

CONNECTICUT SWIMMING

2011 LONG COURSE REGIONAL CHAMPIONSHIPS

12 & Under Swimmers

July 8-10, 2011

Held under sanction by USA Swimming and Connecticut Swimming- Sanction # L11- 29A, 29B, 29C.

Hosted by Cheshire Y Sea Dogs, Laurel East Hartford YMCA, and Western CT YMCA Makos

EVENTS

IMPORTABLE MEET EVENTS for Saturday and Sunday 12/U sessions

DIVISION: All clubs will enter this meet through Connecticut Swimming. This is a central entry meet. Program Operations will divide the entries by club into 3 meets. All clubs will enter this meet through Connecticut Swimming FAST Online Entries. Program Operations will post on ctswim.org the club assignments, no later than 9 AM July 1, 2011.

	Saturday & Sunday <i>Hosted by CDOG</i>	Saturday & Sunday <i>Hosted by LEHY</i>	Saturday & Sunday <i>Hosted by WCYM</i>
Location:	Cheshire Community Pool 520 South Main Street (Rt 10) Bartlem Park Cheshire, CT 06410	Odessa Terry Pool Hockanum Park 310 High Street East Hartford, CT 06108	Greenknoll Aquatic Center 2 Huckleberry Hill Rd. Brookfield, CT 06804
Meet Director:	Cheryl Guetens guetens@cox.net 203-988-5959	Deb Lessard drlessard@yahoo.com (860) 529-2845	Rob Bouchey rbouchey@regionallymca.org (203) 775-4444 x122
Entry Chair:	Chris Leach mchrisl@cox.net 203-500-0229	Rick Lessard drlessard@yahoo.com (860) 529-2845	Pat Dembowski ptholahan@yahoo.com (203) 733-8172
Safety Chair:	Jim Neri	Scott Burr	Sonja Williams
Referee:	Mike Smalec msmalec@cox.net	Scott Burr Scottburr@cox.net (860) 559-8804	Greg Dembowski gdembowski@regionallymca.org (203) 740-3432 x201
Facility:	8-lane, 50-meter pool. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is: 6ft-12ft. Water depth at turn end is: 4ft. 10-line Daktronics Scoreboard and Electronic Timing System. Deck Seating will be available - bring deck chairs.	8 lane, 50 meter pool with a depth of 10+ feet at the blocks. Colorado timing system with touch pads for 100 meters or more will be used. Two button electronic timing will be used for 50 meter events. Seating for spectators is outside the fence. Swimmers and Spectators should bring their own chairs. No one is allowed inside the fence unless they are working the meet.	6 lane, 50 meter pool. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is: 6 ft. Water depth at turn end is: 3.5 ft. Colorado timing system with 6 lane display and touch pads at the start and turn ends will be used. Swimmers and spectators should bring folding chairs for seating.

	Saturday & Sunday <i>Hosted by CDOG</i>	Saturday & Sunday <i>Hosted by LEHY</i>	Saturday & Sunday <i>Hosted by WCYM</i>
Emergency Phone:	203-271-3208	860-291-7442	203-775-1113
Disabled Access:	The facility is accessible to the disabled. Please contact the Meet Director with questions.	Facility is handicapped accessible. For more information call Deb Lessard (860)529-2845	Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email Sonja Williams swilliams@regionalymca.org in advance to make arrangements.

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 dividing or combining sessions. In the event of any change in time or divisions, teams will be contacted no later than Monday July 4, 2011.

SCHEDULE: 7:00 Warm-Up; 8:00 am Start. These times apply to all 12/U locations.

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 2011 CSI-registered members of USA Swimming.
2. A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet in the 2011 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, 2010. Proof of time is required for all events.
5. Swimmers may not compete in any event in which they have achieved a 2011 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 since January 1, 2010, and may not have bettered the maximum time standard with the following exception: there shall be no minimum time standard for 50M and 100M events in all strokes, as well as the 200M Free and 200M IM events for 12/U swimmers.

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, 2011, to the Connecticut Swimming office. Times submitted through FAST Online Entries are automatically pre-proven.

ENTRIES: Swimmers may enter up 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. Entry deadline is 6 PM Tuesday June 28, 2011. Club divisions will be posted on ctswim.org no later than July 1, 2011. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday, July 1, 2011. 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 or electronic file using the LSA, Hytek, or other program in USA Standard Data Interchange Format by the published deadline. 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.

DECK ENTRIES WILL ABSOLUTELY NOT BE ACCEPTED. Time Trials will not be offered. USA Swimming membership will not be processed at the meet.

CLUBS WITH ATHLETES THAT FALL WITHIN THE CHAMPIONSHIP BIRTHDAY PERIOD MUST CONTACT NAN COOPER office@ctswim.org BY 6 PM MONDAY, June 27, 2011.

Age for the meet will be the swimmer's age as of July 8, 2011 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.

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.

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 400M Freestyle 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 contact the referee listed.

DEADLINE: All entries must be received **by 6 PM Tuesday, June 28, 2011.**

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. Club divisions will be posted on ctswim.org by 9 AM July 1, 2011. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday, July 1, 2011. Host clubs have the right to remove unpaid club entries, with approval from Program Operations.

Send payment postmarked no later than Friday, July 1, 2011 to:

12/U hosted by CDOG
Please make checks payable to “*STPA*” and put “*Regionals*” on the memo line. Checks should be mailed to: Jane Barlok, 360 North Brooksvale Road, Cheshire, CT 06410.

12/U hosted by LEHY
Please make checks payable to **LEHY East Hartford YMCA** and put Regionals on memo line. Mail to: Rick Lessard, 15 Minnie Lane, Wethersfield , CT 06109

12/U hosted by WCYM
Please make checks payable to The Regional YMCA of Western CT and mail to: Patricia Dembowski, 28 Greenknoll Drive, Brookfield CT 06804.

LATE QUALIFIERS: Any swimmer achieving an initial qualifying time between the entry deadline and Sunday July 3, 2011 must email that entry no later than **10PM Monday, July 4, 2011** 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 **10PM Monday, July 4, 2011**. 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.
- 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 \$31.00.

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.

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 the 400M Freestyle will be seeded in the normal fashion and swum slowest to fastest.

DISTANCE EVENTS: The 10/U and 11/12 400M Freestyle shall be swum fastest to slowest alternating girls and boys. 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 marshal. Any swimmers who do not have a coach in attendance **MUST** report to the Meet Director and have a supervisor assigned. 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.

TIME TRIALS: None

AWARDS: Medals will be awarded for 1-8 places for individual events and 1-3 for relays.

REFRESHMENTS: Concessions will be available.

INCLEMENT WEATHER: In the event of weather delays, relays may be cut. Please review CSI's Inclement Weather Policy at ctswim.org, Policy and Procedures page.

DIRECTIONS TO CHESHIRE:

FROM 91 NORTH: To exit 10 (Rt.40 ext). Follow to end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the High School.

FROM 91 SOUTH: To 691 West. Take exit 3 off 691, Cheshire. At light at the end of ramp, go left, heading south on Rt. 10. Follow Rt. 10 south through Cheshire. Pool is on the left across from the High School.

FROM 84 WEST: To 691 East, take the Cheshire exit. Take a right at the end of the ramp onto Rt. 10 South through Cheshire. Pool is on the left across from the High School.

FROM 84 EAST: To exit 26 (rt. 70). Follow Rt. 70 into Cheshire. At Rt. 10 intersection, take a right, heading South on Rt. 10 through Cheshire Pool is on the left across from the High School.

Parking: You may use any of the several lots at Bartlem Park surrounding the Cheshire Community Pool. Overflow parking is available across the street at Cheshire High School.

DIRECTIONS TO EAST HARTFORD:

From I-91 North, take exit 25 (Route 3). Take first exit after bridge (Glastonbury) . Turn left at first traffic light. Turn left onto Main Street (north). Continue on Main Street past large shopping center to first light. Turn left on to Broad Street. Broad Street becomes High Street at Naubuc Avenue. Continue 300 yards pool is on the right . **From Route 2 West** take Hebron Avenue exit. At exit proceed to Main Street (Glastonbury). Take right onto Main Street and follow directions above. **I-84 East or West** take exit to CT Route 2 East to East Hartford. Take High Street exit. At the bottom of the ramp, turn right. Proceed to High Street. Pool is on the left.

DIRECTIONS TO BROOKFIELD:

Greenknoll Aquatic Center at Camp Greenknoll, 10 Huckleberry Hill Rd, Brookfield CT 06804

I-84 to Exit 7 (US-7 north).

US-7 NORTH to first Exit, Exit 11 (Federal Road)

Take LEFT off Exit ramp

Take RIGHT on Federal Road (US-202)

Pass Costco on LEFT

In .4 miles bear LEFT on Old New Milford Road

Turn LEFT on Huckleberry Hill Road

YMCA is on right, Greenknoll Aquatic Center at Camp Greenknoll is just past the YMCA Building, also on the right. Please enter the second driveway of the YMCA at #2 Greenknoll, immediately past the building, and drive to the back left corner.

See parking instructions.

PARKING INSTRUCTIONS:

The Greenknoll Aquatic Center at Camp Greenknoll is at 10 Huckleberry Hill Road. Parking is available at the back of the Greenknoll YMCA, located at 2 Huckleberry Hill Rd. Meet attendees and teams may park anywhere on the upper level lot, or for closer parking use the drive way down towards the pond to access overflow parking on the grass near the pond, forming two rows of parked cars, do not block the dry hydrant, which is a big concrete circular structure in the grassy area. Do not attempt to drive into the farm gate at #10 Huckleberry Hill Road. Once you park, walk down the driveway towards the pond and cross over the foot bridge to the pool. Parking instructions may be updated before the meet, in which case all attending teams will be advised.

LODGING: The following hotels and motels are in the area:

Courtyard Danbury

3 Eagle Road

Danbury CT 06810

(203) 730-2228

3.5 miles / 8 minutes

ORDER OF EVENTS
2011 LONG COURSE REGIONAL CHAMPIONSHIPS
12 & UNDER
July 8-10, 2011

Saturday, July 9, 2011

<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	1:25.00	-----	1:18.75	-----	1:11.75	-----	12/U 100M Butterfly	1:14.00	-----	1:22.50	-----	1:28.50	-----	2
3	1:45.00	-----	1:38.00	-----	1:27.50	-----	10/U 100M Butterfly	1:34.00	-----	1:34.50	-----	1:51.00	-----	4
5	3:23.50	3:59.17	3:11.50	3:54.36	2:54.00	3:29.99	12/U 200M Breaststroke	3:02.00	3:39.99	3:20.00	4:05.52	3:37.50	4:16.40	6
7	50.00	-----	47.75	-----	43.25	-----	10/U 50M Breaststroke	45.00	-----	49.50	-----	52.50	-----	8
9	43.50	-----	40.75	-----	36.50	-----	12/U 50M Breaststroke	38.50	-----	42.25	-----	45.50	-----	10
11	36.50	-----	35.25	-----	32.00	-----	10/U 50M Freestyle	32.00	-----	35.50	-----	37.50	-----	12
13	32.25	-----	31.25	-----	28.25	-----	12/U 50M Freestyle	28.00	-----	31.00	-----	32.50	-----	14
15	3:29.00	-----	3:18.50	-----	3:00.50	-----	10/U 200M IM	3:04.50	-----	3:22.50	-----	3:44.00	-----	16
17	2:59.00	-----	2:50.50	-----	2:35.50	-----	12/U 200M IM	2:37.00	-----	2:53.00	-----	3:03.50	-----	18
19	1:35.00	-----	1:27.25	-----	1:18.00	-----	10/U 100M Backstroke	1:22.50	-----	1:32.25	-----	1:38.50	-----	20
21	1:24.00	-----	1:18.00	-----	1:11.00	-----	12/U 100M Backstroke	1:11.75	-----	1:20.00	-----	1:25.50	-----	22
23	-----	-----	-----	-----	-----	-----	10/U 200M Medley Rel.	-----	-----	-----	-----	-----	-----	24
25	-----	-----	-----	-----	-----	-----	11/12 200M Medley Rel.	-----	-----	-----	-----	-----	-----	26
27	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	28
29	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	30

ORDER OF EVENTS
2011 LONG COURSE REGIONAL CHAMPIONSHIPS
12 & UNDER
July 8-10, 2011

Sunday, July 10, 2011

<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>
31	3:00.00	3:39.36	2:50.50	3:29.81	2:33.00	3:07.99	12/U 200M Backstroke	2:35.50	3:19.99	2:53.50	3:43.20	3:05.00	3:55.56	32
33	44.50	-----	43.50	-----	38.00	-----	10/U 50M Backstroke	38.50	-----	42.50	-----	46.00	-----	34
35	39.00	-----	36.75	-----	33.25	-----	12/U 50M Backstroke	33.75	-----	37.25	-----	40.50	-----	36
37	2:56.00	-----	2:53.00	-----	2:37.50	-----	10/U 200M Freestyle	2:39.00	-----	2:55.00	-----	3:03.00	-----	38
39	2:35.00	-----	2:29.00	-----	2:13.50	-----	12/U 200M Freestyle	2:16.00	-----	2:32.00	-----	2:37.50	-----	40
41	44.00	-----	40.00	-----	36.50	-----	10/U 50M Butterfly	38.00	-----	42.00	-----	47.00	-----	42
43	36.00	-----	35.00	-----	31.75	-----	12/U 50M Butterfly	32.75	-----	36.00	-----	38.00	-----	44
45	1:49.50	-----	1:42.00	-----	1:31.00	-----	10/U 100M Breaststroke	1:38.00	-----	1:47.50	-----	1:54.50	-----	46
47	1:35.00	-----	1:28.25	-----	1:19.00	-----	12/U 100M Breaststroke	1:22.00	-----	1:31.50	-----	1:38.00	-----	48
49	1:22.25	-----	1:18.75	-----	1:11.50	-----	10/U 100M Freestyle	1:12.50	-----	1:20.00	-----	1:24.50	-----	50
51	1:11.75	-----	1:08.75	-----	1:02.50	-----	12/U 100M Freestyle	1:03.00	-----	1:09.25	-----	1:13.00	-----	52
53	3:11.00	3:50.41	2:59.50	3:50.41	2:43.00	3:22.99	12/U 200M Butterfly	2:51.50	3:29.99	3:09.00	3:54.36	3:24.00	4:02.48	54
55	-----	-----	-----	-----	-----	-----	10/U 200M Free Relay	-----	-----	-----	-----	-----	-----	56
57	-----	-----	-----	-----	-----	-----	11/12 200M Free Relay	-----	-----	-----	-----	-----	-----	58