

CONNECTICUT SWIMMING

2013 LONG COURSE REGIONAL CHAMPIONSHIPS

12 & Under Swimmers

July 19-21, 2013

Held under sanction by USA Swimming and Connecticut Swimming- Sanction # L13-43C, 43D, and 43E

Hosted by Aquabears, Cheshire Y Sea Dogs, and Regional YMCA of Western CT Makos

EVENTS

IMPORTABLE MEET EVENTS

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 12, 2013.

	Saturday & Sunday <i>Hosted by CDOG</i>	Saturday & Sunday <i>Hosted by BEAR</i>	Saturday & Sunday <i>Hosted by RYWC</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:	Andrea Pringle talkpring@comcast.net 860-670-2680	Jon Levine Aquabears@cox.net 860-944-9463	Jason Paige jpaige@regionalyymca.org 201-775-4444 x122
Entry Chair:	Chris Leach mchrisl@cox.net 203-500-0229	Jon Levine Aquabears@cox.net 860-944-9463	Jason Paige jpaige@regionalyymca.org 201-775-4444 x122
Safety Chair:	Jim Neri	Jill Donahue	Chris French
Referee:	Jim Robison robison-times@snet.net	Jeff Scobee jscobee19@gmail.com	Dennis Rodney dlrmdi@msn.com
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. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is: 10 ft. Water depth at turn end is: 3.5 ft. 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.

For all Facilities: No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, locker rooms, or pool deck. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

	Saturday & Sunday <i>Hosted by CDOG</i>	Saturday & Sunday <i>Hosted by BEAR</i>	Saturday & Sunday <i>Hosted by RYWC</i>
Emergency Phone:	203-752-2600	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 the Meet Director.	Fully ADA Compliant. Any individuals requiring handicapped parking please Meet Director 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 15, 2013.

SCHEDULE: 7:00 am Warm-Up; 8:00 am Start. These times apply to all 12/U locations. 12/U athletes will swim Saturday and Sunday sessions only.

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. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is "prohibited."

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 available on ctswim.org and contact Adapted Swimming Chair [Mark Kinne](#) for time standards and other information. Coaches or athletes must notify the referee of any disability prior to competition.

ELIGIBILITY: All the following criteria must be met.

1. Swimmers must be 2013 CSI-registered members of USA Swimming.
2. A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet in the 2013 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, 2012. Proof of time is required for all events.
5. Swimmers may not compete in any event in which they have achieved a 2013 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 May 1, 2012, 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, 2013, to the Connecticut Swimming office. Times submitted through FAST Online Entries are automatically pre-proven.

ENTRIES: Swimmers may enter up to one individual event on Friday night and 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 **8 PM Tuesday July 9, 2013**. Club divisions will be posted on ctswim.org no later than July 12, 2013. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday, July 12, 2013.

CSI clubs will enter using [Connecticut FAST Online Entries](#). Contact office@ctswim.org by the deadline to enter adapted athletes and championship birthday athletes. CSI-member unattached athletes not affiliated with a CSI club should email an entry file (*.sd3 or

*.cl2) and proof of time to office@ctswim.org. If meet entry software is not available, email office@ctswim.org the athlete name, USA ID, age, event number, event name, time, and proof of time (Extra fees apply to manual entries.). Please review the Proof of Entry Times section for acceptable proof of times.

DECK ENTRIES WILL ABSOLUTELY NOT BE ACCEPTED.

CHAMPIONSHIP BIRTHDAY DIRECTIVE: Clubs with athletes that fall within the championship birthday period must email office@ctswim.org by 8 PM MONDAY, July 8, 2013, with the championship birthday athlete's entry.

Age for the meet **will be the swimmer's age as of July 19, 2013 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 for individual events (excludes relays) 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 8 PM Tuesday, July 9, 2013.**

FEES: Splash fees: \$7/individual event; \$12/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 12, 2013. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday, July 12, 2013. Host clubs have the right to remove unpaid club entries, with approval from Program Operations.

Send payment postmarked no later than Friday, July 12, 2013 to the assigned meet host:

12/U hosted by CDOG

Please make checks payable to "**STPA**" and put "**Regionals**" on the memo line. Checks should be mailed to: Jim Neri, 16 Regent Court, Wallingford, CT 06492.

12/U hosted by BEAR

Please make checks payable to "Aquabears LLC" and mail to: Jon Levine, 4 Northwoods Rd, North Granby, CT 06060.

12/U hosted by RYWC

Please make checks payable to The Regional YMCA of Western CT and mail to: c/o Jason Paige, 2 Huckleberry Hill Rd, Brookfield CT 06804.

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 15, 2013**. 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 \$7.00 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 \$42.00 in addition to the cost of his entry. Total for John Doe \$84.00.
- If John Doe is entered in the 100 backstroke, but should have been entered in the 100 breaststroke, the fee is \$7.00.
- If a relay team is added, the charge will be \$20.00 plus splash fee. Total for additional relay \$32.00.

If any entry times must be corrected, the fee will be \$7.00 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.

OVERSUBSCRIPTION: The sponsor reserves the right to make adjustments based on the time study and other factors with approval from Program Operations. Teams will be notified of any changes no later than Monday, July 15, 2013.

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.

RELAYS: Names of eligible relay swimmers and order of swimming shall be submitted to the clerk of course or head lane timer prior to the start of the heat in which such relay team is entered. All relay teams must submit a relay card, with the names of relay members, in the correct order of swimming position to the head lane timer prior to the start of that relay’s heat assignment. No changes will be permitted thereafter. Heat and Lane designation must be stated on the relay card. Athletes that fall within the championship birthday period may only participate in relay events within their actual age the first day of this meet.

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.

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, events may be cut. Please review [CSI's Inclement Weather Policy](#).

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

<http://goo.gl/maps/ensl4>

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
2013 LONG COURSE REGIONAL CHAMPIONSHIPS
12 & UNDER
July 19-21, 2013

Saturday, July 20, 2013

<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	1:21.50	-----	1:19.00	-----	1:11.60	-----	12/U 100M Butterfly	1:13.80	-----	1:21.60	-----	1:26.00	-----	2
3	1:42.50	-----	1:36.80	-----	1:27.50	-----	10/U 100M Butterfly	1:30.00	-----	1:41.20	-----	1:47.25	-----	4
5	3:21.50	3:59.17	3:11.40	3:54.36	2:54.00	3:29.99	12/U 200M Breaststroke	3:02.00	3:39.99	3:20.20	4:05.52	3:34.00	4:16.40	6
7	49.75	-----	47.30	-----	42.80	-----	10/U 50M Breaststroke	43.50	-----	48.40	-----	51.75	-----	8
9	42.75	-----	41.00	-----	37.25	-----	12/U 50M Breaststroke	38.30	-----	42.40	-----	43.75	-----	10
11	36.25	-----	35.00	-----	31.80	-----	10/U 50M Freestyle	31.80	-----	35.10	-----	36.10	-----	12
13	31.75	-----	31.20	-----	28.30	-----	12/U 50M Freestyle	28.20	-----	31.10	-----	32.25	-----	14
15	3:22.50	-----	3:13.10	-----	2:55.50	-----	10/U 200M IM	2:59.00	-----	3:13.10	-----	3:30.00	-----	16
17	2:54.50	-----	2:48.90	-----	2:33.50	-----	12/U 200M IM	2:36.30	-----	2:52.50	-----	3:00.00	-----	18
19	1:33.50	-----	1:29.10	-----	1:20.60	-----	10/U 100M Backstroke	1:21.50	-----	1:30.20	-----	1:36.25	-----	20
21	1:22.50	-----	1:18.00	-----	1:10.70	-----	12/U 100M Backstroke	1:12.10	-----	1:19.30	-----	1:23.75	-----	22
23	-----	-----	-----	-----	-----	-----	10/U 200M Medley Rel.	-----	-----	-----	-----	-----	-----	24
25	-----	-----	-----	-----	-----	-----	11/12 200M Medley Rel.	-----	-----	-----	-----	-----	-----	26
27	6:12.00	6:42.49	6:07.40	6:34.49	6:57.50	7:27.49	10/U 400M/500Y Freestyle*	7:04.40	7:39.99	6:13.50	6:42.24	6:30.00	6:56.24	28
29	5:22.75	5:59.70	5:17.70	5:49.95	6:01.00	6:39.99	12/U 400M/500Y Freestyle*	6:05.00	6:44.99	5:21.20	5:54.32	5:32.00	6:06.51	30

