

**CONNECTICUT SWIMMING**  
**2015 LONG COURSE REGIONAL CHAMPIONSHIPS**  
**12 & Under Swimmers**  
**July 17-19, 2015**

Held under sanction by USA Swimming and Connecticut Swimming- Sanction # L15-45A, 45B, and 45C. In granting this sanction, it is understood and agreed that CT Swimming and USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Hosted by Mandell JCC Sharks, Nutmeg Aquatics/Laurel East Hartford YMCA, and Regional Y of Western CT Makos,

**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 Friday, July 10, 2015.

	<b>Saturday &amp; Sunday Morning</b> <i>Hosted by MJCC</i>	<b>Saturday &amp; Sunday Morning</b> <i>Hosted by NMEG/LEHY</i>	<b>Saturday &amp; Sunday Morning</b> <i>Hosted by RYWC</i>
<b>Location:</b>	Goodwin Park Pool 341 South St Hartford, CT 06114	Odessa Terry Pool Hockanum Park 310 High Street East Hartford, CT 06108	Regional Y of Western CT 10 Huckleberry Hill Rd Brookfield, CT 06804
<b>Meet Director:</b>	David Laudati <a href="mailto:dlaudati@mandelljcc.org">dlaudati@mandelljcc.org</a> 860-231-6320	Jennifer Lyman <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a> 203-464-6903	Jill Cook cookj@wcsu.edu 201-775-4444 x122
<b>Entry Chair:</b>	David Laudati <a href="mailto:dlaudati@mandelljcc.org">dlaudati@mandelljcc.org</a> 860-231-6320	Terri Mauthe <a href="mailto:Terri.mauthe@gmail.com">Terri.mauthe@gmail.com</a>	Gordon Brown <a href="mailto:gbrown@regionalyymca.org">gbrown@regionalyymca.org</a> 201-775-4444 x129
<b>Safety Chair:</b>	Juan Dominquez	Nicole Goolsbey	Jeff Bonaccorso

<b>Referee:</b>	Julie Kirk <a href="mailto:jkirk01@sbcglobal.net">jkirk01@sbcglobal.net</a>	Ken Gray <a href="mailto:Kwgray3@gmail.com">Kwgray3@gmail.com</a>	Phillip James Phillip.m.james@gmail.com
<b>Facility:</b>	8-lane, 50-meter pool; Colorado Timing System with a 1 line scoreboard. The competition course has not been certified in accordance with 104.2.2C(4). The starting end depth is 9 ft and the turn depth is 4 ft.	8-lane, 50-meter pool. Colorado Timing System with a 1-line scoreboard. 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.	Outdoor 6-lane, 50-meter pool: Colorado Timing System; limited spectator seating in shaded areas (spectators should bring folding chairs). The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is 6ft; turn end 7.5ft.
<b>Emergency Phone:</b>	860-713-4424	860-291-7442	203-775-4444
<b>Disabled Access:</b>	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.	Limited handicapped parking available. Please contact the Meet Director to reserve space. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

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.

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 13, 2015.

**SCHEDULE:** 12/U athletes will swim Saturday and Sunday sessions only.

**Morning Sessions for MJCC and NMEG:** 7:00 am Warm-Up; 8:00 am Start

**Morning Sessions for RYWC:** 8:30am Warm-Up; 10:00am Start

**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](http://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 2015 CSI-registered members of USA Swimming.
2. A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet during the 2015 Long Course season and before the initial qualifier deadline.
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 April 1, 2015. Proof of time is required for all events.
- 5. Swimmers may not compete in any event in which they have achieved a 2015 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 April 1, 2015, 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, 2015, to the Connecticut Swimming office. Times submitted through FAST Online Entries are automatically pre-proven.

**ENTRIES:** Swimmers may enter 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 7, 2015**. Club divisions will be posted on [ctswim.org](http://ctswim.org) no later than July 10, 2015. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday, July 10, 2015.

CSI clubs will enter using [Connecticut FAST Online Entries](#). Contact [office@ctswim.org](mailto: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](mailto:office@ctswim.org). If meet entry software is not available, email [office@ctswim.org](mailto: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](mailto:office@ctswim.org) by 8 PM MONDAY, July 6, 2015, with the championship birthday athlete's entry.

Age for the meet **will be the swimmer's age as of July 17, 2015 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 7, 2015.**

**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 ctswin.org by 9 AM July 10, 2015. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday, July 10, 2015. Host clubs have the right to remove unpaid club entries, with approval from Program Operations.

Send payment postmarked no later than Friday, July 10, 2015 to the assigned meet host:

Sat/Sun morning meet hosted by MJCC.

Check payable to Mandell JCC and mail to:

David Laudati at

335 Bloomfield Ave,

West Hartford, Ct. 06117

Sat/Sun morning meet hosted by NMEG/LEHY.

Checks payable to: ELBOE SPEC ACCT

Mail to: Jennifer Lyman

30 Chesterfield Rd.

East Lyme, CT 06333

Sat/Sun morning meet hosted by RYWC.

Check payable to: Regional YMCA of

Western Connecticut

C/O: Gordon Brown

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 **10 PM, Monday, July 13, 2015**. 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 13, 2015.

**SEEDING:** All conforming times, i.e. LCM times, will 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 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](#).

**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.

**PHOTOGRAPHY AND VIDEO RECORDING:**

Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following "Non-Camera Zones" shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

**DIRECTIONS:**

**ODESSA TERRY POOL:**

**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.

**GOODWIN PARK POOL:**

Located at 1130 Maple Ave Hartford, CT 06114 (GPS user type in 341 South St Hartford, CT 06114). Pool entrance is on South Street.

**From South of Hartford** Take 91 North. Take exit 17. Merge onto CT-15 N toward Berlin Turnpike/I-691/CT-66 all the till the end when road splits about 15 miles. Take left at fork on to Maple Ave, go half a mile. Turn right onto South Street. Pool will be on right.

**From North of Hartford** Take 91 South. Take exit 27 for Airport Rd toward Brainard Rd. Take right off exit onto Airport Road. Take the 2nd left onto Wethersfield Ave. Take the 2nd right onto South St. Approximately 1 mile ahead, the Pool will be on the left

**PARKING:** There is a small parking lot by the pool house for the staff as well as handicap parking. Inside the park, about 200 feet away from the pool, there is another parking lot and additional parking is allowed on the side streets near the pool.

#### **REGIONAL Y WESTERN CT:**

The Greenknoll Aquatic Center at Camp Greenknoll is at 10 Huckleberry Hill Road, Brookfield, CT 06804. From I-84: Take exit 7 (rte 7N to the first exit. Make a left at the end of the exit ramp. After about 1/5<sup>th</sup> of a mile make a right onto Federal Rd. Stay on Federal Rd going northbound for approximately 1 mile then at Layla's bakery make a left onto Old New Milford Rd. Follow Old New Milford Rd for about a 1/5<sup>th</sup> of a mile then make a left onto Huckleberry Hill Rd. The pool parking will be past the main YMCA building on your right.

**PARKING:** The Greenknoll Aquatic Center at Camp Greenknoll is at 10 Huckleberry Hill Road. Parking is on the camp grounds with overflow parking if needed in the lower YMCA lot. Available on the camp grounds in specified areas. Once the camp ground areas are full overflow parking will be available at the back of the Greenknoll YMCA, located at 2 Huckleberry Hill Rd. Parking instructions may be updated before the meet, in which case all attending teams will be advised.

Time Stds are updated. Proofed by Ginger.

**ORDER OF EVENTS  
2015 LONG COURSE REGIONAL CHAMPIONSHIPS  
12 & UNDER  
July 17-19, 2015**

Friday, July 17, 2015

No events

Saturday, July 18, 2015

<u>Girls</u>	<u>LCM Max</u>	<u>LCM Min</u>	<u>SCM Max</u>	<u>SCM Min</u>	<u>SCY Max</u>	<u>SCY Min</u>	<u>Event</u>	<u>SCY Max</u>	<u>SCY Min</u>	<u>SCM Max</u>	<u>SCM Min</u>	<u>LCM Max</u>	<u>LCM Min</u>	<u>Boys</u>
1	1:20.50	-----	1:19.50	-----	1:11.00	-----	12/U 100M Butterfly	1:12.25	-----	1:20.25	-----	1:24.50	-----	2
3	1:40.25	-----	1:35.75	-----	1:26.25	-----	10/U 100M Butterfly	1:27.25	-----	1:35.75	-----	1:43.75	-----	4
5	3:21.50	3:59.17	3:13.25	3:54.36	2:54.00	3:29.99	12/U 200M Breaststroke	2:58.00	3:39.99	3:17.50	4:05.52	3:31.75	4:16.40	6
7	48.75	-----	47.25	-----	42.50	-----	10/U 50M Breaststroke	43.25	-----	47.75	-----	51.00	-----	8
9	42.75	-----	41.50	-----	37.00	-----	12/U 50M Breaststroke	37.50	-----	41.75	-----	43.75	-----	10
11	35.75	-----	35.00	-----	31.60	-----	10/U 50M Freestyle	31.50	-----	35.00	-----	36.00	-----	12
13	31.75	-----	31.25	-----	28.10	-----	12/U 50M Freestyle	27.90	-----	31.00	-----	32.00	-----	14
15	3:22.00	-----	3:14.75	-----	2:55.50	-----	10/U 200M IM	2:57.25	-----	3:16.25	-----	3:25.25	-----	16
17	2:54.50	-----	2:50.50	-----	2:33.25	-----	12/U 200M IM	2:33.50	-----	2:50.75	-----	2:57.25	-----	18
19	1:33.00	-----	1:28.75	-----	1:20.00	-----	10/U 100M Backstroke	1:20.50	-----	1:29.00	-----	1:35.25	-----	20
21	1:21.80	-----	1:18.25	-----	1:10.25	-----	12/U 100M Backstroke	1:10.50	-----	1:18.50	-----	1:22.50	-----	22
23	-----	-----	-----	-----	-----	-----	10/U 200M Medley Rel.	-----	-----	-----	-----	-----	-----	24
25	-----	-----	-----	-----	-----	-----	11/12 200M Medley Rel.	-----	-----	-----	-----	-----	-----	26
27	6:12.00	6:42.49	6:05.75	6:34.49	7:00.00	7:27.49	10/U 400M/500Y Freestyle*	7:04.25	7:39.99	6:23.50	6:42.24	6:30.00	6:56.24	28
29	5:22.75	5:59.70	5:16.50	5:49.95	5:58.50	6:39.99	12/U 400M/500Y Freestyle*	6:00.00	6:44.99	5:25.50	5:54.32	5:32.00	6:06.51	30

**ORDER OF EVENTS  
2015 LONG COURSE REGIONAL CHAMPIONSHIPS**



