

Connecticut Swimming Program Development Meeting

Tuesday, April 12, 2011

7:30pm

Teleconference

AGENDA

Call to Order

Approval of Agenda

Approval of Minutes January 12, 2011

Committee Reports

Senior Committee

Age Group Committee

Technical Planning Committee

Old Business

- Adapted Swimming Committee Chair appointment
- Technical Planning: seeking input for new direction for LC Age Group Championship

New Business

- 2011 LC championship meet time standards: Senior Championship, Age Group Championship, and Regional Championships
- 2011 LC championship meet announcements
- Zone Team policy and procedure review
- 2012 SC championship meet schedule and time standards (to be presented at the May HOD meeting)

Announcements

<u>OCT</u>	<u>NOV</u>	<u>JAN</u>	<u>FEB</u>	<u>MAY</u>	<u>JUNE</u>
HOD Items	SC Champs	LC Standards	Review & Planning	SC Standards	Finalize SC Standards
SC Champs Prep	SC Meet Announcements	LC Zone Criteria	LC Championships	LC Meet Announcements	Schedule meeting dates for next year
	LC Champs Prep	LC Champs Prep		SC Zone Criteria	
				HOD Items	

2011 LONG COURSE AGE GROUP CHAMPIONSHIP (PROPOSED)
 TIME STANDARDS

10 & under Girls

10 & under Boys

SCY		SCM		LCM			SCY		SCM		LCM	
31.99		35.24		36.49		50 free	31.99		35.49		37.49	
1:11.49		1:18.74		1:22.24		100 free	1:12.49		1:19.99		1:24.49	
2:37.49		2:52.99		2:59.99	2:55.99	200 free	2:38.99		2:54.99		3:05.99	3:02.99
6:57.49	6:44.99	6:08.49		6:11.99		500 free	7:07.49	7:00.49	6:16.49		6:30.99	
37.99		44.49		49.50		50 back	38.49		42.49		45.99	
1:21.99	1:17.99	1:29.99		1:35.99	1:34.99	100 back	1:23.49	1:22.49	1:31.99		1:38.99	1:38.49
43.24		47.74		49.99		50 breast	44.99		49.49		52.49	
1:33.99	1:30.99	1:43.49		1:50.99	1:49.49	100 breast	1:37.99		1:47.49		1:56.49	1:54.99
36.49		39.99		43.99		50 fly	37.99		41.99		46.99	
1:29.49	1:27.49	1:38.49		1:46.99	1:44.99	100 fly	1:33.99		1:34.49		1:55.49	1:50.99
3:00.49		3:18.49		3:28.99		200 IM	3:04.49		3:22.49		3:43.99	

11/12 Girls

11/12 Boys

SCY		SCM		LCM			SCY		SCM		LCM	
28.49	28.24	31.24		32.24		50 free	28.24	27.99	30.99		32.49	
1:02.49		1:08.74		1:11.74		100 free	1:02.99		1:09.24		1:12.99	
2:15.49	2:13.49	2:28.99		2:35.49	2:34.99	200 free	2:17.99	2:15.99	2:31.99		2:37.49	
6:01.99		5:18.49		5:26.99		400/500 free	6:04.99		5:20.99		5:39.99	
33.24		36.74		38.99		50 back	33.74		37.24		40.49	
1:10.99		1:17.99		1:23.99		100 back	1:12.74	1:11.74	1:19.99		1:26.49	1:25.49
2:34.99	2:32.99	2:50.49		2:59.99		200 back	2:38.99	2:35.49	2:54.99		3:07.99	3:04.99
37.24	36.49	40.99		49.50		50 breast	38.49		42.24		45.49	
1:20.99	1:18.99	1:28.99		1:35.49	1:34.99	100 breast	1:23.99	1:21.99	1:32.49		1:37.99	
2:53.99		3:11.49		3:23.49		200 breast	3:01.99		3:19.99		3:37.49	
31.74		34.99		35.99		50 fly	35.99		32.74		37.99	
1:1.74		1:18.74		1:24.99		100 fly	1:14.9	1:13.99	1:22.49		1:30.49	1:28.49
2:42.99		2:59.49		3:10.99		200 fly	2:51.49		3:08.99		3:23.99	
1:11.74				1:18.74		100 IM	1:12.99				1:20.49	
2:35.49		2:50.49		2:58.99		200 IM	2:36.99		2:52.99		3:03.40	

2011 LONG COURSE AGE GROUP CHAMPIONSHIP (PROPOSED)

TIME STANDARDS

<u>13/14 Girls</u>						<u>13/14 Boys</u>					
SCY		SCM		LCM		SCY		SCM		LCM	
26.74	25.74	29.49		30.49		25.74	23.74	28.24		28.99	
57.49		1:03.24		1:06.99	1:06.49	55.99		1:01.74		1:03.99	
2:05.49	2:04.49	2:17.99		2:25.49	2:24.99	2:03.24	2:01.24	2:15.49		2:21.49	2:20.99
5:35.99	5:33.99	4:55.74		5:06.99	5:04.99	5:30.99	5:25.99	4:50.99		5:00.49	
11:39.99		10:15.99		10:42.99	10:28.99	11:39.99		10:15.99		10:30.99	10:05.99
19:07.49		19:07.49		20:14.99	20:06.99	18:59.99		19:59.99		20:19.99	19:15.99
1:06.24	1:05.49	1:12.99		1:17.99	1:17.49	1:05.49	1:03.99	1:12.24		1:15.99	1:15.49
2:22.99	2:20.99	2:37.49		2:47.99	2:46.99	2:22.49	2:20.49	2:37.24		2:44.49	2:42.49
1:13.99	1:12.99	1:21.49		1:29.49	1:27.49	1:13.99	1:10.99	1:21.49		1:26.49	1:24.99
2:41.99		2:58.24		3:09.99		2:40.99		2:56.99		3:05.99	
1:05.74	1:04.74	1:12.49		1:16.49		1:03.99		1:10.49		1:14.49	
2:29.99	2:27.99	2:44.99		2:55.49		2:33.49	2:29.49	2:48.99		2:56.49	2:54.99
2:22.49	2:15.99	2:36.99		2:46.49	2:44.49	2:19.49	2:10.99	2:33.49		2:40.49	
5:04.99		5:35.49		5:58.49	5:54.99	5:01.99	4:51.99	5:31.99		5:54.99	5:53.99

<u>15/18 girls</u>						<u>15/18 boys</u>					
SCY		SCM		LCM		SCY		SCM		LCM	
25.99		28.49		29.74		24.49		26.99		26.74	
56.49	56.24	101.74		1:05.49		53.24	51.49	58.74		59.49	
2:01.99	2:00.49	2:14.24		2:21.99	2:20.99	1:57.99	1:52.49	2:09.74		2:11.99	
5:27.49	5:25.49	4:48.99		4:56.99		5:17.49	5:06.49	4:39.49		4:41.49	
11:09.99	10:59.99	9:49.49		10:27.99	10:10.99	10:49.99	10:20.99	9:31.99		10:01.49	9:27.99
18:45.99		18:45.99		19:49.99	19:41.99	18:24.99	17:42.99	18:24.99		19:19.99	18:20.99
1:04.49	1:03.49	1:10.99		1:15.99		1:03.99	1:00.99	1:10.49		1:11.49	
2:18.49	2:17.49	2:32.99		2:43.99	2:41.99	2:17.49	2:13.49	2:31.49		2:36.49	2:32.49
1:11.99		1:18.99		1:25.49		1:12.49	1:07.99	1:19.74		1:21.99	1:19.99
2:37.49		2:53.99		3:03.49		2:36.99	2:32.49	2:51.99		2:57.99	2:54.99
1:02.49	1:03.49	1:08.74		1:13.99	1:13.49	59.99	58.99	1:05.99		1:07.99	1:07.49
2:23.99	2:21.99	2:38.49		2:52.49	2:51.49	2:26.49	2:21.99	2:40.99		2:45.99	2:40.49
2:18.49		2:34.49		2:40.99		2:15.49	2:10.99	2:29.24		2:29.99	
4:55.99		5:25.49		5:49.49		4:57.49	4:47.99	5:27.24		5:33.99	5:32.99

CSI Championship Meet Proposal

Goals:

- Conduct fun, LSC level championship meets conducive to excellent swimming.
- Promote a sound and logical championship progression from Age Group to Senior swimming in CT.
- Prepare CT swimmers for Senior Level swimming beyond the LSC (Zones, Jr./Sr. Nationals, Olympic Trials, US Opens, College, etc.)
- Obtain long-term alignment with top ranking LSCs (defined by virtual club championship rank)

Connecticut Swimming Inc. has seen significant growth in athlete membership over the past 10+ years. This growth has been a great boost for the sport of swimming in CT. This growth however, presents challenges to conducting LSC level championship meets, in particular a single meet that can serve all levels (10/U, 11-12, 13-14, and 15/18 year olds) of swimming at the LSC, namely the current Age Group Championship Meet. The most recent SC Age Group Championship Meet was once again a great meet, but the crowding on the deck and in the stands and parking lots was at times bordering on unsafe and certainly an annoyance to spectators, athletes and coaches. The crowding and timeline issues that it brings take away from the true focus of the meet which should be fun and excellent swimming.

With this in mind as well as an overall desire to produce an age group program that educates and prepares swimmers for Senior Level swimming in CT and at Zone and National level meets, the following comprehensive proposal for the Championship Meets is being made:

Regional Championships: *Changes proposed by others yet to be implemented*

There does not seem to be much of a consensus that additional changes are needed at the Regional Championship Meet Level. Recent acceptance of time standards and the addition of a third location for LCM is an attempt to solve issues of overcrowding. These changes should be given 2 years before looking at them again.

Age Group Championships: *Comprehensive Changes*

1. Change the meet to a 14 and Under meet. With the following Sessions:
 - Thursday Night 14/U Distance Events
 - Fri, Sat, Sun Mornings 11/12 and 13/14 Preliminaries
 - Fri, Sat, Sun Afternoon 10/U Timed Finals
 - Fri, Sat, Sun Evenings 11/12 and 13/14 Finals
2. Prepare a plan to evaluate and adjust qualification times for 11/12 and 13/14 year olds (likely tightening progressively) to establish a balance between timeline, opportunities for

swimmers, and the desire for a highly competitive meet. These proposed changes are intended to due the following:

- Promote morning/evening pattern of championship meets earlier in the athlete's progression.
- Allow 11-12 year olds to receive adequate rest and nutrition between prelim and finals sessions, currently only 30 min-1 hour between the end of prelims and the start of Finals warm up.
- Allow 10/U to use the full 9 lane course with the addition of breaks, which could include medal ceremonies where the athletes are stepped up on the podium or blocks for their awards.
- Reduce overcrowding on the pool deck, in the parking lot and in the stands, especially during the transition from morning to afternoon session.
- Put CT in line with more successful LSCs (defined by virtual club championship rankings).
- Define Age Group Swimming in CT as 14/Under.
- Eliminate delays in producing the evening finals meet program, which would be finalized during the 10/U session.

Senior Championships: *Changes to times standards to accommodate a transition*

The recent adoption of the 4 swimmer championship final format appeared to increase competition during prelims. This format or a modified version (if a new pool configuration is possible after Wesleyan upgrades) should be continued.

However, the following changes should be instituted at the Senior Championships in order to accommodate swimmers that will no longer be eligible to compete at Age Groups:

1. Change the 2012 SC Senior qualification times to the easier of either:
 - a. The current Senior qualification time; or
 - b. The current 15-18 Age Group qualification time
2. Prepare a plan to evaluate and adjust qualification times (likely tightening progressively) to establish a balance between timeline, opportunities for swimmers, and the desire for a highly competitive meet.

These proposed changes are intended to due the following:

- Allow swimmers that are currently making a transition from AG to Senior swimming the opportunity to improve with the Senior Championship time standards and not be alienated from an LSC level championship meet due to the changes proposed for AG Championships.

Summary

Elements of this proposal have been discussed previously dating to many years ago with varying levels of support. CSI is at a point now however, where we need to take a long term approach to the planning of the championship meets. We have been reactionary, but I feel it is now time to be proactive. This proposal is submitted with the intent of working toward a full quadrennial plan for CSI following the 2012 Olympics to align with USA Swimming and other successful LSCs.

It is my belief that if we implement this plan in the near future and continue with this format through 2016 we will increase the number of swimmers CSI has qualifying for Jr/Sr Nationals, US Opens and Olympic Trials. A shift in the conventional way of thinking is sometimes hard to accept. However, our membership has never been so high and we are coming up to an Olympic year when we can once again expect our numbers to grow.

Respectfully Submitted,
Dan Mascolo

CONNECTICUT SWIMMING, INC.

Age Group Committee

Minutes

April 11, 2011

Present: King Lee, Dan Mascolo, Randy LaRocca, Jim Robison, Karen Barber, Chris Wilson,

Not Present: Jen Lyman, Peter Boucher, Kaely Steinnagel, Marci Berlinski, Derek Farrar

King Lee called the meeting to order at 7:35 PM.

APPROVAL of AGENDA

- Approved

APPROVAL of MINUTES (February)

- Approved

ANNOUNCEMENTS AND REPORTS

OLD BUSINESS

- Zone Asst. Coach election
 - Spencer Hartmann
 - Alicia Ramezs-Guerrette
 - Mark Kinne
 - Brandt Nigro

NEW BUSINESS

- SC Zone Recap

Randy LaRocca reported that the Zone trip went well. Patti Murad and Phil Limbacher served as Zone Coordinators for the trip. Chris Woolridge was an excellent Head Coach and all the Assistant Coaches meshed well. There were no issues during the trip. Matthew Limbacher set a National Age Group record in the 50 Breaststroke and Bryce Murad broke several Eastern Zone meet records. Also noted was a dearth of 13/14 year old girls who signed up for the trip. Finally, discussion was had regarding the future of the SC Zone trip and whether we choose an alternate “All Star” trip.

- SC Zone Team Selection issues

We discussed the issue that arose regarding the 4 CSI meet minimum requirement that prevented several swimmers from being on the Zone team. Consensus was that the requirement would stay the same, but should be publicized better and the coaches need to be made aware of the requirement. Dan noted that the cancellation of two Cheshire meets was an anomaly and that previous meet cancellations were usually the result of under-subscription. Voted 5-0-1 to keep the standard the same. Consensus also was noted that the way Program Development handled the protest could have been better – calling for an emergency PD meeting and voting on the decision should have been an option.

- LCAG Meet Announcement

Meet Announcement was approved 5-0-1 with these minor changes;

1. Dates to be changed
2. Ed Becker added as Meet Referee instead of Monica Prangley
3. Page 3 under Schedule – NOTE WELL: change “by 10:00 PM” to “**approximately** 10:00 PM”
4. Page 4 under Scratches, 3rd bullet point – insert, “**the pool opens for**” after the word ‘after’ in the first sentence.

- LC Time Standards

LC Time Standards were approved 5-0-1. Typo under 13/14 Girls 100 Back should read 1:05.49 instead of 1:95.49. Joanne noted that the SCM times will be converted after the Time Standards are approved.

- Direction of Age Groups

Dan Mascolo introduced a proposal for the committee to review, (which is attached.) Proposal was approved 5-0-1 with the understanding that changes to AGC have to be in concert with the proposed changes to Senior Championships. King and Dan will introduce the proposal at PD meeting.

Meeting Adjourned: 10:00 PM

Submitted by: King Lee

Attachments

CONNECTICUT SWIMMING, INC.
LONG COURSE
CONNECTICUT AGE GROUP SWIMMING
CHAMPIONSHIP

July 29-August 1, 2010

EVENTS

***.HYV**

Held under the sanction of USA Swimming, Inc. #L10-36. Sanctioned and sponsored by USA Swimming and Connecticut Swimming, Inc.

The Long Course Connecticut Age Group Swimming Championship will be held at Wesleyan University's Freeman Athletic Center in Middletown, CT and Cheshire Community Pool in Cheshire, CT. This meet is open to all Connecticut Swimming registered clubs and swimmers who meet the eligibility criteria and time standards (included). The meet will be run in accordance with USA Swimming rules unless otherwise noted

MEET DIRECTOR:	Chris Wilson	917-617-9893	c.s.wilson.pe@gmail.com
MEET REFEREE:	Monica Prangley	203-520-6595	mhprangley@aol.com
MEET ENTRY INFO:	Nan Cooper	860-657-1164	office@ctswim.org
SAFETY CHAIR:	Peter Boucher	860-508-0188	peterboucher@cox.net
WEBSITE	ctswim.org		

VENUE INFORMATION

WESLEYAN UNIVERSITY

Thursday Evening, 13/14 & 15/19 Preliminary Sessions and all Final Sessions

CHESHIRE COMMUNITY POOL

Friday, Saturday and Sunday 10/U Timed Final Sessions & 11/12 Preliminary Sessions

EMERGENCY PHONE:

Facility Monitor: 860-685-2690; Pool: 860-685-2915

EMERGENCY PHONE:

203-271-3208

FACILITY: Wesleyan University's Freeman Athletic Center Pool. One 50-meter 8-lane course; Colorado Timing System; limited spectator seating; refreshments. No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms. Due to limited space, deck chairs should not have armrests.

FACILITY: Cheshire Community Outdoor Pool. One 50-meter 8-lane outdoor course; electronic timing system; spectator seating on bleachers; refreshments. Shade is very limited. Clubs should plan to bring day-use shelters or other appropriate sun shelters. No shaving on premises is permitted.

DISABLED/ELDERLY ACCESS: Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby goes down to locker rooms and pool deck. Spectator area is to the left of front lobby. If special assistance is required by

DISABLED/ELDERLY ACCESS: This facility is entirely accessible. Those unable to use the bleachers may bring a suitable chair. Deck space will be set aside for wheelchairs. Shade is very limited and may not be available. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

athletes, coaches or spectators, please contact the Meet Director.

DIRECTIONS: *161 Cross Street, Middletown, CT*
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.

WESLEYAN 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.

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.

ELIGIBILITY CRITERIA: Clubs and swimmers must be 2010 *CSI-registered members* of USA Swimming. **A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet in the 2010 Long Course schedule.** Swimmers must achieve the attached COT for events entered. Swimmers must have equaled or bettered their entry times since May 1, 2009. The swimmer's age as of July 29, 2010 governs age group participation for the entire meet.

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 "A" disability time standards available on ctswim.org. Coaches or athletes must notify the referee of any disability prior to competition.

GENERAL MEET INFORMATION

RULES: Swimmers on deck must be supervised by a USA Swimming registered coach. 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 not affiliated with a CSI registered club may be on deck only for those sessions in which they are coaching associated unattached swimmers. 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 are not allowed on the pool deck for any reason. Swimmers entered in the meet who are not participating in Finals may be allowed on the pool deck to cheer teammates. Non-participating swimmers must be dressed in team or other appropriate attire. The Meet

DIRECTIONS: *520 S. Main St. Cheshire, CT*
Route 691 exit 3. **Going east**, take right at exit light onto Route 10 South. **Going west**, take left at exit light onto Route 10 South. Drive approximately 3.6 miles to intersection of Route 68/70 West. Continue straight another .8 miles on Route 10 South. Cheshire High School will be on the right. Pool is in Bartlem Park across from the high school. **I-84 East** Exit 26. Follow signs for Route 70 East towards Cheshire. Drive for approximately 2.3 miles to intersection of 68 West. Stay on Route 68/70 East and drive another 1.4 miles to the intersection of Route 10 South. Take right at light onto Route 10 South -- which for .2 miles is also Route 68/70 East. Continue on Route 10 South for another .8 miles. Cheshire High School will be on the right. Pool is in Bartlem Park across from the high school. **Interstate-91** exit 15. **Going north**, take left at exit light onto Route 68 West. **Going south**, take right at exit light onto Route 68 West. Drive about 6 miles on Route 68. At the intersection of Route 70 West, take a left on Route 70 West. Drive for approximately 1.2 miles and take a left at light onto Route 10 South. Pool is about .8 miles south on Route 10. Cheshire High School will be on the right. Pool is in Bartlem Park across from the high school.

PARKING: Limited parking is available at the pool. Ample parking is available at Cheshire High School across from the pool. Any cars parked illegally or on the grass will be ticketed.

Director and Referee reserve the right to limit such deck access in the event of overcrowding, inappropriate behavior or for any other reason. CSI Rules of Conduct will be strictly enforced throughout the meet.

FEES: Splash Fee: \$5.50 per individual event, \$11.00 per 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. Credit Card payments may be made securely at <https://shop.ctswim.org>. Make checks payable to Connecticut Swimming, Inc. and mail to the CSI office.

SCHEDULE:	<u>Location</u>	<u>Ages</u>	<u>Warm-Up</u>	<u>Start</u>
Thursday Evening	Wesleyan	13/14 & 15/19	3:30 p.m.	4:15 p.m.
Thursday Evening	Wesleyan	12/U & relays	6:00 p.m.*	6:30 p.m.*
Fri-Sat-Sun Prelims	Wesleyan	13/14 & 15/19	7:00 a.m.	8:20 a.m.
Fri-Sat-Sun Prelims & Timed Finals	Cheshire	12/U	7:00 a.m.	8:00 a.m.
Fri-Sat-Sun Finals	Wesleyan	11/12, 13/14 & 15/19	4:30 p.m.	5:30 p.m.

* NOTE WELL: The 12/U Thursday Evening session times are approximate and will be updated on the CSI website by 10:00 p.m. on Wednesday July 28th.

- 19-year-old athletes may enter individual events but may not compete in an event for which they have a 2010 Super Sectional qualifying time, including Super Sectional times achieved up until July 20, 2010. http://www.easternzoneswimming.org/meet_info/2010SuperSectionals_Qualifying_Times.pdf
- Two heats (top 16) of preliminary/final events will return in the evening for finals, EXCEPT for the 11/12 200M Backstroke, Breaststroke, Butterfly, 13/14 and 15/19 400M Freestyle and 400M Individual Medley events which will be conducted as trials and finals, with the fastest eight swimmers returning for Championship final heats in the evening session. Scoring will be for the top sixteen places.
- All 10 & under events and all relays, whatever age, will be timed finals.
- The 13/14 and 15/19 800M & 1500M Freestyles will be conducted as timed finals and have distinct qualifying times, but the events shall be seeded as single girls' and boys' events. Awards and points shall be determined in the 13/14 and 15/19 categories.

ENTRIES:

- Swimmers may enter any individual event for which they qualify, but may only compete in six (6) individual events for the meet and a maximum of three (3) individual events per day.
- Clubs may enter up to three relay-only swimmers per age group per gender (i.e. 10/U Girls, 10/U Boys, 11/12 Girls, 11/12 Boys, etc.)
- Each club may enter up to three relay teams per relay event, except for the 800 freestyle relay where each club may enter only one relay team per 800 relay event. Swimmers entered in relay events only must be listed on the FAST Online Entry or meet entry form; including their USA Swimming numbers and ages. "No-times" for relay events are strongly discouraged. Please estimate or use a composite.
- Unattached swimmers (UN) must be listed on the FAST Online Entry or be clearly marked in RED alongside the swimmer's name on the entry form.
- Coaches wishing to change the attachment status of swimmers during the meet should bring such requests, which must be consistent with USA Swimming rules, to the Administrative Referee.

PROOF OF ENTRY TIMES: All entry times must be pre-proven. Times submitted through Online Entries are automatically pre-proven. The results of any USA-sanctioned meet or meet attested by a USA Referee or CIAC/Independent Referee will be acceptable as proof. List the date, meet and location where times were achieved on the hardcopy of the entry. Copies of meet results from other than *Regularly Scheduled CSI meets* must be included with entry (see USA Rule 102.24) unless on file in CSI office. 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 unproven event. The \$100 fine must be paid by

October 1, 2010, to the CSI office.

SEEDING: Swimmers may qualify with times from 25 yard, 25 meter or 50 meter courses. Except with respect to the 800 and 1500 free and the 400 free for 11-12s, qualifying times shall be seeded as follows: All conforming times (LCM) shall be arranged from fastest to slowest. Then non-conforming short course meter times (SCM) will be arranged in time order followed by non-conforming short course yard times (SCY). Except for Online Entries, all times done in other than a 50 meter course, must be marked on the entry form by writing SCM or SCY in **red** on the entry form. Computer entry files should be coded to indicate the course in which the time was achieved

AWARDS & SCORING:

- Events will be scored to 16 places. For individual events, medals will be awarded through 8th place with ribbons awarded from 9th through 16th place. For relay events, medals will be awarded through 3rd place.
- Individuals and relay teams winning first place will also receive Age Group Champion awards. High point trophies will be awarded to the individual female and male swimmers and to the women's, men's and combined teams who score the most points in the 10 & under, 11/12, 13/14 & 15/19 categories. Additionally, "Distance" high point trophies will be awarded to the female and male swimmers who score the most points in the following categories:
 - 10/U - 200 Free, 400 Free and 200 IM
 - 11/12 - 200 Free, 400 Free and 200 IM
 - 13/14 - 400 Free, 800 Free, 1500 Free and 400 IM
 - 15/19 - 400 Free, 800 Free, 1500 Free and 400 IM

- **All teams must make arrangements to collect their awards prior to leaving the building on Sunday night.** CSI will not be able to provide storage or shipment of awards.

- ***Scoring Table:***

Individual Events:	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays:	40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

WARM-UP, SCRATCH, RELAY & DISTANCE EVENT PROCEDURES

CHECK-IN/WARM-UP: All clubs must warm-up under the supervision of a coach or marshal. Coaches must check in at the beginning of the meet in the office in order for their club to begin warm-ups. Swimmers without a coach in attendance must report to the office and have a supervisor assigned. Lane assignments for general warm-up will be provided in the coaches' packets and are subject to the discretion of the Meet Referee. No diving will be permitted, except in the assigned lanes during one-way Sprints. Pace lanes will be available during sessions. Due to limited warm-up space, **only swimmers entered or expected to swim relays in each session may enter the pool in that session's warm-up period.**

SCRATCHES:

- Scratches for Thursday Evening's events ONLY are due in the CSI office by 8:00 P.M. Wednesday, July 28, 2010. Send scratches by email only. No telephone scratches. Late scratches may be accepted at the discretion of the Referee if submitted to the Referee with explanation in writing prior to the beginning of warm-ups.
- Positive check-in is required by 5:00 PM on Saturday July 31, 2010 for Sunday August 1's 800M freestyle events. Failure to positively check in by the stated time will result in the swimmer not being seeded into the event. Any swimmer who does not scratch the event by the scratch deadline on Sunday (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'
- Scratch sheets for all sessions shall be due 15 minutes after warm-ups begin. If a scratch sheet is not received by that deadline all swimmers will be considered NOT to be scratched and will be seeded in their entered events, except that any over-entered swimmers will be scratched from their last event(s) other than the 800 Freestyle until they are in compliance with entry rules.

- Swimmers who are not scratched and who fail to compete in preliminary or timed final heats will be barred from their next individual event. Please note that a medical scratch accepted in advance by the Meet Referee or her/his designee counts as an event and is regarded as a DQ, with no penalty imposed.
- Additionally, a swimmer qualifying for a consolation or championship final who fails to compete and who has not scratched will be barred from further competition in the meet. A swimmer who fails to appear for a final heat on the last day of the meet shall be fined \$50 for each event not swum. Fines must be paid before October 1, 2010.
- *No Penalty shall apply for Failure to Compete in finals if:*
 1. The Referee is notified in the event of injury or illness and accepts the proof.
 2. A swimmer qualifying for a final heat based on the results of preliminaries notifies the Announcer's table in writing within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms her/his final intentions within 30 minutes following her/his last individual preliminary event.
 3. The Referee determines that failure to compete was caused by circumstances beyond the control of the swimmer.

RELAYS: All relays will be swum during preliminaries (timed finals for 10/U) on a timed final basis. Relay cards will be given to club coaches, who must list the relay swimmers names in order of swim. Any changes in names of the competing swimmers or their order of swimming must be declared to the Head Lane Timer prior to the start of the heat in which the relay team is entered. No further changes will be permitted. **Attention all teams entered in Thursday's Relay events:** Each team must provide their own timer for each relay entry. Timers should be ready and in place prior to the conclusion of the previous heat.

DISTANCE FREESTYLE EVENTS: The 10/U 400M Freestyle, the 11/12 400M Freestyle and the 13/14 & 15/19 800M and 1500M Freestyle events shall be conducted on a **timed final** basis, swum fastest to slowest, alternating girls and boys. In the 800, the fastest heat of women and men shall be conducted as the first event of finals on Sunday evening. Swimmers must supply their own lap counters. Except for those swimming on Sunday evening, swimmers must supply their own timers. The meet program is not the final determinant of seeding. Late entries, corrections or scratches may impact which swimmers will swim in the evening. Seeding will be posted as soon as possible after the scratch deadline.

TIME TRIALS: On a time available basis, time trials may be conducted on **Friday and Saturday only** for swimmers who have qualified and entered an individual event in the meet. Time trials will be held following the preliminary sessions if the scheduled events are concluded within 3 1/2 hours of the scheduled start time of the session. Swimmers are limited to two (2) individual time trials during the course of the meet. Time trials are counted as individual events for the purpose of determining the maximum number of individual events a swimmer may swim each day or over the course of the meet. Time trials will not be offered for either the 800M or the 1500M Freestyle events or on Sunday. Time trial entry fee is \$6.00/ individual event and \$11/ relay event. Time trial swimmers must provide their own timers and counters. Time trial requests must be submitted to the Administrative Referee no later than 10 a.m. each day for swimmers 13/O and 10 a.m. for swimmers 12/U. Time trials shall be swum in the order listed in the meet program as follows. Day 1: That day's events followed by the remaining events in the meet. Day 2: That day's events followed by the events of the remaining day(s) in the meet, followed by the events of the previous day.

ENTRY PROCEDURES

ENTRY DEADLINE: Entries must be received by **9:00 PM Tuesday July 20, 2010**. CSI clubs will enter using FAST Online Entries. Please contact Nan Cooper to enter an adapted athlete. Clubs may pay online at using a credit card or by check. Credit card payment must be made or checks POSTMARKED by Wednesday July 21, 2010. 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.

Nan Cooper, 851 N. Glebe Rd. Apt. #1311, Arlington, VA 22203. Overnight mail is not necessary.

LATE QUALIFIERS: Club entry chairs will use FAST Online Entries to enter swimmers achieving an initial qualifying times swum from July 21-25, 2010 by **9PM Monday, July 26, 2010**. No updating of times will be accepted. These entries may not appear in the program.

ENTRY INFORMATION: CSI clubs will enter using Connecticut FAST Online Entries and may pay online at <https://shop.ctswim.org> using a credit card or by check. Please see Entry Deadline for payment details.

Connecticut unattached athletes not affiliated with a club should email an entry file and meet report (*.sd3 or *.cl2) to office@ctswim.org. Do not mail hardcopies or disks. Paper-only (manual) entries: must indicate unattached status, relay-only entries and SCM/SCY entry times on the entry form by writing SCY/SCM in red on the entry form. 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.

CORRECTIONS: The meet entry chair will accept meet entry corrections until **9PM Monday, July 26, 2010 via email only**. Under no circumstances will corrections be accepted after this time. For **each** correction, including but not limited to event, age group, proof of time, clubs will be assessed \$5.00 in addition to the published splash fee (see examples below). Fees must be paid before October 1, 2009, or offending clubs jeopardize their right to participate in future CSI- sponsored events.

- 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. CSI is not responsible for entry errors based on incorrect meet files, server/computer problems, software bugs, etc.

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).

WORK ASSIGNMENTS:

- Team entry in this meet constitutes acceptance of team responsibility to provide workers as assigned by the Meet Director. All teams are required to provide workers (e.g. safety coordinators, timers, runners, marshals, officials, etc.) in proportion to the size of their entry. Team contacts will be notified of their team's work assignments by Monday, July 26, 2010. Teams who would like to volunteer for specific jobs (computer, announcer, hospitality, office, awards, etc) should contact the Meet Director by July 21, 2010.
- Work assignments for finals will be posted as soon as possible following the closing of finals scratches. Please plan in advance to identify workers and remember that children are not allowed on the pool deck unless they are swimming in the meet. Assignments will be based on the number of swimmers each team has entered in final and consolation final heats. Workers should appear and sign in at the pool deck office prior to the beginning of warm-ups and remain through the conclusion of finals.
- Those interested in officiating should contact the Meet Referee by July 22, 2010. From this pool of officials, the Meet Referee shall select, schedule and notify all meet officials of their assignments. Officials

who make commitments to work prior to this deadline will be counted in your club's work assignment. It may be necessary at the discretion of the Meet Director and Meet Referee to limit the number of officials receiving team credit for working at Finals. Some officials may be asked to act as timers or take other jobs as needed.

- Work assignments are for the duration of the session, **including relay events**, and it is the responsibility of the club to provide back-up if for any reason a worker is unable to complete the work assignment. Job descriptions will be posted on the CSI website. Unless otherwise stated in the job description, workers must appear and sign in at the pool deck office prior to the beginning of warm-ups. Connecticut Swimming, Inc. will fine any club that fails to provide its workers or whose workers do not work for the entire session. Fines must be paid before October 1, 2010, or offending clubs jeopardize their right to participate in future CSI- sponsored events.

1. Failure to supply worker \$50 per worker per session
2. Leaving assignment early \$35 per worker per session
3. Arriving late for assignment \$35 per worker per session

- Each club shall submit the name and telephone number of a club liaison responsible for that club's work assignments (see Meet Entry Summary Sheet). If no representative is shown, the club coach shall be responsible for performing the function of the liaison.

INCLEMENT WEATHER: Please review CSI's Meet Interruption Policy at ctswim.org.

LODGING:

Marriott Courtyard
4 Sebethe Dr
Cromwell, CT 06416
860-635-1001

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

Inn at Middletown
Contact: Beth Pruchnic
70 Main Street
Middletown, CT 06457
860-854-6300
22 minute walk to Wesleyan

Four Points by Sheraton
275 Research Parkway
Meriden, CT 06450
203-238-2380 x 146
Room Rate: \$89

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

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

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

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



Eastern Zone Diversity Select Camp
June 16-19, 2011
LaSalle University – Philadelphia, PA
Hosted by Middle Atlantic Swimming

Purpose: Celebrate the opportunities of/for diversity in swimming in the Eastern Zone through inspiration of athletes, coaches and volunteers. Create local ambassadors and leaders to grow our sport.

Goals: Empower athletes from ethnically under represented populations and their coaches to:

1. Demonstrate the viability of multicultural success in swimming within their local LSC
2. Achieve performance excellence throughout the sport
3. Introduce the benefits and value of participating in the sport of swimming
4. Develop positive leaders and role models that others from multicultural backgrounds can emulate
5. Connect, network and promote the virtues of the sport of swimming through a comprehensive strategy involving the athletes, coaches and LSC Diversity Chairs in their own local LSCs and throughout the Eastern Zone.

Site: La Salle University. Athletes, coaches and volunteers will be housed in campus dorms. Meals will be catered on-site by the school.

Date: June 16-19, 2011. Athletes will arrive Thursday (June 16) late afternoon/ evening and depart Sunday (June 19) morning.

Invitees: 2 athletes from each of the 12 LSCs in the Eastern Zone
1 coach from each LSC
1 Diversity Coordinator from each LSC

**Attendance
Notification**

Deadline: May 20, 2011 Participating LSCs must submit a list of attending athletes, coach and Diversity Chair to the camp oversight committee at:

Eastern Zone Diversity Select Camp
c/o Middle Atlantic Swimming
2150 New Castle Avenue
New Castle, DE 19720

**** Please include a copy of your selected athletes' complete application and all contact information for the coach and Diversity Chair. See last page for form.

Age: 13- 16 years of age at the time of the camp (9-10th grades)

Funding: Each LSC will fund two athletes, a coach and their Diversity Chair to the camp. Funding will need to include transportation to and from the camp, and an additional fee of \$200 per person will cover housing and all meal costs. This is based on two person occupancy in each room, if the coach or Diversity Chair wishes a single occupancy room, an additional cost per night will be incurred by the LSC.

Qualifications: Athletes must have qualified in at least one individual event in their local LSC championship meet in either SCY or LC seasons. In the event that there are no qualifying swimmers, the LSC can elect to send two athletes of its choice.

Selection: Each LSC will select the two athletes they wish to represent that LSC using the application provided. The LSC will then select one coach from a diverse cultural group or a coach of a diverse cultural team based on their own LSC evaluation.

Camp

Schedule: The two day camp program will include a combination of pool training, motivational and educational sessions, networking and strategic planning sessions for members of each LSC, and team building activities.

Coaches & Diversity

Chairs: The coach and Diversity Chair track will include observing in-water workouts, classroom sessions with guest speakers and strategic planning sessions and goal setting with their LSC specific athletes. These participants do not need to arrive until Friday June 17th by noon.

Camp

Staff: The camp staff will be selected from accomplished multicultural candidates from the Eastern Zone and include a head coach, three assistant coaches, and a national athlete along with the camp oversight committee. We hope to be able to include 2 camp participants from the 2009 Central Zone Diversity Camp.

Transportation: If you are flying into Philadelphia, the Camp Staff will provide transportation to the LaSalle Campus. Please book responsibly and have your LSC attendees arriving and departing on the same flights, when possible. You will be provided with specific details after we receive the attendee information for your LSC.

If you are arriving at by train, you will be coming into Philadelphia's 30th Street station. The Camp Staff will provide transportation to the LaSalle Campus. Please book responsibly and have your LSC attendees arriving and departing at the same time, when possible. You will be provided with specific details after we receive the attendee information for your LSC.

Questions: Questions about the camps may be directed to:
EZcamp@maswim.org



Eastern Zone Diversity Select Camp
June 16-19, 2011
LaSalle University – Philadelphia, PA
Hosted by Middle Atlantic Swimming

LSC _____

Please complete the information below for your attendees. Attach a copy of each athlete application and mail, with check made out to Middle Atlantic Swimming, to

Eastern Zone Diversity Select Camp
c/o Middle Atlantic Swimming
2150 New Castle Avenue
New Castle, DE 19720

Coach Attendee _____

Email address _____ Phone _____

Club name _____ M or F _____

Diversity Coordinator _____

Athlete Email address _____ Phone _____

Club name _____ M or F _____

Athlete attendee _____ Age _____

Athlete Email address _____ Phone _____

Club name _____ M or F _____

Athlete attendee _____ Age _____

Athlete Email address _____ Phone _____

Club name _____ M or F _____