

**2012 Women's and Men's
CONNECTICUT SPRING SENIOR OPEN CHAMPIONSHIP
Connecticut Swimming
Wesleyan University Freeman Athletic Building
161 Cross Street, Middletown, CT 06457
March 1-4, 2012**

This meet will be contested in Long Course Meters in Prelims and Finals

EVENTS

IMPORTABLE MEET EVENTS

Held under the sanction of USA Swimming and Connecticut Swimming, Inc., #S11-69. Sponsored by Connecticut Swimming, Inc. and the Senior Committee. The meet will be run in accordance with USA Swimming rules unless otherwise noted. The meet will be open to eligible 2012 USA Swimming registered clubs and swimmers who have swum the attached time standards.

MEET DIRECTOR: Bill Ball ballb@ccsu.edu

MEET REFEREE: Jeff Gray jegray@fordham.edu

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

WEBSITE: <http://ctswim.org>

SAFETY CHAIRMAN Ed Heath

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. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado electronic timing system. Water depth at start end and turn end 7.5 to 14 ft. 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	3:30 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.

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.

FINALS: Three heats (Top 24) will return for the evening session - A Final (top 8), B Final(9-16) and C Final(17-24). **All heats of relays will be swum at evening finals. The Top three A Finalist and Top Three Relays** will be given awards immediately following the event behind Lanes 1, 2, and 3.

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: Clubs and swimmers must be 2012 registered members of USA Swimming. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](#). Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Coaches will be required to check-in at the pool office in order to be on deck. Out-of-State teams will be required to submit a refundable work assignment cash deposit (See Work Assignments).

ADAPTED SWIMMING: Any USA Swimming athlete with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy available on ctswim.org and may contact Adapted Swimming Chair [Mark Kinne](#) for time standards and other information.

FEES: Splash fees: \$5.50 per individual event, \$11.00 per relay, and \$6 per time trial. 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 <https://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 (400IM, 400, 800, 1500 Free). Individual and Relay awards will be presented for 1st through 3rd place at finals following each event. Team awards and high point awards will be awarded at the conclusion of Sunday's 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, 2011 and before the entry deadline. Swimmers entered at SCY/SCM must indicate such entry times on the entry form by writing SCY/SCM in red on the form.

CONNECTICUT SWIMMERS ONLY: CT Swimmers will be allowed to enter bonus events of 200M 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 800/1500M 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 M 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.

SEEDING: Conforming LCM times will be seeded first followed by SCM, then SCY, then LCM bonus, then SCM bonus, then finally SCY bonus.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) Be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

ENTRY DEADLINE: Entry deadline for all entries is **9:00 p.m. Monday February 27, 2012.** 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 28, 2012**, in the case of oversubscription. **Payment deadline is February 28, 2012.** Please see PAYMENT section for details.

CORRECTIONS: The psych sheets will be posted on ctswim.org clubs and will be given until 9:00PM on Tuesday, February 28, 2012 to email corrections to office@ctswim.org. No exceptions will be made to this deadline. 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.

PAYMENT: 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. Credit card payment is due Tuesday, February 28, 2012. Checks must be postmarked by Tuesday, February 28, 2012, and mailed to the address below.

Connecticut Swimming
1077 Silas Deane Hwy PMB #152
Wethersfield, CT 06109
860-657-1164 office@ctswim.org

PROOF OF ENTRY TIMES: All entry times must be pre-proven. The results of any USA Swimming sanctioned, approved, or observed meet or a meet attested by a USA Referee or CIAC/ Independent Referee will be acceptable as proof of time. Eligible times not verified in Connecticut FAST may be proven by using the Connecticut FAST custom times tool available to CSI clubs or, in the case of unattached entries, by sending an email to the entry chair, which includes the meet name, date, location, referee attestation, and pertinent page(s) of the results. 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 May 1, 2012, to the Connecticut Swimming office.

ENTRY INFORMATION: CSI-member USA Swimming clubs will enter using [Connecticut FAST Online Entries](#) and enter an adapted athlete by contacting office@ctswim.org. Out-of-State USA Swimming Clubs and unattached athletes not affiliated with a club should email an entry file (*.sd3 or *.cl2) and proof of time to office@ctswim.org. If meet entry software is not available, email office@ctswim.org the athlete name, USA ID, age, event number, event name, time, and proof of time. Extra fees for manual entries will apply. See Proof of Entry Times section for acceptable proof.

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, 7:30am 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 an 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. Sunday Finalist shall be fined **\$50.00** for each event not swum. Fines must be paid before May 1, 2012. 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 and 400 IM: The Men's 800M and Women's 1500M freestyles will be swum as timed finals. The 800M and 1500M heats will be swum fastest to slowest alternating women and men. The 8 fastest Women's 800M and Men's 1500M freestyle will be swum after the 200 Free Relay in Sunday's finals. The remaining heats of the Women's 800M and Men's 1500M freestyle will be swum in preliminaries immediately following the conclusion of the Men's 200 IM prelims, fastest to slowest alternating women and men. LCM times will take precedence over SCM and SCY times. Swimmers must provide their own counters for all heats and must provide their own timers for all heats except those swum during Sunday's finals.

Positive check-in is required for the Men's 800M and Women's 1500M freestyle by 4:15 p.m. on Thursday, March 1, 2012 and by 5:00 PM on Saturday March 3, 2012 for the Women's 800M and Men's 1500M freestyle events. For Thursday's distance events, swimmers must positively check in or scratch from the event by 4:15 PM and for Sunday's distance events by 5:00 pm Saturday March 3, 2012. Failure to do so will result in the swimmer not being seeded into the event with their entry time. Any swimmer that does not scratch or positively check in by the check-in time will be seeded at "NT."

Prelims of the 400M IM and 400M Free will be swum as follows:

Fastest to Slowest the Top 4 heats of Women followed by the Top 4 heats of Men's. Then all remaining heats Alternating Women and Men continuing Fastest to Slowest

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 by the entry deadline. The time for each relay may be submitted as a composite. The 800 Freestyle Relay will require participating Teams to provide their own timers. **All heats of relays will be swum at evening finals.**

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.

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 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 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.
2. Interested officials should apply online at <https://www.ctswim.org/CTNet/CFPaintForm.aspx?f=74> or contact the meet referee **by February 28th** if your officials are to be counted in your work assignment.
3. 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.
4. **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.

REFRESHMENTS: Hospitality will be provided for coaches and officials. Wesleyan will provide concessions.

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 Sebeth Dr
Cromwell, CT 06416
860-635-1001
\$89 until February 15, 2012

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

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

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

2012 Short Course Senior Championship

ORDER OF EVENTS

March 1-4, 2012

THURSDAY, March 1, 2012

WOMEN

<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	18:39.99	1500M Freestyle				
				800M Freestyle	10:49.97	9:28.69	9:36.99	2

MEN

FRIDAY, March 2, 2012

3	2:20.49	2:14.24	2:01.99	200M Freestyle	1:56.99	2:08.49	2:11.49	4
5	1:23.49	1:19.49	1:12.99	100M Breaststroke	1:10.99	1:17.99	1:21.99	6
7	1:12.49	1:08.74	1:02.49	100M Butterfly	59.99	1:05.99	1:08.49	8
9	5:42.99	5:23.99	4:55.99	400M IM	4:52.99	5:22.49	5:33.99	10
11				800M Free Relay				12

SATURDAY, March 3, 2012

13				200M Medley Relay				14
15	2:46.49	2:34.99	2:23.49	200M Butterfly	2:16.99	2:30.49	2:39.99	16
17	29.29	28.49	25.99	50M Freestyle	24.49	26.99	26.74	18
19	2:59.49	2:51.49	2:37.49	200M Breaststroke	2:33.49	2:48.99	2:59.99	20
21	1:15.49	1:09.99	1:04.49	100M Backstroke	1:03.49	1:09.49	1:11.99	22
23	4:54.99	4:47.49	5:26.49	400M Freestyle	5:17.49	4:39.49	4:42.49	24
25				400M Freestyle Relay				26

SUNDAY, March 4, 2012

27				200M Freestyle Relay				28
29	10:10.99	9:42.99	11:09.49	800M Freestyle				
				1500M Freestyle	18:23.99	18:14.99	18:49.99	30
31	2:39.99	2:33.49	2:19.49	200M Backstroke	2:14.99	2:28.99	2:36.49	32
33	1:04.49	1:01.74	56.49	100M Freestyle	52.99	58.49	59.49	34
35	2:38.99	2:32.99	2:18.49	200M IM	2:14.99	2:28.49	2:29.99	36
37				400M Medley Relay				38

NOTE: The fastest heat the Women's 800M and Men's 1500M Free will swim in finals following all heats of the 200M Free Relays. **All heats of relays will be swum at evening finals.**

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