

2002 LONG COURSE REGIONAL CHAMPIONSHIP SWIM MEET

SANCTIONED BY CONNECTICUT SWIMMING, INC.
AND USA SWIMMING, INC. - SANCTION L02-21A and 21B
SPONSORED BY

AQUABEARS
WINDSOR WATER RAT EXPRESS

DATE: July 19-21, 2002

LOCATION: Wesleyan University Freeman Athletic Center
Middletown, CT

FACILITY: 8-lane, 50 meter pool; Colorado Timing System; limited spectator seating

SAFETY CHAIRMAN: BEAR Ann Levine WWRX Sharon Johnston
REFEREE: Bob Hughes Jan Murtha 860-282-2239
MEET MANAGER: Jon Levine 860-653-9135 Mark Johnston 860-688-5794

EMERGENCY PHONE NOS: 860-685-2690 (Facility Monitor) 860-685-2915 (Pool Deck)

SCHEDULE: Friday Evening:
Warm-up: 5:15pm
Start: 6:00pm

Saturday and Sunday:
Morning Session Warm-up: 7:30am
Start: 8:45am
Afternoon Session Warm-up: 2:00pm
Start: 3:15pm

Any questions regarding the meet, prior to competition, should be directed to the contacts listed above. USA Swimming Rules will govern this meet. The meet referee 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.

(The sponsors reserve the right to make adjustments based on the time study and/or other factors. In the event of any change in time, teams will be contacted no later than Monday July 15, 2002.)

RULES OF CONDUCT: Swimmers on deck must be supervised by a USA-registered coach. Coaches will be required to display USA Swimming registration card and a coaches deck pass in order to be on deck. Only swimmers entered in this meet shall be allowed in the pool during warm-ups/warm-downs. Children not participating in the meet must be supervised at all times by an adult. CSI Rules of Conduct will be strictly enforced.

SCRATCH PROCEDURES: Connecticut Swimming scratch procedures will be in effect. Swimmers who are not scratched and fail to compete in an individual event will be scratched from their next individual event. A medical scratch counts as an event and is a DQ without penalty.

ELIGIBILITY: Swimmers and coaches must be 2002 CSI registered members of USA Swimming. A participating swimmer must have swum in at least one CSI-sanctioned meet in the 2002 Long Course season. **EVENTS MUST NOT BE SWUM FOR THE FIRST TIME AT THIS MEET.** Proof of times may be required for all events. **Swimmers may not compete in any event in which they**

have achieved a 2002 Long Course State Championships COT. (See Order of Events for Max COT.) Age for the meet will be the swimmer's age as of July 19,2002, with the following directive:

Swimmers shall not be denied the opportunity to attempt to qualify for Long Course Connecticut State 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 CT State Championships for the Long 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 Long Course Connecticut State 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.

The meet director and the referee must be notified prior to the meet.

Swimmers whose birthdays do not occur during the Championship Period shall be required to swim their appropriate age group and shall not be permitted to swim in a higher age group under any circumstances, even though the age groups are defined as 10/U, 12/U, 14/U, etc. These classifications exist only for those swimmers whose birthdays fall within the Championship Period.

ENTRIES: Swimmers may enter up to one individual event on Friday night and a maximum of three (3) individual events on Saturday and Sunday. **Swimmers may compete in a maximum of six (6) events for the meet.** Entries must be sent on standard Connecticut Swimming entry sheets or a computer generated facsimile. All teams are encouraged to send their entry on disk using the LSA Swim Meet/Swim Team program or Hytek (or other program) in USA Swimming Standard Data Interchange Format (USA Swimming SDIF, for example cfile01.cl2). **A disk must accompany all computer-generated entries. DECK ENTRIES WILL ABSOLUTELY NOT BE ACCEPTED.**

If any of your swimmers are swimming in the meet UNattached, please mark this clearly in red alongside the swimmer's name on the entry form. Entry times may be submitted in LCM, SCM or SCY, **but in no case may a swimmer have equaled or exceeded either the meter or yard COT for the event entered since May 1, 2001.** Mark in RED, all short course yard entry times with **SCY** or short course meter entry times with **SCM** next to the time on the entry form.

ENTRY CHAIRMAN

BEAR

Jon Levine
4 Northwoods Road
North Granby, CT 06060
860-653-9135
AQUABEARS1@aol.com

WWRX

Mark Johnston
14 Riverview Terrace
Windsor, CT 06095
860-688-5794
mark-johnston@snet.net

PROOF OF TIME: *Proof* of time is the responsibility of each coach. In accordance with CSI policy, (Integrity Statement 1/25/94), the Club from which a swimmer's time cannot be proven, shall be fined the sum of \$100 per event and the swimmer will be barred from the rest of the meet (including relays). The \$100.00 fine must be paid by October 1, 2002, to the Connecticut Swimming office. No swimmer will be eligible to compete in another Connecticut Swimming sanctioned meet until the fine is paid.

TIMERS: Teams will be required to supply timers based on the size of their entry. The sponsor will publish timer requirements in the program. Thank you for your cooperation.

DEADLINE AND FEES: All entries must be received **NO LATER THAN NOON, TUESDAY, JULY 9, 2002.** **NOTE: THE NOON DEADLINE IS ABSOLUTE AND INCLUDES HAND CARRIED ENTRIES. LATE ENTRIES WILL NOT BE ACCEPTED.** **WAIVE SIGNATURE** for overnight, priority, etc. mail. **Entries will NOT be picked up at the post office.** In order to avoid any problems that may arise with the mail, please send materials in such a way that you have proof of the date the packet was sent/hand delivered.

FESS: Splash fees: \$4/individual event; \$8/relay. If no electronic entry is provided, there is a \$1 manual entry fee per swimmer over 5 swimmers. Make checks payable: **Connecticut Swimming Inc.**

Send entries to:

Connecticut Swimming, Inc.
Nan Cooper
27 Cortland Lane
Glastonbury, CT 06033-3305

OVERSUBSCRIPTION: THIS MEET IS CENTRAL ENTRY AND WILL BE DIVIDED BY CONNECTICUT SWIMMING IN ORDER TO ENSURE THAT THE MEETS ARE OF EQUAL SIZE AND DURATION. You will be notified of your session assignment no later than Saturday, July 13, 2002. In the event of oversubscription, relays will be cut. The sponsor reserves the right to make adjustments based on the time study and other factors. Teams will be notified of any changes no later than Monday July 15, 2002.

SEEDING: All conforming times, i.e. LCM times, will be arranged in time order, followed by non-conforming times, i.e. SCM/SCY times in time order. After arranging times in this manner, the event will be seeded in the normal fashion and swum slowest to fastest. The 400M, 800M and 1500M freestyle and 400M IM shall however, be swum fastest to slowest, alternating girls and boys.

DISTANCE EVENTS: The 11/12 400M Freestyle and the 13/14 and 15/18 800M and 1500M Freestyle events shall be swum fastest to slowest alternating girls and boys. The 13/14 and 15/18 800M and 1500M Freestyles will have distinct qualifying times, but the events shall be seeded as single women's and men's events. Awards shall be determined in 13/14 and 15/18 categories. Swimmers must provide their own timers and counters.

SCRATCHES: Scratch sheets will be provided in coach's packets. These sheets MUST be returned 30 minutes before the session begins or as indicated by the meet manager, with scratched swimmers clearly identified. Please be sure the computer operator is able to read the event and name of the swimmer being scratched.

AWARDS: Medals will be awarded for 1-8 places for individual events and 1-3 for relays.

REFRESHMENTS: Concessions will be available.

DISABLED/ELDERLY ACCESS: Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby goes to locker rooms and pool deck. Spectator area is to left of front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

PARKING: No parking will be permitted on the street directly in front of the Athletic Center or on any practice field. Wesleyan will tow illegally parked cars. Please plan to park in the lot next to the tennis courts on Vine Street.

DIRECTIONS:

From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left.

From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left.

HOTELS:

Holiday Inn
4 Sebethe Dr
Cromwell, CT 06416
860-635-1001

Ramada Plaza Hotel
275 Research Parkway
Meriden, CT 06450
203-238-2380

Comfort Inn
Route 372
Cromwell, CT 06416
860-635-4100

Super 8 Motel
1 Industrial Drive
Cromwell, CT 06416

Hawthorne Inn
2387 Wilbur Cross Parkway
Berlin, CT 06037

Radisson Hotel
100 Berlin Road
Cromwell, CT 06416

800-843-1991

860-828-4181

860-635-2000

ORDER OF EVENTS

2002 LONG COURSE REGIONAL CHAMPIONSHIPS

FRIDAY, JULY 19, 2002

| <u>GIRLS</u> | <u>SCY</u> <u>MAX</u> | <u>SCM</u> <u>MAX</u> | <u>LCM</u> <u>MAX</u> | <u>EVENT</u> | <u>SCY</u> <u>MAX</u> | <u>SCM</u> <u>MAX</u> | <u>LCM</u> <u>MAX</u> | <u>BOYS</u> |
|--------------|--------------------------|--------------------------|--------------------------|-----------------------|--------------------------|--------------------------|--------------------------|-------------|
| 1 | 11:40.00 | 10:14.00 | 11:00.00 | 14/U 800M/1000Y Free | 11:50.00 | 10:24.00 | 11:30.00 | 2 |
| 3 | 11:20.00 | 9:55.00 | 10:51.00 | 18/U 800M/1000Y Free | 10:50.00 | 9:25.00 | 10:15.00 | 4 |
| 5 | 19:32.50 | 19:33.00 | 21:30.00 | 14/U 1500M/1650Y Free | 19:47.50 | 19:47.50 | 22:00.00 | 6 |
| 7 | 19:10.00 | 19:10.00 | 20:45.00 | 18/U 1500M/1650Y Free | 18:45.00 | 18:45.00 | 19:45.00 | 8 |
| 9 | 6:02.00 | 5:17.00 | 5:37.50 | 12/U 400M/500Y Free* | 6:05.00 | 5:20.00 | 5:56.00 | 10 |

SATURDAY, JULY 20, 2002

| <u>GIRLS</u> | <u>SCY</u> <u>MAX</u> | <u>SCM</u> <u>MAX</u> | <u>LCM</u> <u>MAX</u> | <u>EVENT</u> | <u>SCY</u> <u>MAX</u> | <u>SCM</u> <u>MAX</u> | <u>LCM</u> <u>MAX</u> | <u>BOYS</u> |
|--------------|--------------------------|--------------------------|--------------------------|-------------------------|--------------------------|--------------------------|--------------------------|-------------|
| 11 | 2:28.00 | 2:44.00 | 2:58.50 | 18/U 200M Butterfly | 2:26.50 | 2:41.00 | 2:48.00 | 12 |
| 13 | 2:35.50 | 2:51.00 | 3:04.00 | 14/U 200M Butterfly | 2:37.50 | 2:53.50 | 2:56.50 | 14 |
| 15 | 1:11.50 | 1:18.50 | 1:28.00 | 12/U 100M Butterfly | 1:16.50 | 1:24.00 | 1:32.00 | 16 |
| 17 | 1:30.00 | 1:39.50 | 1:51.50 | 10/U 100M Butterfly | 1:34.00 | 1:43.50 | 1:54.50 | 18 |
| 19 | 1:14.50 | 1:22.00 | 1:31.50 | 18/U 100M Breast | 1:12.50 | 1:20.00 | 1:26.50 | 20 |
| 21 | 1:16.00 | 1:23.50 | 1:31.50 | 14/U 100M Breast | 1:16.50 | 1:24.00 | 1:32.00 | 22 |
| 23 | 37.00 | 40.50 | 44.25 | 12/U 50M Breast | 38.50 | 42.00 | 47.00 | 24 |
| 25 | 43.00 | 47.50 | 51.50 | 10/U 50M Breast | 43.50 | 48.00 | 54.75 | 26 |
| 27 | 26.25 | 28.75 | 31.00 | 18/U 50M Free | 24.50 | 27.00 | 29.00 | 28 |
| 29 | 27.00 | 29.75 | 31.25 | 14/U 50M Free | 26.00 | 28.50 | 31.50 | 30 |
| 31 | 28.25 | 30.75 | 32.50 | 12/U 50M Free | 28.25 | 31.00 | 34.25 | 32 |
| 33 | 32.25 | 35.75 | 36.50 | 10/U 50M Free | 32.00 | 35.50 | 39.25 | 34 |
| 35 | 2:22.00 | 2:38.00 | 2:49.00 | 18/U 200M IM | 2:17.00 | 2:31.00 | 2:41.00 | 36 |
| 37 | 2:25.00 | 2:40.00 | 2:53.00 | 14/U 200M IM | 2:24.00 | 2:38.50 | 2:57.00 | 38 |
| 39 | 2:34.00 | 2:49.50 | 2:59.00 | 12/U 200M IM | 2:39.00 | 2:55.00 | 3:14.50 | 40 |
| 41 | 3:01.00 | 3:18.00 | 3:38.50 | 10/U 200M IM | 3:05.00 | 3:23.50 | 3:46.00 | 42 |
| 43 | 2:22.00 | 2:37.00 | 2:52.50 | 18/U 200M Back | 2:23.00 | 2:38.00 | 2:46.50 | 44 |
| 45 | 2:25.50 | 2:40.00 | 2:56.00 | 14/U 200M Back | 2:29.50 | 2:44.50 | 2:57.50 | 46 |
| 47 | 1:11.00 | 1:18.00 | 1:25.00 | 12/U 100M Back | 1:13.00 | 1:20.00 | 1:32.00 | 48 |
| 49 | 1:22.00 | 1:30.00 | 1:40.00 | 10/U 100M Back | 1:24.00 | 1:33.50 | 1:45.00 | 50 |
| 51 | | | | 15/18 200M Medley Relay | | | | 52 |
| 53 | | | | 13/14 200M Medley Relay | | | | 54 |
| 55 | | | | 11-12 200M Medley Relay | | | | 56 |
| 57 | | | | 10/U 200M Medley Relay | | | | 58 |
| 59 | 5:32.50 | 4:52.00 | 5:08.50 | 18/U 400M/500Y Free* | 5:17.50 | 4:40.00 | 4:56.00 | 60 |
| 61 | 5:40.00 | 5:00.00 | 5:15.00 | 14/U 400M/500Y Free* | 5:43.00 | 5:02.00 | 5:17.50 | 62 |

* Limited to four (4) heats.

ORDER OF EVENTS

2002 LONG COURSE REGIONAL CHAMPIONSHIPS

SUNDAY, JULY 21, 2002

| <u>GIRLS</u> | <u>SCY</u> <u>MAX</u> | <u>SCM</u> <u>MAX</u> | <u>LCM</u> <u>MAX</u> | <u>EVENT</u> | <u>SCY</u> <u>MAX</u> | <u>SCM</u> <u>MAX</u> | <u>LCM</u> <u>MAX</u> | <u>BOYS</u> |
|--------------|--------------------------|--------------------------|--------------------------|-----------------------|--------------------------|--------------------------|--------------------------|-------------|
| 63 | 1:05.00 | 1:12.00 | 1:20.00 | 18/U 100M Back | 1:04.00 | 1:10.50 | 1:16.50 | 64 |
| 65 | 1:06.50 | 1:13.50 | 1:21.50 | 14/U 100M Back | 1:07.50 | 1:14.50 | 1:22.50 | 66 |
| 67 | 33.25 | 36.75 | 39.00 | 12/U 50M Back | 33.50 | 37.00 | 42.50 | 68 |
| 69 | 38.00 | 42.00 | 45.50 | 10/U 50M Back | 38.25 | 42.25 | 47.50 | 70 |
| 71 | 57.50 | 1:03.50 | 1:07.50 | 18/U 100M Free | 53.50 | 59.00 | 1:03.50 | 72 |
| 73 | 58.50 | 1:04.50 | 1:09.50 | 14/U 100M Free | 57.00 | 1:03.00 | 1:09.50 | 74 |
| 75 | 1:02.00 | 1:07.50 | 1:12.50 | 12/U 100M Free | 1:02.50 | 1:09.00 | 1:16.50 | 76 |
| 77 | 1:12.00 | 1:19.50 | 1:25.00 | 10/U 100M Free | 1:12.00 | 1:18.50 | 1:29.50 | 78 |
| 79 | 1:04.50 | 1:11.50 | 1:17.50 | 18/U 100M Butterfly | 1:00.00 | 1:06.50 | 1:12.50 | 80 |
| 81 | 1:06.50 | 1:13.50 | 1:20.00 | 14/U 100M Butterfly | 1:07.50 | 1:14.50 | 1:19.50 | 82 |
| 83 | 31.50 | 34.00 | 36.50 | 12/U 50M Butterfly | 32.50 | 36.00 | 40.00 | 84 |
| 85 | 36.50 | 40.00 | 46.00 | 10/U 50M Butterfly | 38.00 | 42.00 | 47.50 | 86 |
| 87 | 2:44.00 | 3:01.00 | 3:18.00 | 18/U 200M Breast | 2:36.50 | 2:52.00 | 3:06.50 | 88 |
| 89 | 2:45.00 | 3:01.50 | 3:21.00 | 14/U 200M Breast | 2:49.00 | 3:06.00 | 3:21.00 | 90 |
| 91 | 1:21.00 | 1:28.50 | 1:36.50 | 12/U 100M Breast | 1:24.00 | 1:32.50 | 1:43.50 | 92 |
| 93 | 1:32.00 | 1:41.50 | 1:53.00 | 10/U 100M Breast | 1:37.00 | 1:46.50 | 1:59.50 | 94 |
| 95 | 2:04.00 | 2:19.00 | 2:26.00 | 18/U 200M Free | 1:58.00 | 2:10.00 | 2:20.50 | 96 |
| 97 | 2:07.50 | 2:20.50 | 2:30.50 | 14/U 200M Free | 2:05.00 | 2:17.50 | 2:34.50 | 98 |
| 99 | 2:15.00 | 2:28.50 | 2:39.50 | 12/U 200M Free | 2:18.00 | 2:32.00 | 2:48.50 | 100 |
| 101 | 2:40.00 | 2:56.50 | 3:12.50 | 10/U 200M Free | 2:41.00 | 2:58.50 | 3:14.00 | 102 |
| 103 | | | | 15/18 200M Free Relay | | | | 104 |
| 105 | | | | 13/14 200M Free Relay | | | | 106 |
| 107 | | | | 11/12 200M Free Relay | | | | 108 |
| 109 | | | | 10/U 200M Free Relay | | | | 110 |
| 111 | 5:05.00 | 5:34.50 | 6:00.00 | 18/U 400M IM* | 4:57.50 | 5:30.00 | 5:54.00 | 112 |
| 113 | 5:07.50 | 5:37.50 | 6:10.50 | 14/U 400M IM* | 5:10.00 | 5:40.50 | 6:20.00 | 114 |

* Limited to four (4) heats.