

**2009 LONG COURSE
REGIONAL CHAMPIONSHIP SWIM MEET
12 & UNDER
July 17-19, 2009**

Held under sanction by USA Swimming and Connecticut Swimming- Sanction # L09-30A and 30B.

HOSTED BY

AQUABEARS and CHESHIRE Y SEA DOGS

DIVISION: All clubs will enter this meet through Connecticut Swimming. This is a central entry. Program Operations will divide the Saturday and Sunday entries into 2 meets by club. Clubs will be notified of their pool assignment and host no later than 9 AM July 9.

	Friday Evening <i>Hosted by WAC</i>	Saturday & Sunday Morning <i>Hosted by CDOG</i>	Saturday & Sunday Morning <i>Hosted by BEAR</i>
<i>Location:</i>	Wesleyan University Middletown, CT	Cheshire Community Pool Cheshire, CT	University of Connecticut Storrs, CT
<i>Meet Director:</i>	Dave Reilly dmr123@sbcglobal.net 203-848-0307	Cheryl Guetens guetens@cox.net 203-988-5959	Jon Levine aquabears@cox.net 860-653-9135
<i>Entry Chair:</i>	Dave Reilly dmr123@sbcglobal.net 203-848-0307	Chris Leach leach.burton@cox.net 203-500-0229	Jon Levine aquabears@cox.net 860-653-9135
<i>Safety Chair:</i>	Kristine Borgognone	Nancy Erickson	Jill Donohue
<i>Referee:</i>	Julia Yanagisawa, julia.shi@yale.edu	Chris Patrell spatrell@cox.net	Takuto Takabayashi takutot@gmail.com
<i>Facility:</i>	8-lane, 50 meter pool; Electronic Timing System; limited spectator seating	8-lane, outdoor 50 meter pool; Electronic Timing System; spectator seating on bleachers; Shade is very limited. Clubs should plan to bring day-use shelters or other appropriate sun shelters.	6-lane, 50 meter pool; Electronic Timing System
<i>Emergency Phone:</i>	203-848-0307 860-685-2690 (Monitor) 860-685-2915 (Pool Deck)	203-271-3208	Campus Police 860-486-4800 860-944-9463
<i>Access:</i>	Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. If athletes, coaches or spectators require	This facility is entirely accessible. Those unable to use the bleachers may bring a suitable chair. Deck space will be set aside for wheelchairs.	Handicapped accessible, no step to pool deck, Spectator seating is also handicapped accessible. . If athletes, coaches or spectators require special assistance, please contact the Meet Director.

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SCHEDULE:					
Wesleyan University					
Friday Evening	All Clubs and All Ages				
	4:00 pm Warm-up				
	5:00 pm Start				
12 and Under					
Saturday/Sunday Morning	Cheshire			UConn	
	7:30 am	Warm-up		9:00 am	Warm-up
	8:30 am	Start		10:15am	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 dividing or combining sessions. In the event of any change in time or divisions, teams will be contacted no later than Monday July 13, 2009.

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 2009 CSI-registered members of USA Swimming.
2. A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet in the 2009 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, 2008. Proof of time is required for all events.
- 5. Swimmers may not compete in any event in which they have achieved a 2009 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, 2009, 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. Separate FAST Online Entries must be submitted for Friday Evening's events and for Saturday/Sunday events. Deadline is **6 PM Monday July 6, 2009**. Club divisions will be posted on ctswim.org by July 9, 2009. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday July 10, 2009. Host clubs have the right to remove unpaid club entries, with approval from Program Operations.

Entry Procedures for Unattached Athletes: 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 6 PM July 6, 2009. 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 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.

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 6, 2009.

Age for the meet **will be the swimmer's age as of July 17, 2009, 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.

OUTREACH ATHLETE: Entry fees for CSI registered Outreach Athletes are waived. When submitting the meet entry, the entering club must request, in writing, that the individual entry fees be waived for the Outreach athlete(s) listed on the club's entry. The Entry Chair shall confirm the Outreach status of the athlete(s) using USA Swimming's national registration database. If confirmed, all individual event entry fees shall be waived for that Outreach Athlete(s).

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 contact the referee listed.

DEADLINE: All entries must be received **by 6 PM Monday July 6, 2009.**

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. Club divisions will be posted on ctswim.org by 9 AM July 9, 2009. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday July 10, 2009. Host clubs have the right to remove unpaid club entries, with approval from Program Operations.

Send payment postmarked no later than Friday July 10, 2009 to:

Friday Evening	12/U hosted by CDOG	12/U hosted by BEAR
Check payable to Woodbridge Aquatic Club	Make checks payable to "STPA"	Checks payable to: "Aquabears"
Dave Reilly	Jane Barlok	Jon Levine
57 Union Street	360 North Brooksvale Rd	4 Northwoods Rd.
Guilford, CT 06437	Cheshire, CT 06410	North Granby, CT 06060

LATE QUALIFIERS: Any swimmer achieving an initial qualifying time the weekend of July 11-12 must email that entry no later than **10 PM Monday, July 13, 2009** 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: 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 13, 2009. 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.

INCLEMENT WEATHER: In the event of weather delays, relays may be cut. Please review CSI's Inclement Weather Policy at ctswim.org, Policy and Procedures page.

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 10/U and 11/12 400M Freestyle shall be swum fastest to slowest alternating girls and boys. Swimmers must provide their own timers. The 12/U 400M Freestyle events will be conducted after the 13/18 400 M IM and before the 13/18 400M Freestyle events.

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 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.

DIRECTIONS TO CHESHIRE:

FROM 91 NORTH: To exit 10 (Rt.40 ext). Follow to end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the High School.

FROM 91 SOUTH: To 691 West. Take exit 3 off 691, Cheshire. At light at the end of ramp, go left, heading south on Rt. 10. Follow Rt. 10 south through Cheshire. Pool is on the left across from the High School.

FROM 84 WEST: To 691 East, take the Cheshire exit. Take a right at the end of the ramp onto Rt. 10 South through Cheshire. Pool is on the left across from the High School.

FROM 84 EAST: To exit 26 (rt. 70). Follow Rt. 70 into Cheshire. At Rt. 10 intersection, take a right, heading South on Rt. 10 through Cheshire Pool is on the left across from the High School.

Parking: Limited parking is available at the pool. Ample parking is available at Cheshire High School across from the pool. Any cars parked illegally or on the grass will be ticketed.

DIRECTIONS TO WESLEYAN UNIVERSITY:

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.

DIRECTIONS TO UNIVERSITY of CONNECTICUT:

Take I-84 to Route 195, exit 68. Follow Route 195 for 7 miles to the middle of the campus. When the lake is on your right, take the next right. Follow your way through the campus towards the silver dome. This is the field house; the pool is in the adjacent brick building.

Parking: - UCONN has asked us to direct ALL coaches and spectators to the South Parking Garage, which is across the street from Gampel Pavilion. Please notify your team.

HOTELS

Cheshire Community Pool:

Connecticut Grand Hotel
3580 East Main Street
Waterbury, CT 06705
203-706-1000

Cheshire Welcome Inn
1106 S Main St
Cheshire, CT
203-272-3244

Wesleyan University Pool:

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

ORDER OF EVENTS 2009 LONG COURSE REGIONAL CHAMPIONSHIP

FRIDAY JULY 17, 2009 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	5:05.00	5:35.50	5:58.50	14/U 400M IM*	5:06.00	5:36.25	5:59.00	2
3	4:56.00	5:25.50	5:49.50	18/U 400M IM*	4:57.50	5:27.25	5:34.00	4
5	7:02.50	6:12.50	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	5:29.00	12/U 400M/500Y Free*	6:05.00	5:21.00	5:40.00	8
9	5:36.00	4:55.75	5:07.00	14/U 400M/500Y Free*	5:32.50	4:52.50	5:02.50	10
11	5:27.50	4:49.00	4:57.00	18/U 400M/500Y Free*	5:17.50	4:39.50	4:42.50	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 18, 2009 Cheshire Community Pool and University of Connecticut 12 & Under

<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	1:11.75	1:18.75	1:25.00	12/U 100M Butterfly	1:15.00	1:22.50	1:30.50	2
3	1:29.50	1:38.50	1:48.00	10/U 100M Butterfly	1:35.00	1:44.50	1:55.50	4
5	2:54.00	3:11.50	3:23.50	12/U 200M Breast	3:02.00	3:20.00	3:37.50	6
7	37.25	41.00	43.75	12/U 50M Breast	38.50	42.25	45.50	8
9	43.25	47.75	50.75	10/U 50M Breast	45.00	49.50	53.00	10
11	28.50	31.25	32.50	12/U 50M Free	28.25	31.00	33.25	12
13	32.00	35.25	37.00	10/U 50M Free	32.50	36.00	37.75	14
15	2:35.50	2:50.50	2:59.00	12/U 200M IM	2:38.00	2:54.00	3:05.00	16
17	3:00.50	3:18.50	3:31.00	10/U 200M IM	3:06.50	3:24.50	3:46.00	18
19	1:11.00	1:18.00	1:24.00	12/U 100M Back	1:12.75	1:20.00	1:26.50	20
21	1:22.50	1:30.50	1:37.00	10/U 100M Back	1:24.50	1:33.00	1:40.00	22
23				11-12 200M Medley Relay				24
25				10/U 200M Medley Relay				26

ORDER OF EVENTS
2009 LONG COURSE REGIONAL CHAMPIONSHIP

SUNDAY JULY 19, 2009
Cheshire Community Pool and University of Connecticut
12 & Under

<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>
27	2:35.00	2:50.50	3:00.00	12/U 200M Back	2:39.00	2:55.00	3:10.00	28
29	33.25	36.75	39.50	12/U 50M Back	33.75	37.25	41.00	30
31	38.00	41.75	45.00	10/U 50M Back	38.75	42.75	46.00	32
33	1:02.50	1:08.75	1:11.75	12/U 100M Free	1:03.00	1:09.25	1:13.00	34
35	1:11.50	1:18.75	1:23.25	10/U 100M Free	1:12.50	1:20.00	1:25.50	36
37	2:43.00	2:59.50	3:11.00	12/U 200M Butterfly	2:51.50	3:09.00	3:24.00	38
39	31.75	35.00	36.00	12/U 50M Butterfly	32.75	36.00	38.50	40
41	36.50	40.00	44.50	10/U 50M Butterfly	38.00	42.00	47.50	42
43	1:21.00	1:29.00	1:35.50	12/U 100M Breast	1:24.00	1:32.50	1:38.00	44
45	1:34.00	1:43.50	1:52.00	10/U 100M Breast	1:38.00	1:47.50	1:57.50	46
47	2:15.75	2:29.25	2:36.00	12/U 200M Free	2:18.50	2:32.50	2:38.50	48
49	2:37.50	2:53.00	3:02.00	10/U 200M Free	2:41.00	2:57.00	3:08.00	50
51				11/12 200M Free Relay				52
53				10/U 200M Free Relay				54