

**2011 Women's and Men's Long Course  
CONNECTICUT SENIOR OPEN INVITE  
Connecticut Swimming, Inc.  
June 23-26, 2011  
Hosted by Sonoco Swim Club**

Held under the sanction of USA Swimming and Connecticut Swimming, Inc., #L11-25.

This is an open meet and will be held in conjunction with an afternoon session Qualifier meet.

Swimmers who are registered with USA Swimming for 2011 and have swum the attached time standards will be eligible to enter the meet. The meet will be run in accordance with USA Swimming rules unless otherwise noted.

**EVENTS**

**IMPORTABLE MEET EVENTS**

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Bill Ball	<a href="mailto:ballb@ccsu.edu">ballb@ccsu.edu</a>	860-832-3073
<b>Meet Referee:</b>	Mike Huffman	<a href="mailto:Michael.huffman@thehartford.com">Michael.huffman@thehartford.com</a>	860-539-9895
<b>Entry Chair:</b>	Bill Ball	<a href="mailto:ballb@ccsu.edu">ballb@ccsu.edu</a>	860-832-3073
<b>Safety Chair:</b>	Jaime Krajewski	<a href="mailto:Jaime.krajewski@southwindsor.org">Jaime.krajewski@southwindsor.org</a>	860-305-7558

**Website:** <http://www.sonocoaquatics.org>

**EMERGENCY NO:** 860-486-4800 (campus police)

**MEET CLASSIFICATION:** This meet is open to USA Swimming member athletes and clubs.

**MEET FORMAT:** The meet will be swum as Prelim/Finals. The 800M and 1500M freestyles will be swum as timed finals. The Men's 800M and Women's 1500M heats will be swum fastest to slowest alternating women and men on Thursday night. On Sunday the fastest heat of Women's 800M and Men's 1500M freestyle will be swum after the 200 Medley Relay in finals. The remaining heats of the Women's 800M and Men's 1500M freestyle will be swum in preliminaries fastest to slowest alternating women and men.

**SCRATCH PROCEDURES:** See page 3.

**FACILITY:** 6-lane competition venue with Colorado Timing System; ample spectator seating and limited refreshments. Locker rooms: No locks may be left on UCONN lockers. No shaving is permitted on premises. No deck changing. Access to faculty locker rooms is not permitted. Failure to comply may result in expulsion from the meet.

**DISABLED/ELDERLY ACCESS:** Handicapped parking and pool deck access is available behind the pool. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

<b>SCHEDULE:</b>	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	4:30 p.m.	6:00 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. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets. **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.

**ELIGIBILITY:** All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. 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.

**ADAPTED SWIMMING:** Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition.

**FINALS:** Three heats (Top 18) 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 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.

**FEES:** Splash fees: \$10.00 per individual event, \$16.00 per relay. An \$8 per swimmer entry fee applies to relay-only swimmers. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Make checks out to Sonoco Swim Club.

**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:** Team Awards will be presented to the top three combined team scores at the conclusion of the meet.

**ENTRY LIMITATIONS:** 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. **Bonus Events** of 200's and below will be allowed and must use the scale of 1:2, 2:3, 3:2, 4:1, 5/6:0.

Swimmers meeting the qualification in the 1000Y/800M may enter the

1650Y/1500M freestyle as a bonus event and vice versa. **The non-qualifying time must be entered with a reportable time.** If session is oversubscribed, distance bonus events will be cut.

**ENTRY INFORMATION:** Swimmers must have equaled or bettered their entry times since January 1, 2010, and before the entry deadline. SCM/SCY entry times must be noted in red on the entry form.

**ENTRY DEADLINE:** The entry deadline is **11:59 PM on Monday June 13, 2011** on a first come first served basis.

**PAYMENT:** Please make checks payable to SoNoCo Swim Club and mail checks to the address below.  
309 Village Hill Road  
Willington, CT 06279

If delivery service is used, please ensure that the release is signed so the package will be left at the door if no one is home.

**PROOF OF TIMES:** All entry times must be pre-proven. Proof of time is the responsibility of each coach.

**CUT PROTOCOL:** Clubs will be entered on a first come first served basis until the number of swimmers reaches 200. Clubs will be notified of cuts no later than Monday before the meet.

**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. 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 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 unless:

1. The referee is notified in the event of illness or injury and accepts the proof.
2. 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.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**DISTANCE EVENTS:** The 800M and 1500M freestyles will be swum as timed finals. The Men's 800M and Women's 1500M heats will be swum fastest to slowest alternating women and men on Thursday night. On Sunday the fastest heat of Women's 800M and Men's 1500M freestyle will be swum after the 200 Medley Relay in finals. The remaining heats of the Women's 800M and Men's 1500M freestyle will be swum in preliminaries fastest to slowest alternating women and men. LCM will take precedence over SCM and SCY 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 Sunday finals.

Positive check-in is required for the 800M and 1500M freestyle by 4:15 p.m. on Thursday, June 23, 2011 and by 5:00 PM on Saturday June 25, 2011 for Sunday's 800M and 1500M 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". 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'.

**400M IM and 400M Freestyle Prelims:** The 400M IM and 400M Freestyle will be swum top 4 heats of women followed by the top 4 heats of men slowest to fastest. All remaining heats will follow fastest to slowest alternating women and men in the preliminary session.

**RELAYS:** A team can enter as many relays as they wish. The time for each relay may be submitted as a composite. All relays are timed finals and will be swum in Finals. The 800 Freestyle Relay will require participating Teams to provide their own timers.

**TIME TRIALS:** Time trials will be conducted for those swimmers participating in individual events in the meet in accordance with USA Swimming rules **if time permits**. 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: \$10.00/individual event; \$16.00/relay. Swimmers entered in time trials must provide their own timers and lap counters.

**RESERVE THE RIGHT TO MAKE CHANGES:** 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, with prior approval from Program Operations. Clubs will be notified of cuts no later than Monday before the meet.

**WORK ASSIGNMENTS:**

1. All clubs are required to provide workers (e.g. timers, runners, marshals, officials, etc.) in proportion to the size of their entry. Please include the name, phone number and address of the club contact for work assignments. **Contact Meet Referee by 6/07/11 if your official's assignment is to be counted toward your club's work assignment.**
2. **NOTE:** All work assignments are for the duration of the session. It is up to the club to provide a backup worker in case the club's worker for any reason is unable to perform or complete the work assignment.

**CONCESSIONS:** A concession stand will be available with a limited menu.

**HOSPITALITY:** Beverages and light snacks will be provided for coaches and officials.

**DIRECTIONS:** Take I-84 to Route 195, exit 68. Follow Route 195 for 7 miles to the middle of the campus. When the lake is on your right, take the next right. Follow your way through the campus towards the silver dome. This is the field house; the pool is in the adjacent brick building. **PARKING:** UCONN has asked us to direct ALL coaches and spectators to the South Parking Garage, which is across the street from Gampel Pavilion.

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**THURSDAY, June 23, 2011**

**WOMEN**

**MEN**

<u>NO.</u>	<u>LCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>SCY</u>	<u>LCM</u>	<u>NO</u>
1	18:35.59	18:09.19	1500M/1650Y Freestyle*			
			800M/1000Y Freestyle*	10:08.49	9:09.19	2
3			800M Free Relay			4

**FRIDAY, June 24, 2011**

5	2:14.39	1:58.69	200M Freestyle	1:48.19	2:03.59	6
7	2:49.89	2:28.69	200M Breaststroke	2:14.79	2:35.89	8
9	1:10.39	1:00.59	100M Backstroke	54.29	1:03.39	10
11	5:22.69	4:43.89	400M IM	4:18.89	4:54.99	12
13			400M Freestyle Relay			14

**SATURDAY, June 25, 2011**

15	2:31.99	2:13.19	200M IM	2:00.69	2:19.69	16
17	28.89	25.49	50M Freestyle	22.49	25.69	18
19	1:18.19	1:08.99	100M Breaststroke	1:01.89	1:11.89	20
21	1:07.29	59.99	100M Butterfly	53.79	1:01.09	22
23	4:43.99	5:16.19	400M/500Y Freestyle	4:51.19	4:23.29	24
25			400M Medley Relay			26

**SUNDAY, June 26, 2011**

27			200M Medley Relay			28
29	2:30.79	2:11.49	200M Backstroke	1:58.29	2:18.49	30
31	1:02.69	54.89	100M Freestyle	49.19	56.59	32
33	2:28.09	2:10.79	200M Butterfly	1:58.79	2:14.39	34
35			200M Freestyle Relay			36
37	9:41.09	10:54.19	800M/1000Y Freestyle*			
			1500M/1650Y Freestyle*	16:54.89	17:25.69	38

\* These events will be swum as timed final events.

**CT Senior Open Invite - 6/23/2011 to 6/26/2011****Session Report**

Session: 1 Thursday Evening

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Women 1500 Freestyle	0	0	05:00 PM _____
Finals	2 Men 800 Freestyle	0	0	05:00 PM _____
Finals	3 Women 800 Freestyle Relay	0	0	05:00 PM _____
Finals	4 Men 800 Freestyle Relay	0	0	05:00 PM _____
	Finish Time			05:00 PM _____

Session: 2 Friday Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	5 Women 200 Freestyle	0	0	08:30 AM _____
Prelims	6 Men 200 Freestyle	0	0	08:30 AM _____
Prelims	7 Women 200 Breaststroke	0	0	08:30 AM _____
Prelims	8 Men 200 Breaststroke	0	0	08:30 AM _____
Prelims	9 Women 100 Backstroke	0	0	08:30 AM _____
Prelims	10 Men 100 Backstroke	0	0	08:30 AM _____
Prelims	11 Women 400 IM	0	0	08:30 AM _____
Prelims	12 Men 400 IM	0	0	08:30 AM _____
	Finish Time			08:30 AM _____

Session: 3 Friday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	5 Women 200 Freestyle	0	3u	06:00 PM _____
Finals	6 Men 200 Freestyle	0	3u	06:10 PM _____
Finals	7 Women 200 Breaststroke	0	3u	06:20 PM _____
Finals	8 Men 200 Breaststroke	0	3u	06:32 PM _____
Finals	9 Women 100 Backstroke	0	3u	06:43 PM _____
Finals	10 Men 100 Backstroke	0	3u	06:50 PM _____
Finals	11 Women 400 IM	0	3u	06:56 PM _____
Finals	12 Men 400 IM	0	3u	07:16 PM _____
Finals	13 Women 400 Freestyle Relay	0	0	07:37 PM _____
Finals	14 Men 400 Freestyle Relay	0	0	07:37 PM _____
	Entry / Heat Totals:	0	24	
	Finish Time			07:37 PM _____

**CT Senior Open Invite - 6/23/2011 to 6/26/2011****Session Report**

Session: 4 Saturday Prelims

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	15 Women 200 IM	0	0	08:30 AM
Prelims	16 Men 200 IM	0	0	08:30 AM
Prelims	17 Women 50 Freestyle	0	0	08:30 AM
Prelims	18 Men 50 Freestyle	0	0	08:30 AM
Prelims	19 Women 100 Breaststroke	0	0	08:30 AM
Prelims	20 Men 100 Breaststroke	0	0	08:30 AM
Prelims	21 Women 100 Butterfly	0	0	08:30 AM
Prelims	22 Men 100 Butterfly	0	0	08:30 AM
Prelims	23 Women 400 Freestyle	0	0	08:30 AM
Prelims	24 Men 400 Freestyle	0	0	08:30 AM
	Finish Time			08:30 AM

Session: 5 Saturday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	15 Women 200 IM	0	3u	06:00 PM
Finals	16 Men 200 IM	0	3u	06:11 PM
Finals	17 Women 50 Freestyle	0	3u	06:22 PM
Finals	18 Men 50 Freestyle	0	3u	06:25 PM
Finals	19 Women 100 Breaststroke	0	3u	06:28 PM
Finals	20 Men 100 Breaststroke	0	3u	06:33 PM
Finals	21 Women 100 Butterfly	0	3u	06:39 PM
Finals	22 Men 100 Butterfly	0	3u	06:45 PM
Finals	23 Women 400 Freestyle	0	3u	06:50 PM
Finals	24 Men 400 Freestyle	0	3u	07:12 PM
Finals	25 Women 400 Medley Relay	0	0	07:33 PM
Finals	26 Men 400 Medley Relay	0	0	07:33 PM
	Entry / Heat Totals:	0	30	
	Finish Time			07:33 PM

Session: 6 Sunday Prelims

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	29 Women 200 Backstroke	0	0	08:30 AM
Prelims	30 Men 200 Backstroke	0	0	08:30 AM
Prelims	31 Women 100 Freestyle	0	0	08:30 AM
Prelims	32 Men 100 Freestyle	0	0	08:30 AM
Prelims	33 Women 200 Butterfly	0	0	08:30 AM
Prelims	34 Men 200 Butterfly	0	0	08:30 AM
Finals-S	37 Women 800 Freestyle	0	0	08:30 AM
Finals-S	38 Men 1500 Freestyle	0	0	08:30 AM
	Finish Time			08:30 AM

**CT Senior Open Invite - 6/23/2011 to 6/26/2011**

**Session Report**

Session: 7 Sunday Finals

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	27 Women 200 Medley Relay	0	0	06:00 PM	_____
Finals	28 Men 200 Medley Relay	0	0	06:00 PM	_____
Finals-1	37 Women 800 Freestyle	0	0	06:00 PM	_____
Finals-1	38 Men 1500 Freestyle	0	0	06:00 PM	_____
Finals	29 Women 200 Backstroke	0	3u	06:00 PM	_____
Finals	30 Men 200 Backstroke	0	3u	06:12 PM	_____
Finals	31 Women 100 Freestyle	0	3u	06:23 PM	_____
Finals	32 Men 100 Freestyle	0	3u	06:29 PM	_____
Finals	33 Women 200 Butterfly	0	3u	06:34 PM	_____
Finals	34 Men 200 Butterfly	0	3u	06:44 PM	_____
Finals	35 Women 200 Freestyle Relay	0	0	06:55 PM	_____
Finals	36 Men 200 Freestyle Relay	0	0	06:55 PM	_____
	Entry / Heat Totals:	0	18		
	Finish Time			06:55 PM	_____