

**2010 Women's and Men's Long Course  
CONNECTICUT SENIOR CHAMPIONSHIP  
Connecticut Swimming, Inc.  
July 22-25, 2010**

**EVENTS**

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Held under the sanction of USA Swimming and Connecticut Swimming, Inc., #L10-35. Sponsored by USA Swimming/Connecticut Swimming, Inc. and the Senior Committee.

This is a **closed** meet. **ONLY** CT Clubs and swimmers who are registered with USA swimming for 2010 and have swum the attached time standards will be allowed to enter the meet. The meet will be run in accordance with USA Swimming rules unless otherwise noted.

**MEET DIRECTOR:** Jason Cochran [jcochran@darien-ymca.org](mailto:jcochran@darien-ymca.org) 203.655.8228 x306

**MEET REFEREE:** Jeffrey Gray [jegray@fordham.edu](mailto:jegray@fordham.edu)

**MEET ENTRY INFO:** Nan Cooper [office@ctswim.org](mailto:office@ctswim.org) 860.657.1164

**WEBSITE:** <http://ctswim.org>

**SAFETY CHAIRMAN** Peter Boucher [boucher4jazz@cox.net](mailto:boucher4jazz@cox.net) 860.508.0188

**EMERGENCY NO:** Facility Monitor: 860-685-2690 Pool Deck: 860-685-2915

**FACILITY:** Wesleyan University's Freeman Athletic Center Pool.

- The Freeman Center Pool is a 50 meter by 25 yard venue with a Colorado Timing System; limited spectator seating; limited refreshments.
- No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted. No deck changing. Failure to comply may result in expulsion from the meet.

**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 the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

**SCHEDULE:**

	Warm-up	Start
#Thursday Evening	3:00 p.m.	5:00 p.m.
Trials -Fri-Sat-Sun	6:30 a.m.	8:30 a.m.
Finals -Fri-Sat-Sun	3:30 p.m.	5:00 p.m.

# For Thursday night only. General warm-up 3:00-4:15p. 4:15p -5:00p warm-up for men's 800 and women's 1500 freestyle swimmers only.

**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. Please notify Nan Cooper. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets and on the CT website. **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.

**For Thursday night only.** General warm-up 3:00-4:15p. 4:15p -5:00p warm-up for men's 800 and women's 1500 freestyle swimmers only.

**FINALS:** Three heats (Top 24) will return for the evening session - A Final, B Final and C Final. All heats of relays will be swum at evening finals. The Top 8 championship finalists will parade to the awards area from a designated staging point, wearing appropriate team apparel. Awards will be handed out during finals after each men's event.

**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 a **closed** meet ONLY CSI registered clubs and swimmers only are eligible to enter. 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.

**FEES:** Splash fees: \$5.50 per individual event, \$11.00 per relay. A \$5 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 MC payments may be made at <http://shop.ctswim.org>. Please make checks payable to **Connecticut Swimming**.

Outreach: Participating clubs may request, in writing, that individual entry fees be waived for Outreach athletes listed on the club's entry. See <http://ctswim.org/ctswim/policies/outreachentryfees.pdf> for policy and procedure

**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 throughout the meet, including a distance high-point award (400 IM, 400, 800 and 1500 Free). Individual awards will be presented for 1st through 3rd and the top 3 relays in each event at finals each evening. Team awards and high point awards will be awarded following Sunday finals.

**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.

**ENTRY INFORMATION:** Swimmers must have equaled or bettered their entry times since January 1, 2009, and before the entry deadline. Manual and non-CSI club entries must indicate 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:**

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.

CSI clubs will enter using Connecticut *FAST* Online Entries and pay online at <http://shop.ctswim.org> using a credit card. CSI clubs that wish to pay by check will mail a check to the address listed below. Please do not send hardcopies.

**ENTRY DEADLINE:** The entry deadline is **9:00 PM on Monday July 19, 2010.** Every effort will be made to have psych sheet posted on <http://ctswim.org> for corrections by 11:59 pm Monday evening.

**CORRECTIONS:** Designated entry contacts will be given until 9:00 PM on Tuesday July 20 to email [office@ctswim.org](mailto:office@ctswim.org) of any entry errors. No improvements in seedtime will be accepted, including changes in course. Corrections will be accepted by email only. \$5 will be assessed for each correction. CSI is not responsible for entry errors based on incorrect meet files, computer/server errors, software bugs, etc.

**PAYMENT:** Payment may be made online (preferred) at <http://shop.ctswim.org> or by check payable to **Connecticut Swimming.** Please mail checks to the address below.

Nan Cooper  
851 N. Glebe Rd  
#1311  
Arlington, VA 22203  
860-657-1164 [office@ctswim.org](mailto:office@ctswim.org)

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. Except for Online Entries, list the date, meet and location where times were achieved on the summary sheet of the entry form. The results of any USA-sanctioned meet or a meet attested by a USA Referee or CIAC/ Independent Referee will be acceptable as proof of time. Pertinent pages of the meet results from other than *Regularly Scheduled CSI meets* must be included with entry (see USA Rule 102.24). Failure to pre-prove an entry time will prevent the swimmer from being entered in that event. **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, 2010, to the Connecticut Swimming office.

**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 sheet 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 and shall be fined **\$50.00** for each event not swum. Fines must be paid before October 1, 2010. No penalty will apply, if:

- A. The referee is notified in the event of illness or injury and accepts the proof.
- B. 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.

C. 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, July 22, 2010 and by 5:00 PM on Saturday July 24, 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:*** Clubs may enter a maximum of two relay entries per relay event. 'Relay only' swimmers will be limited to a maximum of two swimmers per gender per Club for the meet. Relay-only swimmers must be entered using FAST Online Entries. 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: \$6.00/individual event; \$11.00/relay. Swimmers entered in time trials must provide their own timers and lap counters.

***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. Club work assignments will be posted on [ctswim.org](http://ctswim.org) when available. Please include the name, phone number and address of the club contact for work assignments. Interested officials should apply online at <https://www.ctswim.org/CTNet/CFPaintForm.aspx?f=51> or **contact Jeff Gray by 07/16/10 if your official's assignment is to be counted toward your club's work assignment**
2. Any club which fails to provide its workers or whose workers do not work for the entire session will be fined by Connecticut Swimming, Inc. Clubs will be fined \$50 per each worker that fails to show and \$35 for each worker that is late or leaves early.

3. **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.
4. Each club is to submit the name of the club liaison responsible for that club's workers each day of the meet. Workers must report in a timely manner. If no representative is shown on the summary sheet, the club coach will be responsible for performing the function of liaison.

**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. Please notify Nan Cooper. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets and on the CT website. **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.

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

**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.

**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.

### **LODGING**

Marriott Courtyard  
4 Sebethe Dr  
Cromwell, CT 06416  
860-635-1001  
\$79 by 6/22/2010

Hampton Inn  
20 Waterchase Dr.  
Rocky Hill, CT 06067  
860-563-7877  
[www.rockyhill.hamptoninn.com](http://www.rockyhill.hamptoninn.com)  
buffet breakfast, refrig/microwave,  
free internet

Inn at Middletown  
70 Main Street  
Middletown, CT 06457  
860-854-6300  
[www.innatmiddletown.com](http://www.innatmiddletown.com)

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

Super 8 Motel  
1 Industrial Drive  
Cromwell, CT 06416  
800-843-1991

Hawthorne Inn  
2387 Wilbur Cross Parkway  
Berlin, CT 06037  
860-828-4181

### THURSDAY, July 22, 2010

#### WOMEN

#### MEN

<u>NO.</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO</u>
1	19:39.99	18:29.99	18:29.99	1500M/1650Y Freestyle*				
				800M/1000Y Freestyle*	10:36.99	9:31.99	9:39.99	2
3				800M Free Relay				4

### FRIDAY, July 23, 2010

5	2:19.99	2:14.49	1:59.59	200M Freestyle	1:51.29	2:08.49	2:10.49	6
7	3:03.69	2:51.49	2:36.69	200M Breaststroke	2:29.99	2:48.99	2:59.49	8
9	1:15.49	1:09.99	1:02.89	100M Backstroke	59.99	1:09.49	1:10.59	10
11	5:39.99	5:23.99	4:53.99	400M IM	4:40.99	5:22.49	5:25.99	12
13				400M Freestyle Relay				14

### SATURDAY, July 24, 2010

15	2:38.99	2:32.99	2:16.09	200M IM	2:08.19	2:28.49	2:27.99	16
17	29.74	28.49	25.59	50M Freestyle	23.19	26.99	26.99	18
19	1:24.99	1:19.49	1:12.69	100M Breaststroke	1:09.19	1:17.99	1:21.99	20
21	1:12.49	1:09.99	1:02.19	100M Butterfly	57.89	1:05.99	1:06.89	22
23	4:56.99	4:47.49	5:21.69	400M/500Y Freestyle	5:01.19	4:31.99	4:35.99	24
25				400M Medley Relay				26

### SUNDAY, July 25, 2010

27				200M Medley Relay				28
29	2:42.09	2:34.49	2:19.29	200M Backstroke	2:13.19	2:28.99	2:33.59	30
31	1:04.29	1:02.49	55.89	100M Freestyle	50.89	58.49	59.49	32
33	2:45.99	2:34.99	2:21.29	200M Butterfly	2:16.99	2:30.49	2:38.09	34
35				200M Freestyle Relay				36
37	10:22.99	9:42.99	10:59.99	800M/1000Y Freestyle*				
				1500M/1650Y Freestyle*	18:14.99	18:14.99	18:59.99	38

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