

To all the CT Coaches attending the 2019 LC Senior Championships:

We are very excited for the upcoming Senior Championship meet. The Senior Committee has worked hard to put together what feel is one of the best Senior Championship events in the country. The meet is scheduled to start Thursday morning, July 18th with a 6:30am warm up. Please be familiar with the meet announcement and deadlines for positive check in and scratches.

Based on the size of the meet we will not be issuing spectator wristbands and all swimmers can sit on the pool deck. The ice rink is available for overflow seating, as is the lawn outside of the pool; however, swimmers must exit and enter the building through the main lobby doors. The pool doors to the outside must remain closed at all times. This will help us keep the HVAC system running properly.

The pool will be open after each men's event for warm up or cool down. In order to keep this manageable, we ask that only swimmers in the events adjacent to the break use the pool during those breaks.

The distance session warm up times are subject to change based on the length of the distance sessions. We will in try our best to provide at least 45 minutes of warm up before the first heat of the distance races. Lane 8 will be open for warm up and cool down during the distance sessions, as well as the alternating heats of the 400m events. This lane is only for swimmers competing in those events.

Hospitality is for coaches and officials only. Please do your best to keep your swimmers out of that area.

In the event that a swimmer needs ice or any first aid we will have lifeguards on deck to assist them.

We will hold a coaches meeting on Thursday morning to go over key items related to the meet. I would also like to share some information with everyone regarding the future plans pertaining to Senior level swimming in CT. We will also be holding a Senior Committee meeting on Friday starting at 2:30pm. The meeting will be held in the classroom off the pool deck. All are welcome to attend. We will be discussing SC Senior standards in addition to other meet formats and schedules.

Finally and this is very important, in regard to the MAAP Policy, all of your volunteers must have signed off on the MAAP Policy and any swimmers 18 and over should have completed the APT courses. USA swimming has granted a grace period of 30 days for swimmers to complete these trainings, and our meet falls within that grace period so anyone who hasn't completed the trainings will not be barred from competition at this time.

We wish you all the best of luck this weekend and look forward to an exciting and fun meet.

All the best,

Jason Paige

CT Swimming, Senior Committee Chair