

**2012 Women's and Men's Long Course
CONNECTICUT SENIOR OPEN INVITE
Connecticut Swimming, Inc.
June 14-17, 2012
Hosted by Sonoco Swim Club
Wesleyan University
161 Cross Street
Middletown, CT 06457**

Held under the sanction of USA Swimming and Connecticut Swimming, Inc., #L12-18.

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

Note this is this last possible weekend for athletes to make their initial qualifying time for the USA Swimming Olympic Team Trials

Swimmers who are registered with USA swimming for 2012 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.

MEET EVENTS

	Name	Email	Phone
Meet Director:	Bill Ball	ballb@ccsu.edu	860-832-3073
Meet Referee:	Mike Huffman	Michael.huffman@thehartford.com	860-539-9895
Entry Chair:	Bill Ball	ballb@ccsu.edu	860-832-3073
Safety Chair:	Jaime Krajewski	Jaime.krajewski@southwindsor.org	860-305-7558
Website:	http://www.sonocoaquatics.org		

EMERGENCY NO: 203-484-0307

FACILITY: 8-lane 50 meter competition venue with 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. The starting end of the pool is 14.5' and gradually slopes to a depth of 8' over most of the racing course. Ample spectator seating and limited refreshments. Locker rooms: No locks may be left on Wesleyan lockers. No shaving on premises is permitted. 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. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

SCHEDULE:	<u>Warm-up</u>	<u>Start</u>
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.

FINALS: Three heats (Top 24) 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.

ELIGIBILITY: This is an Open Meet. All swimmers must be 2012 registered members of USA Swimming. Coaches will be required to display USA Swimming registration card and a coach's deck pass in order to be 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. Adapted athletes may direct questions to [Mark Kinne](#), Adapted Athlete Committee Chair.

FEES: Splash fees: \$10.00 per individual event, \$16.00 per relay. A \$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 payable 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.

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.

Bonus Events: Bonus must use the scale of 1:3, 2:3, 3:4, 4:3, 5:2, 6:1. Bonus events for 400 meters and longer events must meet the attached bonus time standards. **ALL BONUS EVENTS MUST BE MARKED/CHECKED AS SUCH ON THE ENTRY**

ENTRY INFORMATION: Swimmers must have equaled or bettered their entry times since January 1, 2011, and before the entry deadline. Flag SCM/SCY entry times on the entry form by writing SCY/SCM in red on the entry form.

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: The entry deadline is **11:59 PM on Wednesday June 6, 2012** 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.

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 7:30 am 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 Free and Women's 1500M Free 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.

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. 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 **Time Permitting**. 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. Time Trial events are limited to those events published in this meet announcement.

CHANGES: Any and all changes to the meet announcement will be left to the discretion of the Meet Referee and Meet Director.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Electronic audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, or locker rooms.

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 6/06/12 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: 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. Ample Parking is available in various lots on campus.

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THURSDAY, June 14, 2012

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 15, 2012

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 16, 2012

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/500 Freestyle	4:51.19	4:23.29	24
25			400M Medley Relay*			26

SUNDAY, June 17, 2012

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.

Bonus Time Standards for 400M and longer events:

Women's

#	Event:	LCM	SCY
1	1500M/1650Y Free	19:31.99	18:39.99
11	400IM	5:42.99	4:55.99
23	400M/500Y Free	4:54.99	5:26.49
37	800M/1000Y Free	10:10.99	11:09.49

Men's

#	Event:	LCM	SCY
2	800M/1000Y Free	9:36.99	10:49.97
12	400IM	5:33.99	4:52.99
24	400M/500Y Free	4:42.49	5:17.49
38	1500M/1650Y Free	18:49.99	18:23.99