

CONNECTICUT SWIMMING
2013 LONG COURSE REGIONAL CHAMPIONSHIPS
13-18 Year Old Swimmers
July 19-21, 2013

Held under sanction by USA Swimming and Connecticut Swimming- Sanction # L13-43A and 43B

Hosted by Woodbridge Aquatic Club and Connecticut Aquatic Club

EVENTS

FRIDAY IMPORTABLE MEET EVENTS

SATURDAY/SUNDAY 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 2 meets; one morning meet and one afternoon meet. 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.

Location: Wesleyan University, Middletown, CT

	Friday Evening and Sat/Sun Morning Meet <i>Hosted by WAC</i>	Sat/Sun Afternoon Meet <i>Hosted by CAC</i>
<i>Meet Director:</i>	Dave Reilly dmr123@sbcglobal.net 203-848-0307	George Janz geomjanz@comcast.net 860-460-7860

<i>Entry Chair:</i>	Dave Reilly dmr123@sbcglobal.net 203-848-0307	Lynne Benavides Jackboss2000@gmail.com 401-447-5190
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<i>Safety Chair:</i>	Ken Yanagisawa	Pam Dolan
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<i>Referee:</i>	Julia Yanagisawa, julia.shi@yale.edu 203-387-6552	Sue Button skbutton@comcast.net 860- 912-0498
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Emergency Phone: 203-848-0307 860-685-2690 (Facility Monitor) 860-685-2915 (Pool Deck)

Facilities: 8-lane, 50-meter pool; Colorado Timing System; limited spectator seating. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado electronic timing system. Water depth at start end 14 ft; turn end 7.5 ft. Water depth at start end is 14 feet; turn end is 5 feet. 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. 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.

Disabled Access: Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby to locker rooms and pool deck. Spectator area is to the left of front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

SCHEDULE:						
Friday Evening	13/18 Friday Evening Hosted by WAC					
			4:30 pm	Warm-up		
			5:30 pm	Start		
Saturday/Sunday	13/18 Morning Meet Hosted by WAC			13/18 Afternoon Meet Hosted by CAC		
	Warm-up	7:30 am		Warm-up	1:00 pm	
	Start	8:45 am		Start	2:15 pm	

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.

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-down. 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 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, and may not have bettered the maximum time standard, since May 1, 2012, with the following exception: there shall be no minimum time standard for 100M or less events for 13/18 age group.

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 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 Friday evening 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 list names and areas of certification and attach to entry form, or 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:

Friday evening and Sat/Sun morning meet
sessions hosted by WAC
Check payable to Woodbridge Aquatic Club
Dave Reilly
57 Union Street
Guilford, CT 06437

Sat/Sun afternoon meet hosted by CAC
Checks payable to CAC and mail to:
Lynne Benavides
15 Frances Barber Dr
Hope Valley, RI 02832

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 Friday evening, will be seeded in the normal fashion and swum slowest to fastest. If events are under-subscribed, the host teams reserve the right to combine 18/u and 14/u events. Awards shall be determined in 13/14 and 15/18 categories.

DISTANCE EVENTS: The 13/14 and 15/18 800M and 1500M Freestyle events shall be swum fastest to slowest alternating girls and boys. These events will have distinct qualifying times, but the events shall be combined seeded as single, alternating girls' and boys' events. Awards shall be determined in 13/14 and 15/18 categories. Swimmers must provide their own timers and counters. The 400 IM events and 400 Freestyle (Friday Evening) will be conducted 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.**

WARM-UPS: All teams must warm-up under the supervision of a coach or a marshal. Any swimmers who do not have a coach in attendance **MUST** report to the Meet Director and have a supervisor assigned. Only swimmers entered in the meet may warm-up. 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.

WESLEYAN UNIVERSITY 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](#). Violations of the policy will subject offending teams to fines as described therein.

DIRECTIONS:

Wesleyan Univ.: 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. 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.

Mapping Software: <http://goo.gl/maps/7hoX>

HOTELS:

Wesleyan University:

Crowne Plaza
100 Berlin Road
Cromwell, CT 06416
860-635-2000

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

Inn at Middletown
70 Main Street
Middletown, CT 06457
860-854-6300

Hampton Inn
20 Waterchase Dr.
Rocky Hill, CT 06067
860-563-7877

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

Ramada Plaza Hotel
275 Research Parkway
Meriden, CT 06450
203-238-2380

ORDER OF EVENTS
2013 LONG COURSE REGIONAL CHAMPIONSHIPS
13-18 Year Old Swimmers
July 19-21, 2013

Friday, July 19, 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	5:55.00	6:22.41	5:35.50	6:13.87	5:04.00	5:34.99	14/U 400M IM *	5:01.00	5:38.99	5:32.20	6:18.49	5:54.50	6:32.24	2
3	5:48.75	6:16.70	5:24.50	6:08.29	4:53.00	5:29.99	18/U 400M IM*	4:50.25	5:20.99	5:27.30	5:58.24	5:33.00	6:11.09	4
5	5:02.25	5:27.78	4:55.75	5:18.89	5:34.00	6:04.49	14/U 400M /500Y Freestyle*	5:29.00	6:08.49	4:51.30	5:22.49	5:56.00	5:30.49	6
7	4:54.25	5:21.48	4:46.70	5:12.76	5:22.00	5:57.49	18/U 400M /500Y Freestyle*	5:09.00	5:39.99	4:39.40	4:57.45	4:41.50	5:07.68	8

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	2:51.50	3:12.95	2:36.80	3:09.72	2:21.00	2:49.99	18/U 200M Butterfly	2:20.00	2:44.99	2:41.20	3:04.14	2:40.50	3:10.52	2
3	2:55.50	3:24.30	2:45.00	3:20.88	2:30.00	2:55.99	14/U 200M Butterfly	2:28.30	3:00.99	2:46.10	3:21.99	2:51.50	3:29.44	4
5	1:25.25	-----	1:19.20	-----	1:11.00	-----	18/U 100M Breaststroke	1:04.50	-----	1:18.10	-----	1:18.25	-----	6
7	1:27.50	-----	1:21.40	-----	1:14.00	-----	14/U 100M Breaststroke	1:13.00	-----	1:20.90	-----	1:25.00	-----	8
9	29.60	-----	28.50	-----	25.75	-----	18/U 50M Freestyle	24.20	-----	26.50	-----	27.00	-----	10
11	30.50	-----	29.50	-----	26.60	-----	14/U 50M Freestyle	25.50	-----	28.10	-----	29.00	-----	12
13	2:39.25	2:52.99	2:32.40	2:49.49	2:17.00	2:32.99	18/U 200M IM	2:12.75	2:24.49	2:29.10	2:40.49	2:30.00	2:43.49	14
15	2:44.50	2:54.99	2:37.00	2:51.99	2:22.00	2:34.99	14/U 200M IM	2:19.00	2:35.99	2:33.50	2:52.99	2:37.00	2:55.99	16
17	2:40.50	3:08.49	2:31.60	3:00.24	2:16.00	2:41.49	18/U 200M Backstroke	2:06.75	2:38.99	2:29.60	2:57.49	2:31.00	3:07.49	18
19	2:45.25	2:59.99	2:37.30	2:57.99	2:22.50	2:39.99	14/U 200M Backstroke	2:20.50	2:53.24	2:35.30	3:13.49	2:43.50	3:24.24	20
21	-----	-----	-----	-----	-----	-----	15/18 200M Medley Relay	-----	-----	-----	-----	-----	-----	22
23	-----	-----	-----	-----	-----	-----	13/14 200M Medley Relay	-----	-----	-----	-----	-----	-----	24
25	10:11.00	11:27.99	9:52.70	10:49.49	11:09.50	12:09.99	18/U 800M/1000Y Free*	10:50.00	11:49.99	9:35.20	10:31.99	9:28.00	11:01.49	26
27	10:29.00	11:42.99	10:18.90	11:15.99	11:40.00	12:39.99	14/U 800M/1000Y Free*	11:40.00	12:39.99	10:18.90	11:15.99	10:06.00	11:30.99	28

* Depending on timeline, may be heat limited to a minimum of 24 swimmers.

ORDER OF EVENTS
2013 LONG COURSE REGIONAL CHAMPIONSHIPS
13-18 Year Old Swimmers
July 19-21, 2013

Sunday, July 21, 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>
29	1:14.75	-----	1:09.80	-----	1:03.00	-----	18/U 100M Backstroke	1:00.25	-----	1:10.40	-----	1:10.00	-----	30
31	1:17.00	-----	1:12.90	-----	1:05.75	-----	14/U 100M Backstroke	1:04.75	-----	1:12.10	-----	1:15.00	-----	32
33	1:04.25	-----	1:01.80	-----	55.75	-----	18/U 100M Freestyle	52.00	-----	58.60	-----	59.50	-----	34
35	1:06.25	-----	1:03.25	-----	57.25	-----	14/U 100M Freestyle	55.50	-----	1:01.50	-----	1:03.00	-----	36
37	1:13.25	-----	1:07.90	-----	1:01.70	-----	18/U 100M Butterfly	57.25	-----	1:06.00	-----	1:07.00	-----	38
39	1:15.75	-----	1:12.40	-----	1:05.50	-----	14/U 100M Butterfly	1:03.00	-----	1:10.10	-----	1:11.75	-----	40
41	3:03.50	3:30.69	2:53.10	3:26.46	2:37.50	3:04.99	18/U 200M Breaststroke	2:26.75	2:55.99	2:51.70	3:16.42	2:53.49	3:25.12	42
43	3:09.10	3:30.69	2:58.10	3:26.46	2:41.90	3:04.99	14/U 200M Breaststroke	2:39.50	3:12.99	2:57.00	3:35.49	3:04.00	3:44.99	44
45	2:20.25	2:28.99	2:13.90	2:25.49	2:00.50	2:11.49	18/U 200M Freestyle	1:52.00	2:06.84	2:09.80	2:20.79	2:10.50	2:23.99	46
47	2:24.50	2:33.99	2:18.00	2:30.99	2:04.50	2:15.99	14/U 200M Freestyle	2:02.00	2:17.49	2:15.00	2:32.99	2:19.50	2:35.99	48
49	-----	-----	-----	-----	-----	-----	15/18 200M Free Relay	-----	-----	-----	-----	-----	-----	50
51	-----	-----	-----	-----	-----	-----	13/14 200M Free Relay	-----	-----	-----	-----	-----	-----	52
53	19:41.00	21:24.61	18:57.60	20:48.74	18:46.00	20:52.49	18/U 1500M/1650Y Free*	18:25.00	20:54.99	18:36.50	20:51.24	18:21.00	21:40.51	54
55	20:07.00	22:03.07	19:19.80	21:26.13	19:07.50	21:29.99	14/U 1500M/1650Y Free*	19:00.00	21:44.99	19:11.70	21:41.09	19:16.00	22:32.32	56

* Depending on timeline, may be heat limited to a minimum of 24 swimmers.