

**2016 Women's and Men's Long Course
CONNECTICUT SENIOR CHAMPIONSHIP
Connecticut Swimming
July 14-17, 2016**

Version	Revision	Date
Final 1.0		06/26/16
Final 1.1	Late qualifier and correction deadline revision	06/27/16

EVENTS

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L16-37. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Sponsored by Connecticut Swimming and the Senior Committee, the meet will be run in accordance with USA Swimming rules unless otherwise noted. The meet will be open to eligible 2016 CT Swimming registered clubs and swimmers who have swum the attached time standards.

MEET DIRECTOR: Randy Erlenbach rerenbach@wiltonymca.org

MEET REFEREE: Dave Pite officials@ctswim.org

MEET ENTRY INFO: Ginger McCurdy ctswim.mccurdy@gmail.com 860.657.1164

WEBSITE: <http://ctswim.org>

SAFETY CHAIRMAN *TBD*

EMERGENCY NO: Pool Deck: 860-685-2915

FACILITY: [Wesleyan University's Freeman Athletic Center Pool](#).

- The Freeman Center Pool is a 50 meter by 25 yard venue with a Colorado Timing System; limited spectator seating; limited refreshments.
- 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 is: 14 feet. Water depth at 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 is permitted. No deck changing. Failure to comply may result in expulsion from the meet.
- No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms.
- **No Folding Chairs allowed anywhere in the building**
- **Seating for swimmers on pool deck will be limited. Additional seating available in ice rink spectator area.**

- Spectators will be allowed to SIT only on spectator viewing area bleachers.
- Any vehicle parked anywhere other than in a parking space will be subject fines and being towed.

DISABLED/ELDERLY ACCESS:

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

SCHEDULE:

	Warm-up	Meet Start
Trials –Th-Fri-Sat-Sun	6:30 a.m.	8:30 a.m.
Finals –Th-Fri-Sat-Sun	4:00 p.m.	5:30 p.m.

WARM-UP: All clubs must warm-up under the supervision of a coach. Coaches should register in the office when they arrive in order for their clubs to begin warm-up. **Only swimmers entered in this meet may use the warm-up lanes.** All athletes must have a coach in attendance. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify the Entry Chair. Warm-up lane assignments are subject to the discretion of the **Meet Director** and will be provided in the coaches' packets and on the CT Swimming website **if needed. No diving will be permitted, except in the sprint lanes.** Pace lanes will be reserved for swimmers who are being timed by their coaches. Entry into pool is feet-first from the end of the pool. **After each Men's event there will be at least a 10 minute warm up/down available. Meet Director may lengthen the duration of this warm up period if needed.**

COACHES' MEETING: A brief coaches' meeting will be held on **Thursday** morning at **8:00**. Additional meetings may be scheduled by the Meet Referee or Meet Director as necessary.

ELIGIBILITY: This is a **closed** meet. Only CSI-registered clubs and swimmers are eligible to enter. All swimmers must be 2016 registered members of USA Swimming. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](#). Registrations will not be processed at the meet. 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 will be required to check-in at the pool office in order to be on deck.

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 TBD for time standards and other information. Coaches or athletes must notify the referee of any disability prior to competition.

FEES: Splash fees: **\$10.00 per individual event, \$16.00 per relay.** **If no electronic entry is provided, there is an extra \$5 manual entry fee per swimmer.** Payment is required upon final entry submission. Credit card and checks accepted.

OUTREACH: Participating clubs may request, in writing, that individual entry fees be waived for Outreach athletes listed on the club's entry. See <https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Outreach-Entry-Fees.pdf> for policy and procedure

ENTRIES: Swimmers may enter any individual event for which they qualify, but may only compete in three (3) individual events per day and a maximum of **seven** (7) individual events for the meet.

ENTRY INFORMATION: Swimmers must have equaled or bettered their entry times since January 1, 2015, and before the entry deadline. Manual and non-CSI club entries must indicate SCM/SCY entry times on the entry form by writing SCY/SCM in red on the entry form. **No Bonus Events will be available for this meet.**

CSI-member USA Swimming clubs will enter using Connecticut FAST Online Entries and enter an adapted athlete by contacting ctswim.mccurdy@gmail.com.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: (1) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance (2) be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

ENTRY DEADLINE: The entry deadline is **9:00 PM on Thursday, June 30, 2016**. Every effort will be made to have psych sheets posted on <http://ctswim.org> for corrections by 9:00 am Friday July 1. Late entries for NEW qualifying swims achieved between **June 30 and July 10** will be accepted until **12 pm noon, Monday, July 11**. Improvements of existing entries will not be accepted.

CORRECTIONS: Designated entry contacts will be given until **12 pm noon, Monday, July 11** to email GingerMcCurdy of any entry errors. No improvements in seedtime will be accepted, including changes in course. Corrections will be accepted by email only. \$5 will be assessed for each correction. CSI is not responsible for entry errors based on incorrect meet files, computer/server errors, software bugs, etc.

PAYMENT: Payment is required and will be collected upon submission of entry by credit card or by signed check/check request. If paying by check, an image of the signed check/check request must be submitted with the entry. The check must then be mailed to the address below.

Connecticut Swimming c/o Ginger McCurdy
28 Farms Village Rd, Wethersfield, CT 06109

PROOF OF TIMES: All entry times must be pre-proven. The results of any USA Swimming sanctioned, approved, or observed meet or a meet attested by a USA Referee or CIAC/ Independent Referee will be acceptable as proof of time. Eligible times not verified in Connecticut FAST may be proven by using the Connecticut FAST custom times tool available to CSI clubs or, in the case of unattached entries, by sending an email to the entry chair, which includes the meet name, date, location, referee attestation, and pertinent page(s) of the results. Failure to pre-prove an entry time will prevent the swimmer from being entered in that event. 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.

SCRATCHES: Coaches will receive a scratch envelope containing scratch sheets for each day's events. Scratches for preliminary sessions are due at the computer table prior to 7:30 am on the morning of the respective preliminary session. For Thursday prelim session the scratch sheets must be turned in prior to 7:30 am on Thursday morning, Friday prelims on Friday morning, etc.

FAILURE TO COMPETE: Swimmers who are not scratched and fail to compete in preliminary heats will be barred from their next individual event. Swimmers are automatically seeded in the meet if a scratch sheet is NOT turned in.

A swimmer qualifying for a the A Final, B Final, or C final who fails to compete and who has not scratched shall be disqualified as a "No Show" and will be barred from all further competition in the meet and shall be fined **\$50.00** for each event not swum. Fines must be paid before October 1, 2016. No penalty will apply, if:

- A. The referee is notified in the event of illness or injury and accepts the proof.
- B. A swimmer qualifying for finals based on the results of preliminaries notified the Clerk of Course within 30 minutes of the announcement of qualifiers that he/she may not intend to compete and confirm his/her final intention within 30 minutes following his/her last preliminary event.
- C. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

DISTANCE EVENTS: The fastest heat of **Women's 800M and Men's 1500M** freestyle will be swum at **the beginning of their respective Finals session.** The remaining heats of the 800M and 1500M freestyle, including all of the heats conducted on Thursday, will be swum in preliminaries fastest to slowest alternating women and men at the end of the preliminary session. LCM entry times will take precedence over SCM and SCY times. Conversions will not be accepted. Swimmers must provide their own counters for all 800M and 1500M heats and must provide their own timers for all such heats **except those swum during finals.**

Positive check-in is required for the 800M and 1500M freestyle by **8:15am** on Thursday, July 14, 2016 and by 5:00 PM on Saturday July 16, 2016 for Sunday's 800M and 1500M freestyle. Swimmers must positively check in by the stated time. Failure to do so will result in the swimmer not being seeded into the event. Scratches for Sunday's distance events swimmers are due at 8:15am Sunday July 17th. Any swimmer that does not scratch the event by the scratch deadline (and did not positively check in) will be seeded at "NT".

- If you positively check in and don't scratch, you swim and are seeded based on your time.
- If you positively check in and scratch, you don't swim.
- If you miss the positive check-in and don't scratch, you swim and are seeded with 'NT'.

Prelims of the 400 IM and 400 Free will be swum as follows: The fastest 4 heats of Women followed by the Top 4 heats of Men; the fastest 3 heats of each will be circle seeded. All remaining heats alternating Women and Men continuing fastest to slowest.

FINALS: Three heats (Top 24) will return for the evening session - A Final, B Final, and C Final. Fastest 2 heats of relays will be swum at evening finals, remaining heats will be swum during Prelims before the

Distance Event. Awards will be presented during finals after each men's event. The Top 8 championship finalists should report to the awards area, wearing appropriate team apparel.

RELAYS: Clubs may enter a maximum of two relay entries per relay event. **There will be NO 'Relay only' swimmers allowed.** The time for each relay may be submitted as a composite.

The 800 Freestyle Relay will require participating Teams to provide their own timers.

ALL RELAYS WILL BE SWUM AS TIME FINALS. The Fastest two seeded heats will swim at the end of Finals each evening, slowest to fastest. The remaining heats will swim at the end of Prelims, prior to Distance events, fastest to slowest.

Meet Juries: The meet Juries shall be announced by the Meet Referee at the coaches meeting. Written protests involving eligibility or technical rules, except disqualification due to judgement decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence.

TIME TRIALS: Time trials will be conducted, time permitting, and at the discretion of the meet referee, 15 minutes after the completion of each preliminary session, or Finals each evening for those swimmers participating in individual events in the meet in accordance with USA Swimming rules. Each individual time trial will count as one of the seven individual swims allowed each swimmer. Time trials in the 800M and 1500M freestyles will only be permitted if time is available after all other time trials are completed on the days they are offered. Swimmers must sign up for time trials held after prelim sessions Friday/Saturday/Sunday between 8:30-10:30am, or for time trials held after Finals each evening by 5:30 Pm. Fees: \$10.00/individual event; \$16.00/relay. Swimmers entered in time trials must provide their own timers and lap counters and by entering, agree that they may be seeded in combined heats and waive the requirement to have an empty lane.

TEAM SCORING: Team scores will be kept for the Men's, Women's and Combined Teams through 16th place as per USA Swimming rule 102.7.3.

AWARDS: Awards will be presented throughout the meet, including a distance high-point award (400 IM, 400, 800 and 1500 Free). Individual awards will be presented for 1st through 3rd and the top 3 relays in each event at finals each evening. Club awards and high point awards will be awarded following Sunday finals.

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 beck 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.

WORK ASSIGNMENTS:

1. All clubs are required to provide workers (e.g. timers, runners, marshals, officials, etc.) in proportion to the size of their entry. Club work assignments will be posted on ctswim.org when available. Please include the name, phone number and address of the club contact for work assignments. Interested officials should apply online at <https://www.ctswim.org/CTNet/CFPaintForm.aspx?f=74> or contact Dave Pite by 07/15/16 if your official's assignment is to be counted toward your club's work assignment.
2. Any club which fails to provide its workers or whose workers do not work for the entire session will be fined by Connecticut Swimming, Inc. Clubs will be fined \$100 per each worker that fails to show and \$60 for each worker that is late or leaves early.
3. *NOTE WELL* that a work assignment is for the duration of the session. It is up to the club to provide a backup worker in case the club's worker for any reason is unable to perform or complete the work assignment.
4. Each club is to submit the name of the club liaison responsible for that club's workers each day of the meet. Workers must report in a timely manner. If no representative is shown on the summary sheet, the club coach will be responsible for performing the function of liaison.

REFRESHMENTS: Beverages and light snacks will be provided for coaches and officials.

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

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.

PARKING: Wesleyan will tow illegally parked cars. Please plan to park in the lot next to the tennis courts on Vine Street.

LODGING:

Crowne Plaza Cromwell
100 Berlin Road, Cromwell
860-807-2458

Marriott Courtyard
4 Sebethe Dr, Cromwell
860-635-1001

Inn at Middletown
70 Main Street Middletown
860-854-6300

Comfort Inn
Route 372, Cromwell
860-635-4100

Ramada Plaza Hotel
275 Research Pkwy, Meriden
203-238-2380

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

Super 8 Motel

1 Industrial Dr, Cromwell
800-843-1991

Hawthorne Inn

2387 Wilbur Cross Pkwy, Berlin
860-828-4181

CONNECTICUT SENIOR CHAMPIONSHIPS
ORDER OF EVENTS
WITH QUALIFYING TIMES
JULY 14-17, 2016

Women				Men				
NO.	LCM	SCM	SCY	Event	SCY	SCM	LCM	NO.
<u>Thursday, July 14th</u>								
1	2:37.99	2:34.49	2:13.99	200M Backstroke	2:08.99	2:28.99	2:29.59	2
3	1:11.69	1:09.99	1:01.69	100M Butterfly	55.39	1:05.99	1:04.99	4
5	3:02.39	2:51.49	2:35.99	200M Breaststroke	2:24.99	2:48.99	2:52.99	6
7	19:39.99	18:29.99	18:15.99	1500M/1650Y Freestyle*				
9				800M/1000Y Freestyle*	10:29.99	9:31.99	9:36.99	8
				800M Free Relay*				10
<u>Friday, July 15th</u>								
11	2:17.99	2:14.49	1:58.29	200M Freestyle	1:49.99	2:03.59	2:06.59	12
13	1:13.59	1:09.99	1:01.99	100M Backstroke	58.59	1:09.49	1:08.99	14
15	5:39.99	5:23.99	4:49.99	400M I.M.	4:36.99	5:22.49	5:16.29	16
17				400M Free Relay*				18
<u>Saturday, July 16th</u>								
19	29.29	28.49	25.39	50M Freestyle	22.89	26.99	26.79	20
21	1:24.99	1:19.49	1:10.99	100M Breaststroke	1:06.99	1:17.99	1:18.99	22
23	4:53.59	4:47.49	5:21.69	400M Freestyle	4:57.99	4:31.99	4:35.99	24
25				400M Medley Relay*				26
<u>Sunday, July 17th</u>								
27	2:45.99	2:34.99	2:21.29	200M Butterfly	2:12.99	2:30.49	2:29.59	28
29	1:03.59	1:02.49	54.99	100M Freestyle	49.79	58.49	58.09	30
31	2:37.99	2:32.99	2:14.99	200M I.M.	2:03.59	2:28.49	2:26.79	32
33	10:22.99	9:42.99	10:49.99	800M/1000Y Freestyle*				
				1500M/1650Y Freestyle*	18:02.99	18:14.99	18:59.99	34

* These events will be swum as timed final events.

The top 2 heats of Relays will be swum in the evening final sessions.

The top heat of the Women's 800M and the 1500M Freestyle will be swum at the beginning of the evening finals session.