

**2006 LONG COURSE  
13 - 18 Year Old  
REGIONAL CHAMPIONSHIP SWIM MEET  
July 21-23, 2006**

SANCTIONED BY CONNECTICUT SWIMMING, INC.  
AND USA SWIMMING, INC. - SANCTION # L06-32B.

SPONSORED BY

HOPKINS MARINER SWIM TEAM

***Date:*** July 21-23, 2006

***Location:*** Wesleyan University, Middletown, CT

***Meet Director:*** Chuck Elrick  
986 Forest Road  
New Haven, CT. 06515  
celrick@hopkins.edu

***Entry Chair:*** Lisa Earley  
846 Beechwood Road  
Orange, CT. 06477  
LEarley851@aol.com

***Safety Chair:*** Cindy Kett

***Referee:*** Karen Barber karen.jubanyik@yale.edu

***Emergency  
Phone:*** 860-685-2690 (Facility Monitor)  
860-685-2915 (Pool Deck)

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

**Disabled  
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 athletes, coaches or spectators require special assistance, please contact the Meet Director.

<b>SCHEDULE:</b>						
Friday Evening	<b>Wesleyan University All Clubs and All Ages</b>					
			4:00 pm	Warm-up		
			5:00 pm	Start		
<b>Wesleyan University</b>						
Saturday/Sunday Morning	<b>Morning Session 13/14 girls &amp; 15/18 boys</b>			<b>Afternoon Session 15/18 girls &amp; 13/14 boys</b>		
	7:30 am	Warm-up		1:15 pm	Warm-up	
	8:45 am	Start		2:30 pm	Start	

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, with approval from Program Operations, reserve the right to make adjustments based on the time study and/or other factors, including combining sessions. In the event of any changes, teams will be contacted no later than Monday July 17, 2006.

**RULES OF CONDUCT:** Swimmers on deck must be supervised by a USA-registered coach. Coaches must present a valid USA Swimming Coaches Card to the Meet Director prior to the commencement of this meet, and must have this card with them while 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 and may not be on the pool deck for any reason. CSI Rules of Conduct will be strictly enforced. No locks may be left on lockers. No shaving on premises is permitted.

**ADAPTED SWIMMING:** Any CSI-registered swimmer with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy and CSI time standards available on [ctswim.org](http://ctswim.org).

**ELIGIBILITY:** All the following criteria must be met.

1. Swimmers must be 2006 CSI registered members of USA Swimming.
2. A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet in the 2006 Long Course season.
3. Events must not be swum for the first time at this meet.
4. Swimmers must not have bettered the maximum time standards (attached) since May 1, 2005. Proof of times is required for all events.
5. Swimmers may not compete in any event in which they have achieved a 2006 Long Course Age Group Championship qualifying time (COT). This includes SCY and SCM times (attached).

**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. The \$100.00 fine must be paid by October 1, 2006 to

the Connecticut Swimming office. Times submitted through Online Entries are automatically pre-proven.

**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.**

CSI clubs will enter using FAST Online Entries and may pay online at <https://shop.ctswim.org> using a credit card. Clubs that wish to pay by check, must mail a check payable to CT Swimming by 5 PM on July 12, 2006. Please do not send a hardcopy of the entry.

Separate entries must be submitted for Friday Evening's events and for Saturday/Sunday events. Single payment will be accepted.

Athletes not affiliated with a club may email office @ctswim.org an entry file using the LSA, Hytek, or other program in USA Standard Data Interchange Format or submit an entry on a CSI Meet Entry Form. A hardcopy of the entry and payment must be received by the noon deadline of July 11, 2006. This includes manual and emailed entries. If any of your swimmers are swimming in the meet Unattached or as relay-only, 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. *All times done in other than a 50 meter course, must be marked on the entry form by writing SCM or SCY in red at the entry time. Computer entry files should be coded to indicate the course in which the time was achieved.*

**DECK ENTRIES WILL ABSOLUTELY NOT BE ACCEPTED.**

CLUBS WITH ATHLETES THAT FALL WITHIN THE CHAMPIONSHIP BIRTHDAY PERIOD MUST CONTACT NAN COOPER office@ctswim.org BY JULY 10, 2006.

Age for the meet **will be the swimmer's age as of July 21, 2006, with the following directive:**

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

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.

**TIMERS:** Teams will be required to supply timers based on the size of their entry. Swimmers will be required to supply their own timers for Friday evening events. The sponsor will announce timer requirements prior to the meet. Thank you for your cooperation.

**OFFICIALS:** Certified USA Swimming officials are welcome and needed to work on deck. Please list names and areas of certification and attach to entry form, or contact the referee listed.

**DEADLINE AND FEES:** All entries must be received **NO LATER THAN 12 NOON, TUESDAY, JULY 11, 2006.** **LATE ENTRIES WILL NOT BE ACCEPTED.** Unattached athletes not affiliated with a clubs must **WAIVE SIGNATURE** requirements if using overnight 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.

**FEES:** Splash fees: \$5/individual event; \$10/relay. A \$2 per swimmer entry fee applies to relay-only swimmers. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Visa and MasterCard payments may be made securely at <https://shop.ctswim.org>.

Clubs that wish to pay by check, must mail a check payable to CT Swimming postmarked July 12, 2006 or earlier. Make checks payable: **Connecticut Swimming.**

Nan Cooper  
4001 9<sup>th</sup> Street North  
#626  
Arlington, VA 22203-1944  
office@ctswim.org

**LATE QUALIFIERS:** Any swimmer achieving an initial qualifying time the weekend of July 15-16 must fax or email that entry no later than **9PM Monday, July 17, 2006** to the meet entry chair. No updating of times will be accepted, including improvements in seed time and changes in course. (These entries may not appear in the program.)

**CORRECTIONS:** Meet entry corrections will be accepted by the meet entry chair until **9PM Tuesday, July 18, 2006**. Under no circumstances will corrections be accepted after this time. For **each** correction, including but not limited to event, age group, proof of time, clubs will be assessed \$5.00 in addition to the published splash fee (see examples below). Fees will be billed and must be paid before October 1, 2006, or offending clubs jeopardize their right to participate in future CSI- sponsored events.

- If John Doe is omitted from a club's entry in six (6) events, his club will be charged \$30.00 in addition to the cost of his entry. Total for John Doe \$60.00.
- If John Doe is entered in the 100 backstroke, but should have been entered in the 100 breaststroke, the fee is \$5.00
- If a relay team is added, the charge will be \$20.00 plus splash fee. Total for additional relay \$30.00.

If any entry times must be corrected, the fee will be \$5.00 per correction. In accordance with CSI rules, proof of time is required and this procedure shall **not** be used to improve seed times, including a change in course. Prior to correcting entry times, the original proof of time will be checked to ensure the correction is not an improvement in seed time.

**OVERSUBSCRIPTION:** The sponsor reserves the right to make adjustments based on the time study and other factors with approval from Program Operations. Teams will be notified of any changes no later than Monday July 17, 2006.

**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, events, other than Friday evening, will be seeded in the normal fashion and swum slowest to fastest.

**DISTANCE EVENTS:** The 13/14 and 15/18 800M and 1500M Freestyle events shall be swum fastest to slowest alternating girls and boys. These events will have distinct qualifying times, but the events shall be combined seeded as single, alternating girls' and boys' events. Awards shall be determined in 13/14 and 15/18 categories. Swimmers must provide their own timers and counters. The 400M Freestyle and IM events (Friday Evening) will be conducted fastest to slowest alternating girls and boys. The 12/U 400M Freestyle events will be conducted after the 13/18 400 M IM and before the 13/18 400M Freestyle events. Swimmers must provide their own timers.

**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 and referee are able to read the event and name of the swimmer being scratched.

**Packets will only be given to an USA Swimming member coaches.** Swimmers without a coach will be assigned to a club.

**WARM-UPS:** All teams must warm-up under the supervision of a coach or a CT Swimming registered marshal. Any swimmers who do not have a coach in attendance **MUST** report to the Meet Director and have a supervisor assigned. Connecticut Swimming's warm-up guidelines will be observed at all sessions, but the Meet Director reserves the right to assign general warm-ups by team rather than age or sex, if the size of the entry and considerations of safety so require.

**BREAKS:** It is not expected that any time will be available for breaks between events. It is possible that some events may be less than 15 minutes from others for the same age group. Please consider this in selecting events to enter.

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

**REFRESHMENTS:** Concessions will be available.

**WESLEYAN UNIVERSITY LAWN POLICY:** Teams may, with certain limitations and with the approval of the Meet Director, use the lawn adjacent to the pool and ice rink buildings as a rest and gathering area. Please consult the [CSI Lawn Policy for Meets Held at Wesleyan University](#), which is available on [ctswim.org](http://ctswim.org). Violations of the policy will subject offending teams to fines as described therein.

**DIRECTIONS:**

Wesleyan Univ.: 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. 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.

**HOTELS**

**Wesleyan University:**

Marriott Courtyard  
4 Sebeth Dr  
Cromwell, CT 06416  
860-635-1001

Hampton Inn  
Contact: Melroy D'Costa  
20 Waterchase Dr.  
Rocky Hill, CT 06067  
860-563-7877

\*Inn at Middletown  
Contact: Beth Pruchnic  
70 Main Street  
Middletown, CT 06457  
860-854-6300  
\* walking distance to Wesleyan

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

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

Radisson Hotel  
100 Berlin Road  
Cromwell, CT 06416  
860-635-2000

# ORDER OF EVENTS 2006 LONG COURSE REGIONAL CHAMPIONSHIPS

## FRIDAY, JULY 21, 2006 Wesleyan University All Age Groups and All Clubs

<u>GIRLS</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>EVENT</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>BOYS</u>
1	5:04.50	5:34.00	6:01.80	14/U 400M IM*	5:10.00	5:40.50	6:00.00	2
3	4:57.50	5:28.50	5:55.00	18/U 400M IM*	4:57.50	5:30.00	5:48.00	4
5	7:07.50	6:15.50	6:15.00	10/U 400M/500Y Free*	7:12.50	6:20.50	6:31.00	6
7	6:02.00	5:17.00	5:32.50	12/U 400M/500Y Free*	6:05.00	5:20.00	5:56.00	8
9	5:37.50	4:57.00	5:09.00	14/U 400M/500Y Free*	5:36.00	4:55.00	5:11.00	10
11	5:30.00	5:02.96	5:08.00	18/U 400M/500Y Free*	5:17.50	4:40.00	4:56.00	12

\* Depending on timeline, may be heat limited to a minimum of 24 swimmers.

Friday Evening events must be entered separately using Connecticut FAST Online Entries. Unattached athletes not affiliated with a club should use the Regional Championship Friday Evening meet file.

## SATURDAY JULY 22, 2006 Wesleyan University 13-18

<u>GIRLS</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>EVENT</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>BOYS</u>
1	2:25.00	2:41.00	2:52.50	18/U 200M Butterfly	2:26.50	2:41.00	2:48.00	2
3	2:31.75	2:46.75	2:55.50	14/U 200M Butterfly	2:37.50	2:53.50	2:56.50	4
5	1:13.25	1:20.75	1:27.00	18/U 100M Breast	1:12.50	1:20.00	1:23.50	6
7	1:15.00	1:22.50	1:28.00	14/U 100M Breast	1:15.00	1:22.00	1:28.50	8
9	26.10	28.50	29.75	18/U 50M Free	24.50	27.00	28.00	10
11	26.75	29.25	30.70	14/U 50M Free	26.00	28.50	29.50	12
13	2:20.00	2:35.50	2:43.00	18/U 200M IM	2:17.00	2:31.00	2:36.00	14
15	2:24.00	2:38.50	2:48.50	14/U 200M IM	2:20.50	2:35.25	2:44.50	16
17	2:20.00	2:34.50	2:46.50	18/U 200M Back	2:23.00	2:38.00	2:42.50	18
19	2:24.00	2:38.50	2:49.00	14/U 200M Back	2:25.75	2:40.25	2:49.00	20
21				15/18 200M Medley Relay				22
23				13/14 200M Medley Relay				24
25	11:10.00	9:45.00	10:30.00	18/U 800M/1000Y Free	10:50.00	9:25.00	10:15.00	26
27	11:40.00	10:14.00	10:45.00	14/U 800M/1000Y Free	11:40.00	10:14.00	11:45.00	28

\* Depending on timeline, may be heat limited to a minimum of 24 swimmers.

# ORDER OF EVENTS 2006 LONG COURSE REGIONAL CHAMPIONSHIPS

**SUNDAY JULY 23, 2006**  
**Wesleyan University**  
**13-18**

<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>
29	1:04.50	1:11.50	1:17.50	18/U 100M Back	1:04.00	1:10.50	1:14.00	30
31	1:06.25	1:13.25	1:19.25	14/U 100M Back	1:06.50	1:13.50	1:17.50	32
33	56.25	1:02.25	1:05.50	18/U 100M Free	53.50	59.00	1:01.00	34
35	58.25	1:04.25	1:07.50	14/U 100M Free	57.00	1:03.00	1:05.00	36
37	1:02.50	1:09.50	1:14.00	18/U 100M Butterfly	1:00.00	1:06.50	1:10.00	38
39	1:06.00	1:13.00	1:17.10	14/U 100M Butterfly	1:06.50	1:13.50	1:16.50	40
41	2:41.50	2:57.00	3:08.00	18/U 200M Breast	2:36.50	2:52.00	3:05.00	42
43	2:43.00	2:59.50	3:10.00	14/U 200M Breast	2:45.00	3:01.50	3:15.00	44
45	2:02.25	2:16.50	2:22.00	18/U 200M Free	1:58.00	2:10.00	2:16.00	46
47	2:06.00	2:18.50	2:27.00	14/U 200M Free	2:03.50	2:16.00	2:23.50	48
49				15/18 200M Free Relay				50
51				13/14 200M Free Relay				52
53	18:52.50	18:52.50	20:00.00	18/U 1500M/1650Y Free	18:25.00	18:25.00	19:45.00	54
55	19:10.00	19:10.00	20:24.00	14/U 1500M/1650Y Free	19:15.00	19:15.00	22:00.00	56

\* Depending on timeline, may be heat limited to a minimum of 24 swimmers.