

**2010 Women's and Men's Long Course  
CONNECTICUT SENIOR OPEN INVITE**

**Connecticut Swimming, Inc.**

**June 24-27, 2010**

**Hosted by Sonoco Swim Club**

Wolff-Zackin Natatorium  
University of Connecticut  
2095 Hillside Road  
Storrs, CT

Held under the sanction of USA Swimming and Connecticut Swimming, Inc., #10-27.

This is an open meet and will be held in conjunction with an afternoon session Qualifier meet.

Swimmers who are registered with USA swimming for 2010 and have swum the attached [time standards](#) will be eligible to enter the meet. The meet will be run in accordance with USA Swimming rules unless otherwise noted.

**EVENTS**

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	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Bill Ball	<a href="mailto:ballb@ccsu.edu">ballb@ccsu.edu</a>	860-832-3073
<b>Meet Referee:</b>	Mike Huffman	<a href="mailto:Michael.huffman@thehartford.com">Michael.huffman@thehartford.com</a>	860-539-9895
<b>Entry Chair:</b>	Bill Ball	<a href="mailto:ballb@ccsu.edu">ballb@ccsu.edu</a>	860-832-3073
<b>Safety Chair:</b>	Jaime Krajewski	<a href="mailto:Jaime.krajewski@southwindsor.org">Jaime.krajewski@southwindsor.org</a>	860-305-7558
<b>Website:</b>	<a href="http://www.sonocoaquatics.org">http://www.sonocoaquatics.org</a>		

**EMERGENCY NO:** 860-486-4800 (campus police)

**FACILITY:** 6-lane competition venue with Colorado Timing System; ample spectator seating and limited refreshments. Locker rooms: No locks may be left on UCONN lockers. No shaving on premises is permitted. No deck changing. Access to faculty locker rooms is not permitted. Failure to comply may result in expulsion from the meet.

**DISABLED/ELDERLY ACCESS:** Handicapped parking is located immediately outside the main entrance to the pool. Locker rooms and spectator areas are handicap accessible. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

<b>SCHEDULE:</b>	<b>Warm-up</b>	<b>Start</b>
Thursday Evening	3:30 p.m.	5:00 p.m.
Trials -Fri-Sat-Sun	6:30 a.m.	8:30 a.m.
Finals -Fri-Sat-Sun	4:30 p.m.	6:00 p.m.

**WARM-UP:** All clubs must warm-up under the supervision of a coach. Coaches should register in the office when they arrive in order for their clubs to begin warm-up. **Only swimmers entered in this meet may use the warm-up lanes.** All athletes must have a coach in attendance. Athletes participating in the

meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets. **No diving will be permitted, except in the sprint lanes.** Pace lanes will be reserved for swimmers who are being timed by their coaches. Entry into pool is feet-first from the end of the pool.

**FINALS:** Three heats (Top 18) will return for the evening session - A Final, B Final and C Final. All heats of relays will be swum at evening finals.

**COACHES' MEETING:** A brief coaches' meeting will be held on Friday morning at a time designated by the meet referee and as necessary on Saturday and Sunday. Meeting time will be announced Friday morning.

**ELIGIBILITY:** This is an Open Meet. All swimmers must be 2010 registered members of USA Swimming. Coaches will be required to display USA Swimming registration card and a coach's deck pass in order to be on deck.

**ADAPTED SWIMMING:** Any current athlete members of USA Swimming and/or CT Swimming with a disability as defined by USA Swimming Rules and Regulations should contact the Meet Director for adapted time standards. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition.

**FEES:** Splash fees: \$7.00 per individual event, \$15.00 per relay. A \$7 per swimmer entry fee applies to relay-only swimmers. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Make checks out to Sonoco Swim Club.

**TEAM SCORING:** Team scores will be kept for the Men's, Women's and Combined Teams through 16th place as per USA Swimming rule 102.7.3.

**AWARDS:** Awards will be presented to the top three throughout the meet.

**ENTRIES:** Swimmers may enter any individual event for which they qualify, but may only compete in three (3) individual events per day and a maximum of **seven** (7) individual events for the meet.

If the meet is undersubscribed the host Team, with approval of the Senior Committee and Program Operations, has the right to institute BONUS events of 200's and below and must use the scale of 1:1, 2:2, 3:2, 4:1, 5/6:0.

**ENTRY INFORMATION:** Swimmers must have equaled or bettered their entry times since January 1, 2009, and before the entry deadline. SCM/SCY entry times on the entry form by writing SCY/SCM in red on the entry form. **No Bonus Events will be available for this meet except and if the meet is undersubscribed (See Entries header for more details):**

Swimmers meeting the qualification in the 1000Y/800M may enter the 1650Y/1500M freestyle as a bonus and vice versa. **The non-qualifying time must be entered with a reportable time.** If session is oversubscribed, distance bonus events will be cut.

**CUT PROTOCOL:** Entries will be taken on a first come first serve basis. If the meet is oversubscribed, clubs will be cut by entry date received. Clubs will be notified of cuts no later than Monday before the meet.

**ENTRY DEADLINE:** The entry deadline is **9:00 PM on Monday June 14, 2010** on a first come first serve basis. Date of entries received will be determined by the date payment is received.

**PAYMENT:** Please make checks payable to SoNoCo Swim Club and mail checks to the address below. Payment must be received by June 14, 2010.

309 Village Hill Road  
Willington, CT 06279

If delivery service is used, please ensure that the release is signed so the package will be left at the door if no one is home.

**PROOF OF TIMES:** All entry times must be pre-proven. Proof of time is the responsibility of each coach.

**SCRATCHES:** Coaches will receive a scratch envelope containing scratch sheets for each day's events. Scratches for preliminary sessions are due at the computer table at 7:30am the morning of that preliminary session. For Friday prelim session the scratch sheets must be turned in at 7:30am on Friday morning, Saturday prelims, Saturday morning, etc. Swimmers who are not scratched and fail to compete in preliminary heats will be barred from their next individual event. Swimmers are automatically seeded in the meet if a scratch is **NOT** turned in.

A swimmer qualifying for a the A Final, B Final, or C final who fails to compete and who has not scratched shall be barred from all further competition in the meet

1. The referee is notified in the event of illness or injury and accepts the proof.
2. A swimmer qualifying for finals based on the results of preliminaries notified the Clerk of Course within 30 minutes of the announcement of qualifiers that he/she may not intend to compete and confirm his/her final intention within 30 minutes following his/her last preliminary event.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**DISTANCE EVENTS:** The 800M and 1500M freestyles will be swum as timed finals. The 800M and 1500M heats will be swum fastest to slowest alternating women and men. The fastest heat of women's 800M and men's 1500M freestyle will be swum after the 200 Medley Relay in Sunday's finals. The remaining heats of the 800M and 1500M freestyle will be swum in preliminaries fastest to slowest alternating women and men. LCM will take precedence over SCM and SCY times. Conversions will not be accepted. Swimmers must provide their own counters for all heats and must provide their own timers for all heats except those swum during finals.

Positive check-in is required for the 800M and 1500M freestyle by 4:15 p.m. on Thursday, June 24, 2010 and by 5:00 PM on Saturday June 26, 2010 for Sunday's 800M and 1500M freestyle events. For Thursday's distance events, swimmers must positively check in by the scratch deadline at 4:15 PM or be scratched from the event (the scratch and positive check-in deadlines are identical). For Sunday's distance events swimmers must positively check in by the stated time. Failure to do so will result in the swimmer not being seeded into the event. Any swimmer that does not scratch the event by the scratch deadline (and did not positively check in) will be seeded at "NT". If you positively check in and don't scratch, you swim and are seeded based on your time. If you positively check in and scratch, you don't swim. If you miss the positive check-in and don't scratch, you swim and are seeded with 'NT'.

The 400M IM and 400M Freestyle will be swum fastest to slowest alternating men and women in preliminary session.

**RELAYS:** A Team can enter as many relays as they wish. The time for each relay may be submitted as a composite.

The 800 Freestyle Relay will require participating Teams to provide their own timers.

**TIME TRIALS:** Time trials will be conducted for those swimmers participating in individual events in the meet in accordance with USA Swimming rules. Each individual time trial will count as one of the seven individual swims allowed each swimmer. Time trials in the 800M and 1500M freestyles will only be permitted if time is available after all other time trials are completed. Fees: \$7.00/individual event; \$15.00/relay. Swimmers entered in time trials must provide their own timers and lap counters.

**CHANGES:** Any and all changes to the meet announcement must be approved by the Senior Committee and Program Operations.

**WORK ASSIGNMENTS:**

1. All clubs are required to provide workers (e.g. timers, runners, marshals, officials, etc.) in proportion to the size of their entry. Please include the name, phone number and address of the club contact for work assignments. **Contact Meet Referee by 6/14/10 if your official's assignment is to be counted toward your club's work assignment.**
2. **NOTE WELL** that a work assignment is for the duration of the session. It is up to the club to provide a backup worker in case the club's worker for any reason is unable to perform or complete the work assignment.

**CONCESSIONS:** A concession stand will be available with a limited menu.

**HOSPITALITY:** Beverages and light snacks will be provided for coaches and officials.

**PARKING:** There is ample parking available in the parking garage adjacent to the Wolff-Zackin Natatorium.

**DIRECTIONS:** The Wolff-Zackin Natatorium is at the corner of Hillside Road and Stadium Road. From the Boston area, take Mass Pike to I-84 West. From I-84 take Exit 68 onto Route 195. Follow Rt. 195 East approximately seven miles to the University of Connecticut campus. Take a right into the campus on North Eagleville. Follow approximately 1/2 mile to first light. Take left onto Hillcrest Road. Pool is approximately one mile on your right next to the basketball arena. Please use the following street address to get directions from MapQuest or other internet mapping services: 2095 Hillside Road, Storrs, CT.

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**THURSDAY, June 24, 2010**

**WOMEN**

**MEN**

<u>NO.</u>	<u>LCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>SCY</u>	<u>LCM</u>	<u>NO</u>
1	18:35.59	18:09.19	1500M/1650Y Freestyle*			
			800M/1000Y Freestyle*	10:08.49	9:09.19	2
3			800M Free Relay			4

**FRIDAY, June 25, 2010**

5	2:14.39	1:58.69	200M Freestyle	1:48.19	2:03.59	6
7	2:49.89	2:28.69	200M Breaststroke	2:14.79	2:35.89	8
9	1:10.39	1:00.59	100M Backstroke	54.29	1:03.39	10
11	5:22.69	4:43.89	400M IM	4:18.89	4:54.99	12
13			400M Freestyle Relay			14

**SATURDAY, June 26, 2010**

15	2:31.99	2:13.19	200M IM	2:00.69	2:19.69	16
17	28.89	25.49	50M Freestyle	22.49	25.69	18
19	1:18.19	1:08.99	100M Breaststroke	1:01.89	1:11.89	20
21	1:07.29	59.99	100M Butterfly	53.79	1:01.09	22
23	4:43.99	5:16.19	400M/500Y Freestyle	4:51.19	4:23.29	24
25			400M Medley Relay			26

**SUNDAY, June 27, 2010**

27			200M Medley Relay			28
29	2:30.79	2:11.49	200M Backstroke	1:58.29	2:18.49	30
31	1:02.69	54.89	100M Freestyle	49.19	56.59	32
33	2:28.09	2:10.79	200M Butterfly	1:58.79	2:14.39	34
35			200M Freestyle Relay			36
37	9:41.09	10:54.19	800M/1000Y Freestyle*			
			1500M/1650Y Freestyle*	16:54.89	17:25.69	38

\* These events will be swum as timed final events.