

CONNECTICUT SWIMMING

2016 LONG COURSE REGIONAL CHAMPIONSHIPS

12 & Under Swimmers

July 8-10, 2016

Held under sanction by USA Swimming and Connecticut Swimming- Sanction # L34A, 34B, and 34C. 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 Cheshire Y Seadogs, Woodbridge Aquatic Club, Zeus Swim Team

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 1, 2016.

	Saturday & Sunday Morning <i>Hosted by CDOG</i>	Saturday & Sunday Morning <i>Hosted by WAC</i>	Saturday & Sunday Afternoon <i>Hosted by ZEUS</i>
Location:	Cheshire Community Pool 520 South Main Street Cheshire, CT 06410	Wesleyan University 161 Cross St Middletown, CT 06457	Wesleyan University 161 Cross St Middletown, CT 06457
Meet Director:	Jenn Carroll wandjcarroll@comcast.net 203-410-8800	Dave Reilly dmr123@sbcglobal.net 203-848-0307	Dennis Flores Dennis.flores@zeusswimteam.org 203-505-4512
Entry Chair:	Cassie Maliar cassiemaliar@gmail.com 860-919-6380	Dave Reilly dmr123@sbcglobal.net 203-848-0307	Eric Baritz byte1inc@comcast.net 203-838-5836
Safety Chair:	Sean Farrell	Ken Yanagisawa	Dennis Flores
Referee:	Mark Wollen mark@mjwollen.com 203-721-5774	Julia Yanagisawa, julia.shi@yale.edu 203-387-6552	Dennis Rodney d1rmdi@msn.com 203-733-4604
Facility:	8-lane, 50-meter pool; Daktronics Scoreboard and Electronic Timing. Deck seating for spectators will be available, bring deck chairs. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is: 6-12 ft. Water depth at turn end is: 4 ft.	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. Water depth at start end 14 ft; turn end 7.5 ft.	
Emergency Phone:	203-271-3208	Public Safety: 860 685-2345	
Disabled Access:	The facility is accessible to the disabled. Please contact the Meet	Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in	

Director with questions.

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.

WESLEYAN LOCKER ROOMS: No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms. Please see spectator and deck access below. **WESLEYAN LAWN POLICY:** Clubs 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](#), which is available on ctswim.org. Violations of the policy will subject offending clubs to fines as described therein.

WESLEYAN SPECTATOR POLICY: Wesleyan and CSI reserve the right to remove any spectator from the stands and/or the facility. The spectator area has a seating capacity of 340. This will be strictly enforced. The aisles must be clear at all times. No personal chairs are allowed. The back aisle must be clear at all times. There is no standing. There is no saving seats. Wrist bands will be distributed to participating teams based on number of swimmers entered. Spectators are to receive bands from their teams. It is up to each team community to share these bands so all have an opportunity to see their swimmers compete.

WESLEYAN LOBBY POLICY: The main lobby of Freeman Athletic Center is to remain open and clear at all times. No chairs will be allowed. No chairs will be allowed in front of the observation window in the lobby. The area leading to the back Fieldhouse and the hockey rink area will be available for parent chairs. The hockey rink spectator area will also be available for swimmers and families.

WESLEYAN DECK ACCESS: Swimmers on deck must be supervised by a USA Swimming registered coach. 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. Coaches not affiliated with a CSI registered club may be on deck only for those sessions in which they are coaching associated unattached swimmers. 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 are not allowed on the pool deck for any reason. The Meet Director and Referee reserve the right to limit such deck access in the event of overcrowding, inappropriate behavior or for any other reason. CSI Rules of Conduct will be strictly enforced.

Dependent on athlete number per session, clubs may be asked to stage athletes off deck.

CHESHIRE COMMUNITY POOL POLICY:

Coaches will need to be in possession of a deck credential, worn in full view, to gain access to the pool deck. Credentials will be distributed to teams based on their size of entry for finals. The number of credentials available will be limited for the purpose of keeping deck population at or below the deck occupancy limit of 350, which includes all swimmers, coaches and meet volunteers. Only swimmers competing swimmers will be granted access to the pool deck.

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 11, 2016.

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

Morning Sessions for CDOG: Warm-Up 7:00am; Meet Start 8:00am

Morning Sessions for WAC: Warm-Up 7:20; Start 8:15 am

Afternoon Sessions for ZEUS: Warm-Up 1:00 pm; Meet Start 2:05 pm

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 2016 CSI-registered members of USA Swimming.
2. A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet during the 2016 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 2016 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, 2016, 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 June 28, 2016**. Club divisions will be posted on ctswim.org no later than July 1, 2016. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday, July 1, 2016.

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, June 27, 2016, with the championship birthday athlete's entry.

Age for the meet **will be the swimmer's age as of July 8, 2016 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, June 28, 2016.**

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 1, 2016. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday, July 1, 2016. Host clubs have the right to remove unpaid club entries, with approval from Program Operations.

Send payment postmarked no later than Friday, July 1, 2016 to the assigned meet host:

Cheshire Sat/Sun morning meet

hosted by CDOG.

Checks payable to **"STPA"** *"Regionals" on memo line*

STPA

PO Box 271

Cheshire, CT 06410

Wesleyan Sat/Sun mornings

hosted by WAC

Checks payable to

Woodbridge Aquatic Club

57 Union Street

Guilford, CT 06437

Wesleyan Sat/Sun afternoons

hosted by ZEUS

Checks payable to **NAC**

75 Main Street, #272

Norwalk, CT 06851

LATE QUALIFIERS: Any entered club that has a swimmer achieve an initial qualifying time during the period of **June 30-July 3, 2016**, must email that entry no later than **10 PM, Monday, July 4, 2016**, to their assigned host's Entry Chair. After this deadline, no late qualifier entries will be accepted. Exceptions to this deadline will not be entertained. **No improvements in seed time will be accepted, including change of course.** Splash fee checks for late qualifiers must be postmarked no later than Tuesday, July 5, 2016 and mailed to assigned meet host. CSI reserves the right to remove the unpaid entries from the meet.

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 4, 2016.** 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 4, 2016.

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 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 OR CANCELLATION: In the event of weather delays, events may be cut. Please review [CSI's Inclement Weather Policy](#).

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.

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:

WESLEYAN UNIVERSITY:

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>

Parking: [insert Wesleyan parking] The U parking lot will be closed on Saturday and Sunday. (U Lot is at the end of the track.)

CHESHIRE COMMUNITY POOL:

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.

ORDER OF EVENTS

2016 LONG COURSE REGIONAL CHAMPIONSHIPS 12 & UNDER July 8-10, 2016

Friday, July 8, 2016

No events

Saturday, July 9, 2016

<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	1:20.50	-----	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	-----	2:54.50	-----	10/U 200M IM	2:56.50	-----	3:16.25	-----	3:25.25	-----	16
17	2:54.50	-----	2:50.50	-----	2:32.00	-----	12/U 200M IM	2:32.00	-----	2:50.75	-----	2:55.90	-----	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	6:55.00	7:27.49	10/U 400M/500Y Freestyle*	7:00.00	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

