

2009 Women's and Men's Short Course
THE CONNECTICUT SENIOR OPEN CHAMPIONSHIP
Connecticut Swimming, Inc.
March 5-8, 2009

Held under the sanction of USA Swimming and Connecticut Swimming, Inc., #S08-66. Sponsored by Connecticut Swimming, Inc. and the Senior Committee. The meet will be run in accordance with USA Swimming rules unless otherwise noted. The Connecticut Senior Championships will be held at Wesleyan University in Middletown, CT. The meet will be open to eligible 2009 USA Swimming registered clubs and swimmers who have swum the attached time standards.

MEET DIRECTOR: Anne Geissinger jageiss@aol.com 203-247-4705

MEET REFEREE: Jeffrey Gray jgray@fordham.edu

MEET ENTRY INFO: Nan Cooper office@ctswim.org 860.657.1164

WEBSITE: <http://ctswim.org>

SAFETY CHAIRMAN Bruce Collins

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

FACILITY: Wesleyan University's Freeman Athletic Center Pool.

- 8-lane competition venue with ample warm-up/down lanes. Colorado Timing System; limited spectator seating; limited refreshments.
- Locker rooms: No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted. Failure to comply may result in expulsion from the meet.

HANDICAP/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 left of front lobby. If special assistance is required by athletes, coaches or spectators, please contact the meet director.

| | | |
|---------------------|-----------|-----------|
| SCHEDULE: | Warm-up | Start |
| Thursday Evening | 3:30 p.m. | 5:00 p.m. |
| Trials -Fri-Sat-Sun | 6:30 a.m. | 8:45 a.m. |
| Finals -Fri-Sat-Sun | 3:30 p.m. | 5:00 p.m. |

N.B. Sunday March 8, 2009 begins Daylight Saving Time. Please forward your clocks by one hour. Sunday's events will be conducted on Daylight Saving Time.

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.

COACHES' MEETING: A brief coaches' meeting will be on Friday morning at a time designated by the meet referee and as necessary on Saturday and Sunday. Please consult your packet for meeting time.

CHAMPIONSHIP FINALS: Biography forms will be available at the announcer's desk for all championship finalists. Please fill them out for each finalist. The Top 8 championship finalists will be required to parade to the awards area from a designated staging point, wearing team warm-ups or appropriate team apparel. Awards will be handed out during finals.

ELIGIBILITY: Clubs and swimmers must be 2009 registered members of USA Swimming. **Coaches will be required to display USA Swimming registration card and a coaches deck pass in order to be on deck. Out of State teams will be required to submit a refundable work assignment cash deposit (See Work Assignments).**

FEES: Splash fees: \$5.00 per individual event, \$10.00 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 rules.

AWARDS: Awards will be presented throughout the meet, including a distance high-point award (400IM, 500, 1000, 1650 Free). Individual awards will be presented for 1st through 3rd place 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. 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 Team for the meet. Relay-only swimmers must be entered using FAST. The time for each relay may be submitted as a composite.

ENTRY INFORMATION: Swimmers must have equaled or bettered their entry times since January 1, 2008 and before the entry deadline. Swimmers entered at LCM/SCM must indicate such entry times on the entry form by writing LCM/SCM in red on the form.

Entries will be done electronically and specific instructions are specified below under Entry Information. The Entry Chair must receive a list of unattached athletes and relay-only athletes.

CONNECTICUT SWIMMERS ONLY: CT Swimmers will be allowed to enter bonus events of 200Y and less, up to a maximum of two (2) bonus events for the meet based on the sliding scale of 1 qualifying event to 1, 2:2, 3:2, 4:1, 5/6:0 will be maintained. The bonus event and the qualifying event need not be adjacent. Bonus events must be entered with an official time. Swimmers meeting the qualification in the 1000Y/800M may enter the 1650Y/1500M freestyle as a bonus and vice versa. **The 1000/1650Y bonus will follow the same criteria listed above. These events must be entered with pre-proven times.** In the event that the meet is oversubscribed, the bonus events will be cut first.

Note regarding FAST Online Entries (OE) and bonus events: OE will allow up to 2 bonus event of 200 Y and less, but OE will not track the ratio of 4:1 and /6:0. It will be the user's responsibility to maintain the bonus ratio. Bonus events will be monitored and over-entered bonus events will be removed. Please email bonus 1650 or 1000 times to office@ctswim.

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. Out-of-state meet entries may be proven by sending a copy of the cover page and relevant results. **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 May 1, 2009, 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 who fail to compete in preliminary or timed final heats will be barred from their next individual preliminary or timed final event.

For Thursday's distance events, swimmers must positively check in by the scratch deadline 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".

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 May 1, 2009. 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 FREE: The 1000Y and 1650Y freestyles will be swum as timed finals. The 1000Y and 1650Y heats will be swum fastest to slowest alternating women and men. The fastest heat of women's 1000Y and men's 1650Y freestyle will be swum after the 200 Medley Relay in Sunday's finals. The remaining heats of the 1000Y and 1650Y freestyle will be swum in preliminaries fastest to slowest alternating women and men. Yard times will take precedence over LCM and SCM 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 1000Y and 1650Y freestyle by 4:15 p.m. on Thursday, March 5, 2009 and by 5:00 PM on Saturday March 7, 2009 for Sunday's 1000Y and 1650Y 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".

ENTRY DEADLINE: Entry deadline for all clubs is **11:00 p.m. Tuesday February 24, 2009**. Connecticut Swimming clubs will be entered first and are guaranteed entry into the meet. All other clubs will be entered by date and time received after Connecticut clubs are entered. Teams will be notified by **February 26, 2009**, in the case of oversubscription. **Payment deadline is February 26, 2009.**

ENTRY INFORMATION: Online Entries is to be used by all Connecticut clubs. Please contact Nan Cooper office@ctswim.org if you wish to enter an adapted athlete. Connecticut unattached athletes not affiliated with a club and non-CSI clubs should email an entry file and meet report (*.sd3 or *.cl2) to office@ctswim.org. Do NOT mail hardcopies or disks. Information contained on the computer-generated report will be considered the official document of entry and supersedes any information contained on the entry file (*.sd3) with respect to resolution of errors/discrepancies. All entries must include all swimmers' names, USA numbers, ages and club affiliation.

Relay times must be submitted with the team entry. The time for each relay may be submitted as a composite. 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 Team for the meet.

PAYMENT: Payment must be received or postmarked by February 26, 2009. Payment may be made online (preferred) at <https://shop.ctswim.org> (MC or VISA) or by check payable to Connecticut Swimming. Please mail checks to the address below. Overnight mail is not necessary.

Nan Cooper
851 N. Glebe Rd
#1311
Arlington, VA 22203

OVERSUBSCRIPTION: In the event of over subscription, the Senior Committee and meet management reserve the right to make adjustments to the meet. These may include, but are not limited to, cutting bonus events and split sessions.

LATE QUALIFIERS: Any entered team that has a swimmer achieve an initial qualifying time during the period of February 25 through Sunday March 1, 2009 must enter using FAST Online Entries by, 9 PM Monday March 2, 2009.

CORRECTIONS: Designated team contacts will receive the preliminary program, in PDF, via email attachment or website link and will be given until 9 PM Monday March 2, 2009 to email office@ctswim.org of any entry errors. No improvements in seed time will be accepted, including improvements due to 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.

TIME TRIALS: Time trials will be conducted based on the availability of time in-between prelims and finals. 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 1000Y and 1650Y freestyles will only be permitted if time is available after all other time trials are completed. Fees: \$5.00/individual event; \$10.00/relay. Swimmers entered in time trials must provide their own timers and lap counters.

WORK ASSIGNMENTS:

1. All teams are required to provide workers (e.g. timers, runners, marshals, officials, etc.) in proportion to the size of their entry. **This includes OUT OF STATE TEAMS!** Team contacts will be notified of their team's work assignments as soon as possible after the entries are received. Please include the name, phone number and address of the team contact for work assignments. Out of state teams are required to submit a refundable deposit for the work assignments. \$50 per 5 athletes entered is required and must be sent with the meet entry. This will be refunded in the full amount if all work assignments are fulfilled or prorated if assignments are not fulfilled according to #2 below.

Interested officials should apply online at <http://www.ctswim.org/CTNet/CFPaintForm.aspx?f=2> or contact the meet referee **by February 24th** if your officials are to be counted in your work assignment.

2. Any team 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 team to provide a backup worker in case the team's worker for any reason is unable to perform or complete the work assignment.

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

WARM-UP: All teams must warm-up under the supervision of a coach or marshal. Coaches should register in the office when they arrive in order for their teams to begin warm-up. Any swimmers who do not have a coach in attendance **MUST** report to the office and have a supervisor assigned. Only swimmers entered in this meet may use the warm-up lanes. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets and on the CSI web site. **No diving will be permitted, except in the sprint lanes.** Pace lanes will be reserved for swimmers who are being timed by their coaches.

REFRESHMENTS: Lunch 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.

LODGING:

Marriott Courtyard
4 Sebethe Dr
Cromwell, CT 06416
860-635-1001
\$99 room rate

Hampton Inn
Contact: Melroy D'Costa
20 Waterchase Dr.
Rocky Hill, CT 06067
860-563-7877
www.innatm

*Inn at Middletown
Contact: Beth Pruchnic
70 Main Street
Middletown, CT 06457
860-854-6300
iddletown.com
* walking distance to pool

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 860-828-4181

Hawthorne Inn
2387 Wilbur Cross Parkway
Berlin, CT 06037

2009 Short Course Senior Championship

ORDER OF EVENTS

March 5-8, 2009

THURSDAY, March 5, 2009

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 | 19:31.99 18: | 29.99 18: | 29.99 | 1500M/1650Y Freestyle | | | | |
| 3 | | | | 800M/1000Y Freestyle | 10:47.49 | 9:31.99 | 9:36.99 | 2 |
| | | | | 800Y Free Relay | | | | 4 |

FRIDAY, March 6, 2009

| | | | | | | | | |
|----|------------|----------|-------|----------------------|---------|------------|---------|----|
| 5 | 5:42.99 5: | 23.99 4: | 55.99 | 400Y IM | 4:52.99 | 5:22.49 5: | 33.99 | 6 |
| 7 | 1:15.49 1: | 09.99 1: | 04.49 | 100Y Backstroke | 1:03.49 | 1:09.49 1: | 11.99 | 8 |
| 9 | 3:03.99 2: | 51.49 2: | 37.49 | 200Y Breaststroke | 2:33.49 | 2:48.99 2: | 2:59.99 | 10 |
| 11 | 2:20.49 2: | 14.24 2: | 01.99 | 200Y Freestyle | 1:56.99 | 2:08.49 2: | 11.49 | 12 |
| 13 | | | | 400Y Freestyle Relay | | | | 14 |

SATURDAY, March 7, 2009

| | | | | | | | | |
|----|-------------------|----------|-------|---------------------|---------|-------------|-------|----|
| 15 | 1:25.49 1: | 19.49 1: | 12.99 | 100Y Breaststroke | 1:10.99 | 1:17.99 1: | 21.99 | 16 |
| 17 | 4:54.99 4: | 47.49 5: | 26.49 | 400M/500Y Freestyle | 5:17.49 | 4:39.49 4: | 42.49 | 18 |
| 19 | 1:12.49 1: | 08.74 1: | 02.49 | 100Y Butterfly | 59.99 | 1:05.99 1: | 08.49 | 20 |
| 21 | 29.74 28.49 25.99 | | | 50Y Freestyle | 24.49 | 26.99 26.74 | | 22 |
| 23 | 2:38.99 2: | 32.99 2: | 18.49 | 200Y IM | 2:14.99 | 2:28.49 2: | 29.99 | 24 |
| 25 | | | | 400Y Medley Relay | | | | 26 |

SUNDAY, March 8, 2009

| | | | | | | | | |
|----|-------------|---------------|-------|-----------------------|--------------|-------------|----------|----|
| 27 | | | | 200Y Medley Relay | | | | 28 |
| 29 | 2:46.49 2: | 34.99 2: | 23.49 | 200Y Butterfly | 2:16.99 | 2:30.49 2: | 39.99 | 30 |
| 31 | 1:04.49 | 1:01.74 56.49 | | 100Y Freestyle | 52.99 | 58.49 59.49 | | 32 |
| 33 | 2:44.49 2: | 33.49 2: | 19.49 | 200Y Backstroke | 2:14.99 | 2:28.99 2: | 36.49 | 34 |
| 35 | | | | 200Y Freestyle Relay | | | | 36 |
| 37 | 10:10.99 9: | 42.99 10: | 59.99 | 800M/1000Y Freestyle | | | | |
| | | | | 1500M/1650Y Freestyle | 18:14.99 18: | 14.99 | 18:49.99 | 38 |

NOTE: The fastest heat the Women's 1000Y and Men's 1650Y Free will swim in finals after the relay.

The referee reserves the right to add breaks (but is not obligated) if the time schedule permits.