

CONNECTICUT SWIMMING 2026 CLUB CHAMPIONSHIPS

FRIDAY, SATURDAY, and SUNDAY

July 24-26, 2026

Hosts: GRIT, MJCC, ZEUS (if needed)

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L65-51a-b. 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.

Any questions regarding the meet, prior to competition, should be directed to the contacts listed below. The sponsors reserve the right to make adjustments based on the timeline and/or other factors, with approval from Program Operations. In the event of any change, teams will be contacted no later than **Monday before the meet**.

DIVISION: All clubs will enter using FAST Online Entries. Program Operations will assign teams to locations.

	GRIT	MJCC	ZEUS (if needed)
Meet Director	Bill Ball gritaquaticsbb@gmail.com 860-305-4559	MaryKate Haverly sharks.swimstaff@gmail.com (603) 892-0992	Dennis Flores
Entry Chair	Bill Ball gritaquaticsbb@gmail.com 860-305-4559	MaryKate Haverly sharks.swimstaff@gmail.com (603) 892-0992	Bob Vializ zeusmeetentries@gmail.com (914)497-4716
Referee	Mike Huffman Mhuffman99@gmail.com 860-539-9895	Kimani Conliffe blacktalons357@gmail.com 860) 983-8818	
Official's Contact	Mike Huffman Mhuffman99@gmail.com 860-539-9895	Kimani Conliffe blacktalons357@gmail.com 860) 983-8818	
Website	www.Gritaquatics.org		www.zeusswimteam.org
Location	Wesleyan Freeman Athletic Center 161 Cross Street Middletown, CT 06457	Wesleyan Freeman Athletic Center 161 Cross Street Middletown, CT 06457	Velo-CT 8 Willard Rd Norwalk CT.06850
Safety Chair	McAllistar Milne Mcallistar11@gmail.com 860-713-1066	Kobe Dominguez sharks.swimstaff@gmail.com (860) 881-1231	Tony Coleman tony@velo-ct.com
Emergency Phone	860-685-2345	860-685-2345	203-202-8081
Facilities	8-lane, 50 meter pool. Colorado Timing. Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. The competition course has been certified in accordance with 104.2.2C(4).	8-lane, 50 meter pool. Colorado Timing. Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. The competition course has been certified in accordance with 104.2.2C(4).	The Velo-CT pool is a 6-lane 50 meter with an SST system with a display. The competition course has not been certified in accordance with 104.2.2C (4). The water depth at the start and end is 7 feet. The water depth at the turn end is 4.5 feet.
Wifi Access	Guest Wifi is offered through the University. Connectivity is good.	Guest Wifi is offered through the University. Connectivity is good.	Guest Wifi is offered through the facility. Connectivity is good.
Send Payment to	GRIT Aquatics 83 Muddy Brook Road Ellington, CT 06029	Mandell JCC of Greater Hartford 335 Bloomfield Ave. West Hartford, CT 06117	Connecticut Aquatics, LLC 137 Rowayton Avenue Suite 400, 4th Floor Norwalk, CT 06853
Payable to	GRIT Aquatics	Mandell JCC	Connecticut Aquatics, LLC

Schedule			
Friday	Warm-up 7:00am	Warm up 2:00pm	Warm up 730am
Saturday	Warm-up 7:00am	Warm up 2:00pm	Warm up 730am
Sunday	Warm-up 7:00am	Warm up 2:00pm	Warm up 7:30am
HOSTS RESERVE THE RIGHT TO CHANGE PM WU & START TIMES AND PM START TIMES AFTER RECEIVING THE DATABASE.			
Safe Sport Spectators allowed at all facilities.	Spectators will be allowed in the designated spectator area. The spectator stands will be limited to 340 people. If necessary, wristbands will be handed out in proportion to Team size.	Spectators will be allowed in the designated spectator area. The spectator stands will be limited to 340 people. If necessary, wristbands will be handed out in proportion to Team size.	SPECTATORS will be ALLOWED but will have a limited amount of space.
Handicapped Access	Limited handicapped parking available behind the 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, please contact the Meet Director.	Limited handicapped parking available behind the 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, please contact the Meet Director.	Handicapped parking available in the front parking lot. Disabled access is through front entrance only. If special assistance is required, please contact the Meet Director
Deck Space	Deck will be limited to 350 athletes	Deck will be limited to 350 athletes	.
Facility Requirements	No Folding Chairs are allowed anywhere in the building. Any vehicle parked anywhere other than in a parking space will be subject to fines and towing. No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.	No Folding Chairs are allowed anywhere in the building. Any vehicle parked anywhere other than in a parking space will be subject to fines and towing. No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.	Teams will need to bring tents and deck chairs as teams will need to sit outside.
IMPORTANT DATES			
Wednesday, July 15	8:00p	Entry Deadline	
Friday, July 17	Noon	Pool Assignments posted	

FACILITY RESTRICTIONS:

- Host teams will communicate specifics to the facility being used.

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 office@ctswim.org for information. Adapted swimmers can swim any event regardless of cutoff times.

OUTREACH: CSI has adopted an outreach policy as of October 18, 2007 to enable Outreach athletes to enter this championship meet with their entry fees waived. Further information is outlined in the Entry Fee Section.

ELIGIBILITY: All the following criteria must be met:

1. Swimmers must be 2026 CT-registered members of USA Swimming and 18/Under.
2. FLEX memberships are not permitted.
3. There is no sanctioned meet requirement to participate in the meet.
4. There are NO MAX TIMES FOR THIS MEET.
5. A swimmer MUST have swum the event legally and have a reportable time since January 1, 2025 in either LCM, SCM or SCY.
6. No times (NT) will **NOT** be permitted at this meet.

PROOF OF ENTRY TIMES: All entry times must be pre-proven by way of upload into FAST. 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, and those results can be uploaded into FAST. 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. **Proof of time is the responsibility of each coach.** Per 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 Aug 10, 2025, to the Connecticut Swimming office.

ENTRIES: Swimmers may enter a maximum of seven (7) individual events for the meet. Swimmers cannot enter more than three (3) individual events per day. Swimmers may participate in up to two (2) relays for the meet. **Swimmers may not be over entered.**

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 before 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.

SEEDING: Swimmers may qualify with times from 25-yard, 25-meter or 50-meter courses. All times shall be arranged from fastest to slowest, LCM, SCM then SCY

SCRATCHES: Scratch sheet system will be used. Coaches will receive a packet containing scratch sheets at the beginning of each session. These sheets must be returned 30 minutes before the session begins, OR as indicated in the packet, with scratched swimmers identified. The referee must be able to read the event and the name of the swimmer being scratched.

Packets will only be given to USA Swimming coach members. All coaches must present a valid USA Swimming coach card to the Meet Director before the commencement of any sanctioned swim meet and must have this card with them while on deck.

ENTRY DEADLINE: 8:00p p.m., July 15. CSI clubs will enter using Connecticut FAST Online Entries. Contact office@ctswim.org by this 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 the meet entry software is not available, email office@ctswim.org the athlete's 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.

Clubs will send entry fee payment to their assigned host postmarked by 5:00p the first day of the meet. Host clubs have the right to remove unpaid club entries, with approval from Program Operations. **PAYMENT IS BY CHECK TO MEET THE HOST.**

FEES: Meet entry fee: Splash fees: \$15/ individual event; \$24/relay. If no electronic entry is provided, there is a \$5 additional manual entry fee per swimmer. **OUTREACH ATHLETE:** Individual event 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.

CORRECTIONS: Clubs will be given until **8:00p p.m., July 20**, to email corrections to **your respective meet host entry chair**. *For new swimmers, PLEASE email the swimmer's full name, birthdate, event numbers, and times. For swimmers already in the meet, please send name, new event number, and time.* After this deadline, any addition or change to an entry will be considered a "deck entry" and subject to deck entry charges. Improvements in seed time will be accepted. Corrections will be accepted by email only. \$15 will be assessed for each correction, scratch or addition on top of the meet entry fee, where applicable. See examples below:

- If John Doe is omitted from a club's entry in 3 events, adding John is \$15 and each of his events will garner a \$30 flat charge. John's entry will cost \$90.
- "Swapping" events will garner a \$45 charge, example, take Jimmy out of the 100 back (a scratch) and put him the 100 free (new event correction). \$30 for the "swap" and \$15 for the new entry totaling \$45.
- A scratch prior to the start of warm-ups will garner a \$15 fee. A scratch for a single swimmer at a session will not garner a charge. Example, Larry is the only swimmer attending a session for his Team and he is scratching, and this is known ahead of time. This will be done so a coach doesn't have to attend a session just to scratch a swimmer.
- If a relay team is added, the charge will be \$30.00 plus entry fee. Total for additional relay: \$60.00.
- Deck corrections will be allowed at \$50 per correction. Adding a new swimmer is \$50. Each added event will be \$50. Each added relay will be \$50.
- The only corrections that **WILL NOT** garner a charge are changes in attached status.
- A "**deck entry**" is any entry after the correction deadline up to the end of warm-ups on Sunday. Deck entries are a flat \$50 charge for each event for swimmers already in the database. Adding a swimmer will garner another \$50 charge. So if you omitted a swimmer, adding the swimmer is \$50, adding the swimmer to two events is \$50 for each event (\$100). The total to add this one swimmer in two events is \$150. Relays are \$75. Please note, after warm-ups, no deck entries will be accepted for that day's events. It is up to the computer table if they will take deck entries for future sessions. Overall, please be kind to the computer table and get your deck entries in as soon as you can during warm-up.

OVERSUBSCRIPTION: In the event of oversubscription, Velo-CT will be named a 3rd site hosted by Zeus. If the meets are still oversubscribed, then the number of relay entries will be reduced to just one entry per team. We reserve the right to adjust the schedule. Teams will be notified of any change no later than Monday before the meet.

TIME TRIALS: NO

AWARDS:

- Medals will be awarded for 1-6 places for individual events
- Swimmers will be separated by age group, 10/U, 11/12, 13/14 and 15-18 for awards.
- Relays will be swum as 12/U and 13-18 years as mixed relays (mixed relays **MUST** be 2 girls and 2 boys)
- This meet will be scored. All sites will be merged for team results and scored by team divisions, Small (100 or less), Mid Size (101-150) and Large (151 or more).
- Events will be scored to 20 places. Individual Events: 24,21,20,19,18,17,16,15,14,13,11,9,8,7,6,5,4,3,2,1
- Relays: 48, 42,40,38,36,34,32,30,28,26,22,18,16,14,12,10,8,6,4,2
- Only the top three swimmers from each team may score per event, and only the A relay can score points.

REFRESHMENTS: The meet host will provide this information separately.

TIMERS: Teams will be required to supply timers based on the size of their entry. Teams will be notified of the number of timers they will need to supply per session by Monday before the meet. Please note that timers are required for the entire session. It is the responsibility of each team and its coaching staff to organize its assigned timers and make sure they are signed in and present at the timers' meeting for each session. Please consider this well in advance and do not delay the start of the meet.

OFFICIALS: Certified USA Swimming officials are welcome and needed to work on deck. Please email the official's contact listed on page 2.

WARM-UPS: All teams must warm up under the supervision of a coach or marshal. Coaches should register in the office when they arrive for their teams to begin warm-up. Any swimmers who do not have a coach in attendance **MUST** report to the Meet Director and have a supervisor assigned. The following warm-up procedures will be in effect: 12/Unders and 13/18 will have their own separate warm-up lanes, assigned by teams. 12/Under lanes will have a maximum of 15 swimmers assigned per lane. 13/18 will have a maximum of 12 swimmers assigned per lane. 12/Unders will be provided with 20 minutes of general warm-up, 13/18 will be provided with 25 minutes of general warm-up. General warm-up will be followed by 10 minutes of sprint lanes and pace, and circle lanes.

PHOTOGRAPHY AND VIDEO RECORDING: Meet Management has the full authority to restrict any 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 Coaches 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 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, restrooms, or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area behind or to the side of 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.

If individuals are properly credentialed, not obstructing movement on the deck, and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials who are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAP, and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

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) at 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

EVENT LINE-UP and TIME STANDARDS:

2026 CT Club Championships - 7/24/2026 to 7/26/2026**Session Report**

Session: 1 Friday Timed Finals

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	1 Mixed 13-18 200 Freestyle Relay	0	0	08:30 AM	NA
Finals	2 Mixed 12 & Under 200 Freestyle Relay	0	0	08:30 AM	NA
Finals	3 Girls 13-18 200 IM	0	0	08:30 AM	NA
Finals	4 Boys 13-18 200 IM	0	0	08:30 AM	NA
Finals	5 Girls 12 & Under 200 IM	0	0	08:30 AM	NA
Finals	6 Boys 12 & Under 200 IM	0	0	08:30 AM	NA
Finals	7 Girls 13-18 100 Freestyle	0	0	08:30 AM	NA
Finals	8 Boys 13-18 100 Freestyle	0	0	08:30 AM	NA
Finals	9 Girls 12 & Under 100 Freestyle	0	0	08:30 AM	NA
Finals	10 Boys 12 & Under 100 Freestyle	0	0	08:30 AM	NA
Finals	11 Girls 13-18 50 Backstroke	0	0	08:30 AM	NA
Finals	12 Boys 13-18 50 Backstroke	0	0	08:30 AM	NA
Finals	13 Girls 12 & Under 50 Backstroke	0	0	08:30 AM	NA
Finals	14 Boys 12 & Under 50 Backstroke	0	0	08:30 AM	NA
Finals	15 Girls 13-18 200 Breaststroke	0	0	08:30 AM	NA
Finals	16 Boys 13-18 200 Breaststroke	0	0	08:30 AM	NA
Finals	17 Girls 12 & Under 200 Breaststroke	0	0	08:30 AM	NA
Finals	18 Boys 12 & Under 200 Breaststroke	0	0	08:30 AM	NA
Finals	19 Girls 13-18 800 Freestyle	0	0	08:30 AM	NA
Finals	20 Boys 13-18 800 Freestyle	0	0	08:30 AM	NA
	Finish Time			08:30 AM	e08:30 AM

2026 CT Club Championships - 7/24/2026 to 7/26/2026**Session Report**

Session: 2 Saturday Timed Finals

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	21 Mixed 12 & Under 200 Medley Relay	0	0	08:30 AM	NA
Finals	22 Mixed 13-18 200 Medley Relay	0	0	08:30 AM	NA
Finals	23 Girls 12 & Under 100 Backstroke	0	0	08:30 AM	NA
Finals	24 Boys 12 & Under 100 Backstroke	0	0	08:30 AM	NA
Finals	25 Girls 13-18 100 Backstroke	0	0	08:30 AM	NA
Finals	26 Boys 13-18 100 Backstroke	0	0	08:30 AM	NA
Finals	27 Girls 12 & Under 200 Freestyle	0	0	08:30 AM	NA
Finals	28 Boys 12 & Under 200 Freestyle	0	0	08:30 AM	NA
Finals	29 Girls 13-18 200 Freestyle	0	0	08:30 AM	NA
Finals	30 Boys 13-18 200 Freestyle	0	0	08:30 AM	NA
Finals	31 Girls 12 & Under 50 Breaststroke	0	0	08:30 AM	NA
Finals	32 Boys 12 & Under 50 Breaststroke	0	0	08:30 AM	NA
Finals	33 Girls 13-18 50 Breaststroke	0	0	08:30 AM	NA
Finals	34 Boys 13-18 50 Breaststroke	0	0	08:30 AM	NA
Finals	35 Girls 12 & Under 100 Butterfly	0	0	08:30 AM	NA
Finals	36 Boys 12 & Under 100 Butterfly	0	0	08:30 AM	NA
Finals	37 Girls 13-18 100 Butterfly	0	0	08:30 AM	NA
Finals	38 Boys 13-18 100 Butterfly	0	0	08:30 AM	NA
Finals	39 Girls 12 & Under 400 Freestyle	0	0	08:30 AM	NA
Finals	40 Boys 12 & Under 400 Freestyle	0	0	08:30 AM	NA
Finals	41 Girls 13-18 400 IM	0	0	08:30 AM	NA
Finals	42 Boys 13-18 400 IM	0	0	08:30 AM	NA
	Finish Time			08:30 AM	e08:30 AM

2026 CT Club Championships - 7/24/2026 to 7/26/2026**Session Report**

Session: 3 Sunday Timed Finals

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	43 Girls 13-18 50 Butterfly	0	0	08:30 AM	NA
Finals	44 Boys 13-18 50 Butterfly	0	0	08:30 AM	NA
Finals	45 Girls 12 & Under 50 Butterfly	0	0	08:30 AM	NA
Finals	46 Boys 12 & Under 50 Butterfly	0	0	08:30 AM	NA
Finals	47 Girls 13-18 200 Backstroke	0	0	08:30 AM	NA
Finals	48 Boys 13-18 200 Backstroke	0	0	08:30 AM	NA
Finals	49 Girls 12 & Under 200 Backstroke	0	0	08:30 AM	NA
Finals	50 Boys 12 & Under 200 Backstroke	0	0	08:30 AM	NA
Finals	51 Girls 13-18 100 Breaststroke	0	0	08:30 AM	NA
Finals	52 Boys 13-18 100 Breaststroke	0	0	08:30 AM	NA
Finals	53 Girls 12 & Under 100 Breaststroke	0	0	08:30 AM	NA
Finals	54 Boys 12 & Under 100 Breaststroke	0	0	08:30 AM	NA
Finals	55 Girls 13-18 50 Freestyle	0	0	08:30 AM	NA
Finals	56 Boys 13-18 50 Freestyle	0	0	08:30 AM	NA
Finals	57 Girls 12 & Under 50 Freestyle	0	0	08:30 AM	NA
Finals	58 Boys 12 & Under 50 Freestyle	0	0	08:30 AM	NA
Finals	59 Girls 13-18 200 Butterfly	0	0	08:30 AM	NA
Finals	60 Boys 13-18 200 Butterfly	0	0	08:30 AM	NA
Finals	61 Girls 12 & Under 200 Butterfly	0	0	08:30 AM	NA
Finals	62 Boys 12 & Under 200 Butterfly	0	0	08:30 AM	NA
Finals	63 Girls 13-18 400 Freestyle	0	0	08:30 AM	NA
Finals	64 Boys 13-18 400 Freestyle	0	0	08:30 AM	NA
	Finish Time			08:30 AM	e08:30 AM