

**2010 LONG COURSE
REGIONAL CHAMPIONSHIP
13 - 18 Year Old
July 16-18, 2010**

Held under sanction by USA Swimming and Connecticut Swimming- Sanction # L10-34C

SPONSORED BY WOODBRIDGE AQUATIC CLUB

EVENTS

***.hyv** for Friday Session ***.hyv** for Saturday and Sunday Sessions

DIVISION: All clubs will enter this meet through Connecticut Swimming FAST Online Entries. No later than 9 AM July 8, 2010, the Meet Director will post on ctswim.org the Saturday and Sunday session assignments.

Date: July 16-18, 2010

Location: Wesleyan University, Middletown, CT

Meet Director: Dave Reilly
dmr123@sbcglobal.net
203-848-0307

Entry Chair: Dave Reilly
dmr123@sbcglobal.net
203-848-0307

Safety Chair: Ken Yanagisawa

Referee: Julia Yanagisawa,
julia.shi@yale.edu
203-671-5405

Emergency Phone: 203-848-0307 860-685-2690 (Facility Monitor) 860-685-2915 (Pool Deck)

Facilities: 8-lane, 50 meter pool; Colorado Timing System; limited spectator seating. Limited handicapped parking available behind the Freeman Athletic Center. If athletes, coaches or spectators require special assistance, please contact the Meet Director.

<i>SCHEDULE:</i>						
Friday Evening	Wesleyan University All Clubs and All Ages					
			4:00 pm	Warm-up		
			5:00 pm	Start		
Saturday/Sunday	Wesleyan University					
	Morning Session 13-18 by Club			Afternoon Session 13-18 by Club		
	Warm-up	7:30 am		Warm-up	1:00 pm	
	Start	8:45 am		Start	2:15 pm	

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 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 2010 CSI registered members of USA Swimming.
2. A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet in the 2010 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, 2009. Proof of times is required for all events.
- 5. Swimmers may not compete in any event in which they have achieved a 2010 Long Course Age Group Championship qualifying time (COT). This includes SCY and SCM times (attached).**

CUTOFF TIMES: Swimmers must have equaled or bettered the minimum time standard, and may not have bettered the maximum time standard, since January 1, 2009, with the following exception: there shall be no minimum time standard for 100M or less events for 13/18.

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, 2010 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 6 PM Tuesday July 6, 2009. No later than 9 AM July 8, 2010, the Meet Director will post on ctswim.org the Saturday and Sunday session assignments. Clubs will send payment to WAC, postmarked no later than Friday July 9, 2010. 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 meet entry deadline. 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 6 PM MONDAY JULY 5, 2010.

Age for the meet **will be the swimmer's age as of July 16, 2010, 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 list names and areas of certification and attach to entry form, or contact the referee listed.

DEADLINE: All entries must be received by 6 PM TUESDAY JULY 6, 2009.

FEES: Splash fees: \$5.50/individual event; \$11/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 WAC postmarked no later than Friday July 9, 2010. The host clubs has the right to remove unpaid club entries, with approval from Program Operations.

Send payment postmarked no later than Friday July 9, 2010 to:

Dave Reilly

57 Union Street

Guilford, CT 06437

Check payable to Woodbridge Aquatic Club

LATE QUALIFIERS: Any swimmer achieving an initial qualifying time the weekend of July 10-11 must email that entry no later than **10PM Monday, July 12, 2010** to the 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 12, 2010. 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 12, 2009.

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. If events are under-subscribed, the host teams reserve the right to combine 18/u and 14/u events. Awards shall be determined in 13/14 and 15/18 categories.

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 marshal. Any swimmers who do not have a coach in attendance **MUST** report to the Meet Director and have a supervisor assigned. Only swimmers entered in the meet may warm-up. 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 Sebethe Dr
Cromwell, CT 06416
860-635-1001

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

Hampton Inn
20 Waterchase Dr.
Rocky Hill, CT 06067
860-563-7877

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

Inn at Middletown
70 Main Street
Middletown, CT 06457
860-854-6300

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

ORDER OF EVENTS
CONNECTICUT LONG COURSE REGIONAL CHAMPIONSHIPS
 13-18

Friday, July 16, 2010

<u>Girls</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>Event</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>Boys</u>
1	5:58.50	6:22.41	5:35.50	6:13.87	5:05.00	5:34.99	14/U 400M IM *	5:02.00	5:38.99	5:32.00	6:18.49	5:55.00	6:32.24	2
3	5:49.50	6:16.70	5:25.50	6:08.29	4:56.00	5:29.99	18/U 400M IM*	4:57.50	5:20.99	5:27.25	5:58.24	5:34.00	6:11.09	4
5	6:12.00	6:42.49	6:08.50	6:34.49	6:57.50	7:27.49	10/U 400M /500Y Freestyle*	7:07.50	7:39.99	6:16.50	6:42.24	6:31.00	6:56.24	6
7	5:27.00	5:59.70	5:18.50	5:49.95	6:02.00	6:39.99	12/U 400M /500Y Freestyle*	6:05.00	6:44.99	5:21.00	5:54.32	5:40.00	6:06.51	8
9	5:07.00	5:27.78	4:55.75	5:18.89	5:36.00	6:04.4 9	14/U 400M /500Y Freestyle*	5:31.00	6:08.49	4:51.00	5:22.49	5:00.50	5:30.49	10
11	4:57.00	5:21.48	4:49.00	5:12.76	5:27.50	5:57.49	18/U 400M /500Y Freestyle*	5:17.50	5:39.99	4:39.50	4:57.45	4:41.50	5:07.68	12

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

Saturday, July 17, 2010

1	2:52.50	3:12.95	2:38.50	3:09.72	2:24.00	2:49.99	18/U 200M Butterfly	2:26.50	2:44.99	2:41.00	3:04.14	2:46.00	3:10.52	2
3	2:55.50	3:24.30	2:45.00	3:20.88	2:30.00	2:59.99	14/U 200M Butterfly	2:33.50	3:00.99	2:49.00	3:21.99	2:56.50	3:29.24	4
5	1:25.50	-----	1:19.00	-----	1:12.00	-----	18/U 100M Breaststroke	1:12.50	-----	1:19.75	-----	1:22.00	-----	6
7	1:28.50	-----	1:21.50	-----	1:14.00	-----	14/U 100M Breaststroke	1:14.00	-----	1:21.50	-----	1:26.50	-----	8
9	29.75	-----	28.50	-----	26.00	-----	18/U 50M Freestyle	24.50	-----	27.00	-----	26.75	-----	10
11	30.50	-----	29.50	-----	26.75	-----	14/U 50M Freestyle	25.75	-----	28.25	-----	29.00	-----	12
13	2:41.00	3:04.53	2:34.50	2:58.56	2:18.50	2:39.99	18/U 200M IM	2:15.50	2:34.99	2:29.25	2:52.98	2:30.00	3:00.85	14
15	2:46.50	3:05.69	2:37.00	2:59.68	2:23.00	2:40.99	14/U 200M IM	2:19.50	2:42.49	2:33.50	3:01.35	2:40.50	3:09.60	16
17	2:44.00	3:08.49	2:32.50	3:00.24	2:18.50	2:41.49	18/U 200M Backstroke	2:17.50	2:38.99	2:31.50	2:57.49	2:36.50	3:07.49	18
19	2:48.00	3:10.77	2:37.50	3:02.47	2:23.00	2:43.49	14/U 200M Backstroke	2:22.50	2:53.24	2:37.25	3:13.49	2:44.50	3:24.24	20
21	-----	-----	-----	-----	-----	-----	15/18 200M Medley Relay	-----	-----	-----	-----	-----	-----	22
23	-----	-----	-----	-----	-----	-----	13/14 200M Medley Relay	-----	-----	-----	-----	-----	-----	24
25	10:28.00	11:27.99	9:49.50	10:49.49	11:10.00	12:09.99	18/U 800M/1000Y Free*	10:50.00	11:49.49	9:32.00	10:31.99	10:01.50	11:01.49	26
27	10:43.00	11:42.99	10:16.00	11:15.99	11:40.00	12:39.99	14/U 800M/1000Y Free*	11:40.00	12:39.99	10:16.00	11:15.99	10:31.00	11:30.99	28

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

ORDER OF EVENTS
CONNECTICUT LONG COURSE REGIONAL CHAMPIONSHIPS
13-18

Sunday, July 18, 2010

<u>Girls</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>Event</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>Boys</u>
29	1:16.00	-----	1:11.00	-----	1:04.50	-----	18/U 100M Backstroke	1:04.00	-----	1:10.50	-----	1:11.50	-----	30
31	1:18.00	-----	1:13.00	-----	1:06.25	-----	14/U 100M Backstroke	1:05.50	-----	1:12.25	-----	1:16.00	-----	32
33	1:05.50	-----	1:01.75	-----	56.50	-----	18/U 100M Freestyle	53.25	-----	58.75	-----	59.50	-----	34
35	1:07.00	-----	1:03.25	-----	57.50	-----	14/U 100M Freestyle	56.00	-----	1:01.75	-----	1:04.00	-----	36
37	1:14.00	-----	1:08.75	-----	1:02.50	-----	18/U 100M Butterfly	1:00.00	-----	1:06.00	-----	1:08.00	-----	38
39	1:16.50	-----	1:12.50	-----	1:05.75	-----	14/U 100M Butterfly	1:04.00	-----	1:10.50	-----	1:14.50	-----	40
41	3:03.50	3:30.69	2:54.00	3:26.46	2:37.50	3:04.99	18/U 200M Breaststroke	2:36.50	2:55.99	2:52.00	3:16.42	2:58.00	3:25.12	42
43	3:10.00	3:30.69	2:58.25	3:26.46	2:42.00	3:04.99	14/U 200M Breaststroke	2:41.00	3:12.99	2:57.00	3:35.49	3:06.00	3:44.99	44
45	2:22.00	2:40.74	2:14.25	2:36.80	2:02.00	2:20.49	18/U 200M Freestyle	1:58.00	2:15.99	2:09.75	2:31.77	2:12.00	2:37.21	46
47	2:25.50	2:40.09	2:18.00	2:37.99	2:05.50	2:23.49	14/U 200M Freestyle	2:03.25	2:24.74	2:15.50	2:41.49	2:21.50	2:47.24	48
49	-----	-----	-----	-----	-----	-----	15/18 200M Free Relay	-----	-----	-----	-----	-----	-----	50
51	-----	-----	-----	-----	-----	-----	13/14 200M Free Relay	-----	-----	-----	-----	-----	-----	52
53	19:50.00	21:24.61	18:46.00	20:48.74	18:46.00	20:52.49	18/U 1500M/1650Y Free*	18:25.00	20:54.99	18:25.00	20:51.24	19:20.00	21:40.51	54
55	20:15.00	22:03.07	19:07.50	21:26.13	19:07.50	21:29.99	14/U 1500M/1650Y Free*	19:00.00	21:44.99	19:00.00	21:41.09	20:20.00	22:32.32	56

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