website. The meets are open to CSI athletes only.

## OPEN WATER CHAMPIONSHIP MEET

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An open water championship is held annually in June. Age Group classes apply. This meet is open to 13/O age group athletes. The course is set up to be 1 mile and there are no time standards. 12/U athletes may compete unofficially in a 500Y course designed to run close and parallel to the shore. This option has a minimum time standard to assure athlete strength and endurance to swim in open water.

## EASTERN ZONE AGE GROUP CHAMPIONSHIP MEETS

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CSI sends zone teams to the Eastern Zone Age Group Championship meets held once for short course and once for long course. The Eastern Zone and USA Swimming conduct and configure these meets. The short course meet is an “all-star” format where the top 2 or 3 from each LSC age group compete. The long course meet is a time standards meets where each LSC may send athletes meeting the time standards. CSI competes in both these meets and funds 40% of the team costs. Selection criteria, deadline, etc. is posted each season on the [Zone Page](#). Applications are completed at the conclusion of each Age Group Championship. A parent “zone education” article is posted each season on [ctswim.org](http://ctswim.org)

## AGE GROUP CAMPS

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Age Group camps are conducted when the Age Group Committee and Camp coordinators feel that there is interest from the age group swimmer community. These tend to run in 2-3 year cycles. Currently CSI is offering no Age Group camps but will add camp programs to the schedule when interest demands it.

## SENIOR SWIMMING

Senior swimming is the program through which USA Swimming provides fair and open competition for its registered swimmers who are striving for participation in USA Swimming National Swimming Championships. All registered USA swimmers regardless of age are eligible for these meets. All events are designated as “Senior” events and any all swimmers are eligible to compete so long as they have met or bettered the qualifying times, as stated in the meet announcement. Senior swimming events are those listed in USA Swimming Rule 102.1.1.

## SENIOR INVITATIONALS

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Meet hosts are awarded senior invitational meets through the bidding process. At the discretion of the meet hosts, these meets may contain time standards, and/or maybe open or closed. Cut protocol and awards are at the discretion of the meet host. Prelim/Final formats are encouraged.

## SENIOR INVITE

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Each LC season the Senior Committee holds a senior trials and finals invitational with the objective of fostering senior swimming and preparing senior athletes for high-level prelim/final meet formats. This is a time standards meet (17/18 AAA standards) and open to CT and out-of-state USA Swimming athletes.

## OPEN WATER CHAMPIONSHIP

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An open water championship is held annually in June and contains a senior class. The course is set up to be 1 mile and there are no time standards.

## SENIOR CHAMPIONSHIP MEETS

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CSI Senior Committee, under the auspices of Program Development, conducts 1 Senior Championship Meet per short course and 1 per long course seasons. The Senior Championship

Meet is designed to allow all swimmers who have achieved the meet time standards the opportunity to compete against athletes of similar ability who are striving for Sectional Meet and National Meet qualifying times. These meets follow a 3.5 day prelim/final format. The qualifying times are published at the beginning of each season and can be found on the CSI website. At the discretion of the CSI Senior Committee, these meets may be open or closed to competitors from other LSCs.

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## SENIOR CAMPS

Every other year, with the exception of an Olympic Trial year, the Senior Committee holds an Elite Training Camp at the Olympic Training Camp in Colorado Springs. The Senior Committee adds Senior camp programs to the schedule when interest demands it.

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## INVITATIONAL MEETS

At the discretion of the meet host, these meets may or may not contain age group classes, time standards, and be held as open or closed meets. Cut protocol and awards are at the discretion of the meet host.

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## DISTANCE MEETS

These meets are designed to encourage distance swimming. These meets may or may not contain age group classes. The following are considered distance events: 1650 Y (1500 M) Freestyle, 1000 Y (800 M) Freestyle, 500 Freestyle, 400 IM, 11/12 200 Backstroke, 11/12 200 Breaststroke, and 11/12 200 Butterfly. Meets offering these events are encouraged and may be added to the schedule on demand.

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## OPEN WATER SWIMMING

CSI encourages clubs to host open water swimming events pursuant to Article 701 of the USA Swimming Rules. These meets are conducted in natural bodies of water such as lakes, rivers and oceans. CSI Program Development Committee sanctions one annual Open Water Championship in Long Island Sound during the month of June.

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## OFF-CALENDAR SANCTIONED MEETS

These are sanctioned non-championship meets added to the meet calendar outside the bidding process and are sanctioned by Program Operations. These may be age group, senior, distance, or other meets but must meet all conditions of a sanction and follow USA Swimming/CSI sanctioning guidelines. Times from these meets are official but the meets themselves do not count toward meet participation requirements for CSI Regional or Age Group Championships, CSI Zone Teams, Scholar Athlete, Travel Assistance, or any other program with meet participation requirements.

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## APPROVED MEETS

CSI encourages participation in the sport by recognizing CSI-registered swimmers' times from meets approved by CT Swimming, and by maintaining a straightforward process for obtaining such approval. Approved meets may be hosted by CSI clubs or by other organizations, including but not limited to YMCA clubs. Times from

these meets are official but the meets themselves do not count toward meet participation requirements for CSI Regional or Age Group Championships, CSI Zone Teams, Scholar Athlete, Travel Assistance, or any other program with meet participation requirements. [Approved Meet Policy](#) [Application](#) [Approved Meet Limitations](#)

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## OBSERVED MEETS

Observed meets do not follow USA Swimming technical rules (college and high school meets) and USA Swimming athlete membership is not required. Only observed swims (times) from USA registered swimmers are considered official by USA Swimming and CSI. USA Swimming Officials attest the observed times were achieved following USA Technical rules including timing resolution. Retroactive memberships are not permitted. Organizations wishing to request USA Swimming observation for meets conducted with the CT LSC boundaries are advised to contact the Program Operations Chair at least 3 weeks in advance of the meet.

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## CUSTOM TIME MEETS

These are meets held outside the auspices of USA Swimming or CSI. Results must be attested by a USA Referee or CIAC/ Independent Referee and forwarded to the CSI Office. Times may be used to enter CSI meets only. CSI does not recognize these time for awards, top times, etc. USA Swimming does not recognize these times in any manner. These meets do not count toward meet participation requirements for CSI Regional or Age Group Championships, CSI Zone Teams, Scholar Athlete, Travel Assistance, or any other program with meet participation requirements.