

**2007 LONG COURSE
REGIONAL CHAMPIONSHIP SWIM MEET
13 - 18 Year Old
July 20-22, 2007**

Held under sanction by USA Swimming and Connecticut Swimming- Sanction # L07-28B.

SPONSORED BY

HOPKINS MARINER SWIM TEAM

Date: July 20-22, 2007

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: Bob Pimer

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.

| SCHEDULE: | | | | | | |
|----------------------------|---|---------|---------|---|---------|--|
| Friday Evening | Wesleyan University All Clubs and All Ages | | | | | |
| | | | 4:00 pm | Warm-up | | |
| | | | 5:00 pm | Start | | |
| | | | | | | |
| Saturday/Sunday Morning | Wesleyan University | | | | | |
| | Afternoon Session 13/14 girls & 15/18 boys | | | Evening Session 15/18 girls & 13/14 boys | | |
| | 11:45 pm | Warm-up | | 4:45 pm | Warm-up | |

| | | | | | | |
|--|----------|-------|--|---------|-------|--|
| | 12:45 pm | Start | | 5:45 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 16, 2007.

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.

ELIGIBILITY: All the following criteria must be met.

1. Swimmers must be 2007 CSI registered members of USA Swimming.
2. A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet in the 2007 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, 2006. Proof of times is required for all events.
- 5. Swimmers may not compete in any event in which they have achieved a 2007 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, 2007 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. Deadline is **NOON** Tuesday July 10, 2007. Clubs will send payment to HMST postmarked by 5 PM by Friday July 13, 2007. Host clubs have the right to remove unpaid club entries, with approval from Program Operations.

Separate FAST Online Entries must be submitted for Friday Evening's events and for Saturday/Sunday events.

Unattached 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 10, 2007. This includes manual and emailed entries. All entry times must be proven. 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.* Unattached athletes not affiliated with a club 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.

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 9, 2007.

Age for the meet **will be the swimmer's age as of July 20, 2007, 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 10, 2007.**

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. Clubs will send payment to HMST postmarked by 5 PM by Friday July 13, 2007. The host club has the right to remove unpaid club entries, with approval from Program Operations.

Send payment postmarked by 5 PM by Friday July 13, 2007 to:

Lisa Earley
846 Beechwood Road
Orange, CT. 06477

Checks payable to Hopkins

LATE QUALIFIERS: Any swimmer achieving an initial qualifying time the weekend of July 14-15 must fax or email that entry no later than **10PM Monday, July 16, 2007** to the host club's 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: Coaches may add swimmers or events which were omitted from the original entry in error, or make corrections to their entry. All corrections are due by 10 PM Monday July 16, 2007. Under no circumstances will corrections (other than changes of attachment status) be accepted after this time. For each correction, including but not limited to event or age group, clubs will be assessed \$5.00 in addition to the published splash fee. Only email corrections will be accepted. This process is to be applied only to legitimate errors, not to changed circumstances. For example, swimmers who are correctly entered in the maximum number of events and

subsequently achieve a time faster than the “max” time for an event may not use the correction procedure to switch to a different event. (Note: correction fee does not apply to late qualifiers.)

- 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 16, 2007.

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. 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 2007 LONG COURSE REGIONAL CHAMPIONSHIPS

FRIDAY, JULY 20, 2007 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 | 5:35.00 | 6:01.80 | 14/U 400M IM* | 5:07.50 | 5:38.25 | 6:00.00 | 2 |
| 3 | 4:57.50 | 5:27.25 | 5:53.00 | 18/U 400M IM* | 4:57.50 | 5:27.25 | 5:42.50 | 4 |
| 5 | 7:07.50 | 6:16.50 | 6:12.00 | 10/U 400M/500Y Free* | 7:12.50 | 6:20.75 | 6:31.00 | 6 |
| 7 | 6:02.00 | 5:18.50 | 5:32.50 | 12/U 400M/500Y Free* | 6:05.00 | 5:21.00 | 5:51.00 | 8 |
| 9 | 5:37.50 | 4:57.00 | 5:09.00 | 14/U 400M/500Y Free* | 5:35.50 | 4:55.25 | 5:06.00 | 10 |
| 11 | 5:30.00 | 4:51.00 | 5:02.50 | 18/U 400M/500Y Free* | 5:17.50 | 4:39.50 | 4:52.00 | 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 21, 2007 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 | 2:39.50 | 2:52.50 | 18/U 200M Butterfly | 2:26.50 | 2:41.00 | 2:48.00 | 2 |
| 3 | 2:31.75 | 2:47.00 | 2:55.50 | 14/U 200M Butterfly | 2:35.50 | 2:51.25 | 2:56.50 | 4 |
| 5 | 1:13.25 | 1:20.50 | 1:25.50 | 18/U 100M Breast | 1:12.50 | 1:19.75 | 1:23.50 | 6 |
| 7 | 1:14.50 | 1:22.00 | 1:28.00 | 14/U 100M Breast | 1:14.00 | 1:21.50 | 1:28.50 | 8 |
| 9 | 26.10 | 28.75 | 29.75 | 18/U 50M Free | 24.50 | 27.00 | 27.50 | 10 |
| 11 | 26.75 | 29.50 | 30.70 | 14/U 50M Free | 26.00 | 28.50 | 29.50 | 12 |
| 13 | 2:20.00 | 2:36.00 | 2:43.00 | 18/U 200M IM | 2:17.00 | 2:30.75 | 2:34.00 | 14 |
| 15 | 2:23.50 | 2:38.00 | 2:47.50 | 14/U 200M IM | 2:20.50 | 2:34.50 | 2:44.00 | 16 |
| 17 | 2:20.00 | 2:34.00 | 2:46.50 | 18/U 200M Back | 2:23.00 | 2:37.50 | 2:41.00 | 18 |
| 19 | 2:24.00 | 2:38.50 | 2:48.50 | 14/U 200M Back | 2:25.00 | 2:39.50 | 2:48.50 | 20 |
| 21 | | | | 15/18 200M Medley Relay | | | | 22 |
| 23 | | | | 13/14 200M Medley Relay | | | | 24 |
| 25 | 11:10.00 | 9:49.50 | 10:30.00 | 18/U 800M/1000Y Free | 10:50.00 | 9:32.00 | 10:13.00 | 26 |
| 27 | 11:40.00 | 10:16.00 | 10:45.00 | 14/U 800M/1000Y Free | 11:40.00 | 10:16.00 | 10:43.00 | 28 |

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

ORDER OF EVENTS

2007 LONG COURSE REGIONAL CHAMPIONSHIPS

SUNDAY JULY 22, 2007
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 | 1:11.00 | 1:17.50 | 18/U 100M Back | 1:04.00 | 1:10.50 | 1:13.00 | 30 |
| 31 | 1:06.25 | 1:13.00 | 1:18.50 | 14/U 100M Back | 1:06.00 | 1:12.75 | 1:17.00 | 32 |
| 33 | 56.25 | 1:02.00 | 1:05.50 | 18/U 100M Free | 53.25 | 58.75 | 1:01.00 | 34 |
| 35 | 58.25 | 1:04.00 | 1:07.50 | 14/U 100M Free | 57.00 | 1:02.75 | 1:05.00 | 36 |
| 37 | 1:02.50 | 1:08.75 | 1:14.00 | 18/U 100M Butterfly | 1:00.00 | 1:06.00 | 1:10.00 | 38 |
| 39 | 1:05.75 | 1:12.50 | 1:17.50 | 14/U 100M Butterfly | 1:05.00 | 1:11.50 | 1:16.50 | 40 |
| 41 | 2:41.50 | 2:57.75 | 3:07.00 | 18/U 200M Breast | 2:36.50 | 2:52.00 | 3:03.00 | 42 |
| 43 | 2:42.00 | 2:58.25 | 3:10.00 | 14/U 200M Breast | 2:43.00 | 2:59.25 | 3:11.00 | 44 |
| 45 | 2:02.25 | 2:14.50 | 2:22.00 | 18/U 200M Free | 1:58.00 | 2:09.75 | 2:15.50 | 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 | 19:30.00 | 54 |
| 55 | 19:10.00 | 19:10.00 | 20:24.00 | 14/U 1500M/1650Y Free | 19:00.00 | 19:00.00 | 20:20.00 | 56 |

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