

CONNECTICUT SWIMMING, INC.
2019 LONG COURSE CONNECTICUT AGE GROUP
SWIMMING CHAMPIONSHIP
July 25-28, 2019

EVENTS

Held under the sanction of USA Swimming, Inc. #L19-45. 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.

The Long Course Connecticut Age Group Swimming Championship will be held at Cheshire Community Pool in Cheshire, CT. This meet is open to all Connecticut Swimming registered clubs and swimmers who meet the eligibility criteria and time standards (included). The meet will be run in accordance with USA Swimming rules unless otherwise noted.

MEET DIRECTOR:	Suzannah Rogers	203-571-8526	srogers68@optonline.net
MEET REFEREE:	Mark Wollen	203-631-3142	mark@mjwollen.com
ADMINISTRATIVE REFEREE:	TBD		
MEET ENTRY INFO:	Nan Cooper	860-657-1164	office@ctswim.org
SAFETY CHAIR:	TBD		
EMERGENCY PHONE:	Pool Deck: 203-271-3208		

VENUE INFORMATION

FACILITY: The Cheshire Community Pool is a 8-lane, 50-meter pool. Water depth at start end is: 6-8 feet. Water depth at turn end is: 6-8 feet. The competition course has not been certified in accordance with 104.2.2C(4). 10-line Daktronics Scoreboard and Electronic Timing System. Bleacher seating is available for the parents. Only swimmers are allowed to use deck chairs. In the case of a physical disability, please contact Meet Director for instructions. 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 prohibited.

SPECTATOR SEATING: The aisles must be clear at all times. No personal chairs are allowed inside the facility. Personal chairs are allow outside the facility in designated areas. The back aisle must be clear at all times. There is no standing in bleachers. There are no saving seats.

DISABLED/ELDERLY ACCESS: The facility is accessible to the disabled. Please contact the Meet Director with questions.

DIRECTIONS: From 91 North: to Exit 10 (Rt. 40 ext). Follow to the end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the pool.

From 91 South: to 691 West. Take exit 3 off 691, Cheshire. At the light at the end of the 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: Overflow parking available across the street at Cheshire High School

SCHEDULE:	<u>Ages</u>	<u>Warm-Up</u>	<u>Start</u>
Thursday Evening	13/14	3:15 p.m.	4:15 p.m.
Thursday Evening	12/U & relays	5:30 p.m.*	6:00 p.m.*
Fri-Sat-Sun Prelims Session 1	13/14	6:30 a.m.	7:45 a.m.
Fri-Sat-Sun Prelims Session 2	11/12	10:45 a.m.	12:00 p.m.
Fri-Sat-Sun Prelims Session 3 Timed Finals	10/U	3:00 p.m.	3:45 p.m.
Fri-Sat- Sun Finals	11/12 & 13/14	5:45 p.m.	6:30 p.m.

*NOTE WELL: The 12/U Thursday Evening session times are approximate and will be updated on the CSI website by approximately 10:00 p.m. on Wednesday, July 24, 2019. There will be a 15 minute break after the completion of the 12&U session. There will be NO SPRINT SESSION during the relay break.

GENERAL MEET INFORMATION

RULES: Current USA Swimming Rules will govern this meet. The swimmer's age as of July 25, 2019 governs age group participation for the entire meet.

ELIGIBILITY CRITERIA: Clubs and all athletes must be 2019 *CSI-registered members* of USA Swimming. Registration will not be processed at the meet.

1. Athletes must have swum in at least one regularly scheduled CSI-sanctioned meet in the 2019 Long Course schedule;
2. Have been properly entered prior to the appropriate deadline contained in either the ENTRY DEADLINE, CORRECTION, or LATE QUALIFIERS sections below, and;
3. To be eligible to compete in individual events, each swimmer **MUST** have achieved the qualifying time for each individual event entered since April 1, 2018. Swimmers may qualify with times from 25 yard (SCY), 25 meter (SCM) or 50 meter (LCM) courses.

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

OUTREACH POLICY: CSI has adopted an outreach policy to enable Outreach athletes to enter this championship meet with their entry fees waived. See the OUTREACH ATHLETES section for more info.

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.

Team seating may be restricted outside of the facility under tents.

COACHES' MEETING: A brief coaches' meeting will be held on Friday morning at a time designated by the meet referee and as necessary on Saturday and Sunday. Please consult your packet for meeting time.

ENTRIES FOR INDIVIDUAL AND RELAY EVENTS

- Swimmers may enter any individual event for which they qualify, but may only compete in six (6) individual events for the meet and a maximum of three (3) individual events per day.
- Swimmers meeting the qualification in the 800M/1000Y Freestyle may enter the 1500M/1650Y Freestyle as a bonus, and vice versa. These events must be entered with pre-proven official times.
- Clubs may enter one relay-only swimmer per age group per gender (11/12 Girls, 11/12 Boys, 13/14 Girls & 13/14 Boys). Swimmers entered in relay events **only** must be listed on the meet entry with their USA Swimming numbers and ages.
- Clubs may enter up to three relay-only swimmers per age group per gender for 10/Under session only to fill out an "A" relay. Teams with B & C relays may only use 1 relay-only swimmer. (i.e. to have a B relay, a team must have at least 7 individual qualifiers.)
- Each club may enter up to three (3) relay teams per relay event, except for the 800M Freestyle Relay where each club may enter only one (1) relay team per 800M relay event. "No-times" for relay events will not be accepted. Please estimate or use a composite.
- **ALL RELAYS WILL BE SWUM DURING PRELIMINARIES (Timed Finals for 10/U) on a timed final basis.**
- Unattached swimmers (UN) must be indicated on the entry. Coaches wishing to change the attachment status of swimmers during the meet should bring such requests, which must be consistent with USA Swimming rules, to the Administrative Referee.
- A swimmer entered into this meet with a non-conforming time may **NOT** update that time with a LCM time achieved after the meet entry deadline of July 16, 2019.

PROOF OF ENTRY 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 \$100.00 per event. The \$100.00 fine must be paid by October 1, 2019, to the Connecticut Swimming office.

ENTRY DEADLINE: Entries must be received by **9:00 p.m. Tuesday, July 16, 2019.**

ENTRY SUBMISSION: CSI-member USA Swimming clubs will enter using [Connecticut FAST Online Entries](#) and enter an adapted athlete by contacting office@ctswim.org. 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. See Proof of Entry Times section for

acceptable proof. Manually typed entries are subject to extra fees and all times done in courses other than a 50-meter course must be marked on the entry form by writing SCM or SCY at the entry time. All computer entry files should be coded to indicate the course in which the time was achieved.

FEES: Splash Fee: \$10.00 per individual event, \$20.00 per relay, \$15.00 per individual time trials and \$30.00 per relay time trials. A \$3.50 per swimmer entry fee applies to relay-only swimmers. If no electronic entry is provided, there is an additional \$10.00 manual entry fee per swimmer.

PAYMENT: The payment deadline for entries is upon receipt of final entry. Payment 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 final entry. The check must then be mailed to the address below.

Connecticut Swimming
28 Farms Village Rd
Wethersfield, CT 06109

Checks must be postmarked by Wednesday, July 17, 2019. Splash fees for late qualifiers and correction fees are due on Wednesday, July 24, 2019 by check (postmarked) or credit card. CSI reserves the right to remove the unpaid entries from the meet.

OUTREACH ATHLETES: 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).

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 member coach prior to the meet. Athletes unaccompanied by a member coach will not be permitted on deck. Please contact the Meet Director for assistance. and
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 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 the Meet Director with the entry.

LATE QUALIFIERS: Any entered club that has a swimmer achieve an initial qualifying time during the period of **July 17-23, 2019** must enter, no later than 9 PM, Monday, July 22, 2019, using FAST Online Entries. 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.** Splash fees for late qualifiers are due on Tuesday, July 23, 2019 by check (postmarked) or credit card. CSI reserves the right to remove the unpaid entries from the meet.

CORRECTIONS: Meet entry corrections will be accepted by the meet entry chair until 9 PM, Monday, July 22, 2019. Email corrections to the Entry Chair office@ctswim.org. After this deadline, no corrections will be accepted. Exceptions to this deadline will not be entertained. Under no circumstances will corrections (other than changes of attachment status) be accepted after this time. Corrections are not the same as exchanging one event for another (swapping out). Corrections are adding events that were, for whatever reason, not included in the original entry. **No improvements in seed time will be accepted.** For **each** correction, including but not limited to event, age group, proof of time, clubs will be assessed \$10.00 in addition to the published splash fee (see examples below).

- If John Doe is omitted from a club's entry in six (6) events, his club will be charged \$60 in addition to the cost of his entry. Total for John Doe \$120.00.

- If a relay team is added, the charge will be \$10.00 plus splash fee. Total for additional relay \$30.00.

If any entry times must be corrected, the fee will be \$10.00 per correction. In accordance with CSI rules, proof of time is required and this procedure shall **not** be used to improve seed times. Prior to correcting entry times, the original proof of time will be checked to ensure the correction is not an improvement in seed time. Splash fees for correction fees are due on Tuesday, July 23, 2019 by check (postmarked) or credit card. CSI reserves the right to remove the unpaid entries from the meet.

WARM-UP, SCRATCH, & POSITIVE CHECK-IN PROCEDURES

CHECK-IN/WARM-UP: All clubs must warm-up under the supervision of a coach or marshal. Swimmers without a coach in attendance must report to the office and have a supervisor assigned. Lane assignments for general warm-up will be provided in the coaches' packets and are subject to the discretion of the Meet Referee. No diving will be permitted, except in the assigned lanes during one-way Sprints. Pace lanes will be available during sessions. Due to limited warm-up space, **only swimmers entered in individual events or expected to swim relays in each session may enter the pool in that session's warm-up period.**

SCRATCH PROCEDURES:

- Positive check-in is required by **6:30 p.m.** on Saturday, July 27, 2019 for the 800M freestyle events scheduled to be conducted on Sunday, July 28, 2019. Failure to positively check-in by the stated time will result in the swimmer not being seeded into the event.
 1. Any swimmer who does not scratch the event by the scratch deadline on Sunday (and did not positively check in) will be seeded at "NT".
 2. If you positively check-in and do not scratch, you will be seeded with your entry time and may swim.
 3. If you positively check in and scratch, you will not be seeded in the event and will not swim.
- Except as otherwise provided in this Announcement scratch sheets must be turned into the computer table by the following deadlines:

<i>SCHEDULE:</i>	<u>Ages</u>	<u>Scratch Deadline</u>
Thursday Evening	13/14	3:30 p.m.
Thursday Evening	Relays & 12 & under	5:30 p.m.
Friday Prelims	13/14 & 11/12	Thursday 6:30 p.m.
Saturday Prelims	13/14 & 11/12	Friday 6:30 p.m.
Sunday Prelims	13/14 & 11/12	Saturday 6:30 p.m.
Fri-Sat-Sun Timed Finals	10 & under	3:15 p.m.

- For the 13/14 and 11/12 preliminary sessions, scratches are due no later than **6:30 pm on the preceding day.** Scratches will be accepted via email to Gordon Brown: gbrown@regionalmca.org before 6:30pm for teams that are not in attendance at the evening's sessions. No exceptions. For the 10 & under timed final sessions, scratches are due no later than **3:15 pm.** No exceptions.
- If a scratch sheet is not received by the deadline, all swimmers on that scratch sheet will be considered NOT scratched and will be seeded in their entered events, except that any over-entered swimmers will be scratched from their last event(s) other than the 800M freestyle until they are in compliance with entry rules.

Upon official announcement of the qualifiers from the preliminary heats of an event, scratch sheets for finals will be posted at the Administrative Referee's table. Swimmers will have 30 minutes to scratch or "declare an intention to scratch" from the finals for the event.

FAILURE TO COMPETE PENALTIES:

Failure to show for a Preliminary or Timed final event will not result in a penalty. However, a missed event will count as an event entry and included in both the daily and meet event limitations.

A swimmer qualifying for a consolation or championship final who fails to compete and who has not scratched, will be barred from further competition in the meet. A swimmer who fails to appear for a final heat on the last day of the meet shall be fined \$50.00 for each event not swum. Fines must be paid before October 1, 2019. A swimmer shall not be permitted to participate in any further meets sanctioned by CSI until all fines are paid.

- *No Penalty shall apply for Failure to Compete in finals if:*
 1. The Referee is notified in the event of injury or illness and accepts the proof.
 2. A swimmer qualifying for a final heat based on the results of preliminaries notifies the Administrative Referee within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event.
 3. The Referee determines that failure to compete was caused by circumstances beyond the control of the swimmer.

CONDUCT OF COMPETITION

SEEDING: Seeding will be in accordance with USA Swimming rule 102.5. All conforming times (LCM) shall be arranged from fastest to slowest; then non-conforming long course meter times (SCM) will be arranged fastest to slowest; followed by non-conforming short course meter times (SCY) arranged fastest to slowest. The order of heats shall be swum slowest to fastest except as otherwise noted (See DISTANCE EVENTS).

INDIVIDUAL EVENTS

- All 10 & under events and all relays will be timed finals.
- With the exception of the 11/12 400M Freestyle, 800M and 1500M Freestyles (see DISTANCE EVENTS), all 11/12 & 13/14 individual events will be conducted as trials and finals, with the fastest sixteen swimmers returning for consolation and championship final heats in the evening session.

DISTANCE EVENTS

- Swimmers competing in Thursday and Sunday distance events (with the exception of those swimming in Sunday Finals), must provide a timer, who will be assigned a lane by the Meet Referee or his designee.
- Swimmers meeting the qualification in the 1000Y/800M Freestyle may enter the 1650Y/1500M Freestyle as a bonus, and vice versa. These events must be entered with pre-proven times. See ENTRIES section.
- The 13/14 and 400M Freestyle and 400M Individual Medley events will be conducted as preliminaries and finals, with the fastest sixteen (16) swimmers returning for championship final heats in the evening session.
- The 12/U 400M Freestyle and the 13/14 800M and 1500M Freestyle events shall be conducted on a **timed final** basis, swum fastest to slowest, alternating girls and boys. In the 800M, the fastest seeded heat of women and men shall be conducted as the first event of finals on Sunday evening. Swimmers must supply their own lap counters, if desired. Except for those swimming Sunday evening finals, swimmers must provide a timer, who will be assigned a lane by the Meet Referee or his designee. The meet program is not the final determinant of seeding. Late entries, corrections or scratches may impact which swimmers will swim in the evening. Seeding will be posted as soon as possible after the scratch deadline.

RELAYS

- **ALL RELAY EVENTS WILL BE SWUM AT PRELIMS** (Timed Finals for 10/U) on a timed final basis.
- Relay cards will be given to club coaches, who must list the relay team swimmers' names in order of swim. Failure to do so will prevent the relay team from competing. Upon reporting to the starting block prior to the relay heat in which the team is entered, the completed relay card shall be given to the head timer. No further changes will be permitted. Incomplete or inaccurate relay cards will result in disqualification if discovered after the swim.
- **Attention:** all teams entered in Thursday's 800M Free Relay event: Clubs may enter one relay team per each event number (3 and 4) for the 800M Freestyle Relay. Each team must provide 1 lane timer for each relay entry. Timers should be ready and in place prior to the conclusion of the previous heat.
- Clubs may enter one (1) relay-only swimmer per age group per gender (11/12 Girls, 11/12 Boys, 13/14 Girls, and 13/14 Boys). Swimmers entered in relay events **only** must be listed on the meet entry with their USA Swimming numbers and ages.
- Clubs may enter up to three (3) relay-only swimmers per age group per gender for 10/Under session only to fill out an "A" relay. Teams with B & C relays may only use 1 relay-only swimmer. (i.e. to have a B relay, a team must have at least 7 individual qualifiers.)
- There will be a 5-minute break preceding all relay events that do not begin the session. This break will provide use of the pool for relay warm-up but will NOT include start or sprint only accommodations.

TIME TRIALS: Time Trials will not be available due to the structure of the preliminary sessions.

CONDUCT OF COMPETITION, BREAKS

Breaks of five (5) minutes in length will be observed after each boys event for each preliminary session and 10/U timed final session. The addition of any unpublished breaks in the competition schedule is at the discretion of the Meet Referee. Coaches and swimmers should note that entering and swimming "back to back" events, under normal circumstances of meet operation does not warrant an unscheduled break. Three (3) to five (5) heats should be anticipated in each preliminary event and relays. **ALL BREAKS ARE GENERAL WARMUP AND WILL NOT INCLUDE START/SPRINT ACCOMMODATIONS.**

AWARDS & SCORING:

- Events will be scored to 16 places. For individual events, medals will be awarded through 8th place with ribbons awarded from 9th through 16th place. For relay events, medals will be awarded through 3rd place.
- Individuals and relay teams winning first place will also receive Age Group Champion awards. High point trophies will be awarded to the individual female and male swimmers and to the women's, men's and combined teams who score the most points in the 10 & under, 11/12 & 13/14 categories. Additionally, "Distance" high point trophies will be awarded to the female and male swimmers who score the most points in the following categories:
 - 10/U - 200 Free, 400 Free, and 200 IM
 - 11/12 - 200 Free, 400 Free, and 200 IM
 - 13/14 - 400 Free, 800 Free, 1500 Free, and 400 IM
- **All clubs must make arrangements to collect their awards prior to leaving the building on Sunday night.** CSI will not be able to provide storage or shipment of awards.
- **Scoring Table:**

Individual Events:	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays:	40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

WORK ASSIGNMENTS

Club entry in this meet constitutes acceptance of club responsibility to provide workers as assigned by the Meet Director. All clubs are required to provide workers (e.g. safety coordinators, timers, runners, marshals, officials, etc.) in proportion to the size of their entry. All clubs and unattached groups, regardless of size, may be asked to produce a worker(s) for a session. Each club's work assignments will be posted on ctswim.org as soon as possible after the entry deadline. Clubs who would like to volunteer for specific jobs (computer, announcer, hospitality, office, awards, etc) should contact the Meet Director by July 23, 2019.

Work assignments for finals will be posted as soon as possible following the closing of finals scratches. Assignments will be based on the number of swimmers each club has entered in final and consolation final heats. Workers should appear and sign in at the pool deck office prior to the beginning of warm-ups and remain through the conclusion of finals.

Qualified Officials interested in officiating should submit an [AGC Application to Officiate](#) no later than **July 23, 2019**. Meeting this deadline will ensure these assignments are counted in your club's work assignment.

Due to the limitations of deck capacity, the number of officials on deck may be limited and volunteers are not guaranteed the opportunity to officiate at any session. Officials not required will be notified by the Meet Referee in advance of the meet/session.

Work assignments are, unless otherwise stated in the Volunteer Assignment Schedule posted on www.ctswim.org, for the duration of the session, **including relay events**, and it is the responsibility of the club to provide back-up if for any reason a worker is unable to complete the work assignment. Job descriptions will be posted on the CSI website. Unless otherwise stated in the Volunteer Assignment Schedule, workers must appear and sign in at the pool deck office prior to the second session of warm-ups. Connecticut Swimming, Inc. will fine any club that fails to provide its workers or whose workers do not work for the entire session. Fines must be paid before October 1, 2019, or offending clubs jeopardize their right to participate in future CSI- sponsored events.

Failure to supply worker	\$100 per worker per session
Leaving assignment early	\$60 per worker per session
Arriving late for assignment	\$60 per worker per session

Each club shall submit the name and telephone number of a club liaison responsible for that club's work assignments. If no representative is shown, the club coach shall be responsible for performing the function of the liaison.

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.

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

RULES: Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy](#), will govern all competition.

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.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.

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.

LODGING:

Crowne Plaza Cromwell
100 Berlin Road, Cromwell
800-635-2000

Comfort Inn
Route 372, Cromwell
860-635-4100

Super 8 Motel
1 Industrial Dr, Cromwell
800-843-1991

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

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

Hawthorne Inn
2387 Wilbur Cross Pkwy, Berlin
860-828-4181

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

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

Sheraton Hartford South
100 Capital Blvd, Rocky Hill
860-257-6045

**2019 LONG COURSE CONNECTICUT AGE GROUP SWIMMING CHAMPIONSHIP
ORDER OF EVENTS
July 25-28, 2019**

THURSDAY JULY 25, 2019

GIRLS

BOYS

<u>NO.</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO.</u>
1	19:09.99	19:05.89	20:06.99	13/14 1500M/1650Y Free 30 minute warm-up	18:39.99	18:41.89	19:44.99	2
3	----	----	----	13/14 800M Free Relay	----	----	----	4
5	7:03.49	6:08.59	6:14.99	10/U 400M/500Y Free	7:04.99	6:09.59	6:25.99	6
7	5:54.99	5:15.79	5:22.19	11/12 400M/500Y Free	5:58.99	5:23.59	5:29.99	8

Note: The 1500M/1650Y and the 800M/1000Y Freestyles are reciprocal bonus events. Please refer to ENTRIES section.

FRIDAY JULY 26, 2019
FRIDAY SESSION 1

<u>NO.</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO.</u>
9	----	----	----	13/14 400M Free Relay **BREAK**	----	----	----	10
11	2:19.59	2:30.99	2:41.99	13/14 200M IM **BREAK**	2:14.59	2:22.99	2:35.79	12
13	26.09	28.09	29.99	13/14 50M Free **BREAK**	25.19	26.99	28.69	14
15	2:38.89	2:56.29	3:07.19	13/14 200M Breast **BREAK**	2:36.09	2:53.19	3:01.49	16
17	5:30.79	4:49.39	4:57.19	13/14 400M/500Y Free	5:22.79	4:43.99	4:50.99	18

FRIDAY SESSION 2

19	----	----	----	11/12 400M Free Relay **BREAK**	----	----	----	20
21	2:31.49	2:45.09	2:53.99	11/12 200M IM **BREAK**	2:32.09	2:45.49	2:55.99	22
23	1:09.59	1:16.19	1:19.99	11/12 100M Butterfly **BREAK**	1:12.19	1:18.19	1:24.49	24
25	36.59	39.59	42.59	11/12 50M Breast **BREAK**	36.99	40.09	43.69	26
27	1:00.89	1:07.59	1:09.69	11/12 100M Free **BREAK**	1:00.89	1:07.59	1:10.69	28
29	2:31.79	2:48.39	2:55.69	11/12 200M Back	2:32.19	2:48.89	2:58.99	30

FRIDAY SESSION 3

<u>NO.</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO.</u>
31	----	----	----	10/U 400M Free Relay **BREAK**	----	----	----	32
33	3:01.99	3:15.99	3:22.49	10/U 200M IM **BREAK**	3:01.99	3:15.99	3:25.99	34
35	1:29.49	1:37.19	1:40.99	10/U 100M Butterfly **BREAK**	1:29.49	1:39.29	1:43.99	36
37	43.49	46.99	48.99	10/U 50M Breast **BREAK**	44.29	49.19	51.29	38
39	1:12.49	1:17.59	1:20.49	10/U 100M Free	1:11.99	1:17.19	1:20.99	40

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2019 LONG COURSE CONNECTICUT AGE GROUP SWIMMING CHAMPIONSHIP
ORDER OF EVENTS
July 25-28, 2019

SATURDAY JULY 27, 2019

SATURDAY SESSION 1

<u>GIRLS</u>					<u>BOYS</u>			
<u>NO</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO</u>
41				13/14 200M Medley Relay **BREAK**				42
43	56.69	1:02.89	1:05.49	13/14 100M Free **BREAK**	54.79	1:00.79	1:02.99	44
45	2:25.59	2:38.89	2:52.59	13/14 200M Fly **BREAK**	2:21.19	2:35.39	2:46.99	46
47	1:04.59	1:11.69	1:15.39	13/14 100M Back **BREAK**	1:02.89	1:09.79	1:13.99	48
49	5:00.89	5:31.89	5:48.99	13/14 400M IM **BREAK**	4:51.99	5:21.79	5:44.99	50
51	----	----	----	13/14 200M Free Relay	----	----	----	52

SATURDAY SESSION 2

53				11/12 200M Medley Relay **BREAK**				54
55	1:09.19	1:15.79	1:20.59	11/12 100M Back **BREAK**	1:10.39	1:16.09	1:21.99	56
57	27.89	28.99	31.59	11/12 50M Free **BREAK**	27.89	28.99	31.89	58
59	1:19.59	1:26.29	1:31.99	11/12 100M Breast **BREAK**	1:21.39	1:28.29	1:35.29	60
61	2:41.99	2:55.89	3:10.19	11/12 200M Fly **BREAK**	2:44.09	2:57.99	3:22.09	62
63	----	----	----	11/12 200M Free Relay	----	----	----	64

SATURDAY SESSION 3

<u>NO.</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO</u>
65	----	----	----	10/U 200M Med Relay **BREAK**	----	----	----	66
67	1:22.49	1:28.69	1:32.99	10/U 100M Back **BREAK**	1:22.99	1:30.99	1:34.29	68
69	32.59	33.99	35.79	10/U 50M Free **BREAK**	32.49	34.19	35.99	70
71	1:35.49	1:40.99	1:47.29	10/U 100M Breast **BREAK**	1:38.79	1:46.59	1:51.89	72
73	-----	-----	-----	10/U 200M Free Relay	-----	-----	-----	74

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**2019 LONG COURSE CONNECTICUT AGE GROUP SWIMMING CHAMPIONSHIP
ORDER OF EVENTS
July 25-28, 2019**

SUNDAY JULY 28, 2019

SUNDAY SESSION 1

<u>GIRLS</u>					<u>BOYS</u>				
<u>NO</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>		<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO</u>
75	----	----	----	13/14	400M Medley Relay **BREAK**	----	----	----	76
77	2:18.59	2:33.89	2:44.49	13/14	200M Back **BREAK**	2:14.69	2:29.49	2:39.99	78
79	1:03.59	1:08.49	1:13.39	13/14	100M Fly **BREAK**	1:01.69	1:06.99	1:10.79	80
81	1:13.99	1:22.09	1:26.69	13/14	100M Breast **BREAK**	1:11.29	1:19.09	1:23.99	82
83	2:02.89	2:16.39	2:22.69	13/14	200M Free **BREAK**	1:59.09	2:12.09	2:18.09	84
85	11:37.29	10:10.09	10:25.99	13/14	800M/1000Y Free	11:25.99	10:00.19	10:09.99	86

Note: The 1500M/1650Y and the 800M/1000Y Freestyles are reciprocal bonus events.
Please refer to ENTRIES section.

SUNDAY SESSION 2

87	----	----	----	11/12	400M Medley Relay **BREAK**	----	----	----	88
89	32.39	34.89	37.59	11/12	50M Back **BREAK**	32.69	35.09	37.99	90
91	2:11.49	2:22.79	2:31.99	11/12	200M Free **BREAK**	2:14.49	2:25.99	2:34.19	92
93	30.89	32.49	34.59	11/12	50M Fly **BREAK**	31.49	33.29	35.99	94
95	2:53.29	3:12.29	3:19.99	11/12	200M Breast	2:54.99	3:14.19	3:28.69	96

SUNDAY SESSION 3

<u>NO.</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>		<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO.</u>
97	----	----	----	10/U	400M Medley Relay **BREAK**	----	----	----	98
99	38.29	40.09	42.69	10/U	50M Back **BREAK**	38.49	40.09	43.99	100
101	2:40.29	2:49.79	2:55.99	10/U	200M Free **BREAK**	2:38.49	2:49.29	2:56.49	102
103	37.24	39.69	41.39	10/U	50M Fly	37.49	39.99	41.99	104

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