

2026 CONNECTICUT SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP

Wesleyan University Freeman Athletic Building
161 Cross Street, Middletown, CT 06457
July 16-19, 2026

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L26-44. 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.

MEET CONTACTS			
Meet Director	MaryKate Haverly	agegroup@ctswim.org	603-892-0992
Meet Referee	Steven Christensen	steven.christensen@prattwhitney.com	
Lead Admin Official	Joanne McCaffrey	mccaffreyjoann@gmail.com	914-391-5841
Entry Chair	Henk Jansen	office@ctswim.org	203.671-4201
Safety Chair	MaryKate Haverly	agegroup@ctswim.org	603-892-0992
Meet Manager	MaryKate Haverly	agegroup@ctswim.org	603-892-0992
Officials Contact:	Joe Guenther	jguentherjr@gmail.com	Officials Sign Up Link

IMPORTANT DATES AND DEADLINES		
Thursday, July 9, 2026	8:00 PM	Entry deadline
Monday, July 13, 2026	11:59 PM	Late qualifiers close
Tuesday, July 14, 2026	7:00 PM	Corrections deadline
Tuesday, July 14, 2026	8:00 PM	Coaches meeting - via ZOOM
Wednesday, July 15, 2026	6:00 PM	Scratch Deadline for Thursday events
Thursday, July 16, 2026	6:00 PM	Scratch Deadline for Friday events
Friday, July 17, 2026	6:00 PM	Scratch Deadline for Saturday events
Saturday, July 18, 2026	6:00 PM	Scratch Deadline for Sunday events
Thursday, Friday, Saturday, Sunday	1 hour prior to each session start	Officials' Briefing
Thursday, Friday, Saturday, Sunday	½ hour prior to session start	Timers' Briefing

SESSION SCHEDULE*			
Thursday Distance (1500)	13/14	2:00 Warm Up	3:00 Start
Thursday Distance	13/14 Relays & 12/U	5:00p Warm Up	5:35 Start
Fri-Sat-Sun Prelims Session 1	11-14	7:00 AM	8:20 AM
Fri-Sat-Sun Prelims Session 2	10 & Under	1:00 PM	2:00 PM
Fri-Sat-Sun Finals	11-14	4:15 PM	5:15 PM

**NOTE: All session times are approximate and may change once the initial entry is received.*

ENTRY INFORMATION

Swimmers must meet or exceed the time standards between January 1, 2025, and the entry deadline. Swimmers may qualify with times from 25-yard (SCY) or 50-meter (LCM) courses.

Swimmers may enter any individual event for which they qualify, but they are limited to a maximum of **three (3) individual events per day** and a total of **seven (7) individual events for the entire meet**.

Bonus events are permitted for events 400 yards or shorter. NTs will not be accepted for any bonus events.

To enter bonus events, a swimmer must enter at least **one** event in which they have achieved the qualifying time. The number of bonus events permitted is determined by the total number of qualifying times the swimmer has achieved, not by the number of qualified events they choose to enter.

The bonus ratio is as follows:

1 qualifying time → up to **2 bonus events**

2 qualifying times → up to **1 bonus event**

3+ qualifying times → **0 bonus events**

A swimmer may enter fewer qualified events than they have achieved, but the number of bonus events allowed will still be based on the total number of qualifying times, not the number of qualified events entered. For example, a swimmer with two qualifying times who enters only one qualified event is still limited to one bonus event.

An exception applies to the 800m and 1500m Freestyle events: swimmers who have qualified in one of these events may enter the alternate distance as a bonus event. Swimmers **MUST** swim the distance event for which he/she has qualified to enter the bonus distance event. These events must be entered with pre-proven times. The alternate distance will count toward the swimmer's maximum number of individual events.

Relay-only swimmers may enter 50M individual event as a bonus on any day they are swimming a relay, limited to whichever 50 is on that day's schedule. For example, a 12-year-old relay-only swimmer competing in Sunday's 400 Freestyle Relay may enter the 50 Freestyle that same day.

This bonus 50 must be entered with a pre-proven qualifying time. NTs will not be accepted, consistent with standard entry requirements.

A [Google Doc](#) will be provided and must be filled by the "Late Qualifier" deadline listed below.

ELIGIBILITY: This meet is open to Connecticut LSC swimmers only. Clubs and swimmers must be 2026 registered members of USA Swimming. No FLEX memberships are permitted. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. All registrations are processed by parents in SWIMS 3.0. All coaches must present a valid USA Swimming coach card to the Meet Management prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck.

CLUB ENTRIES: CSI-member USA Swimming clubs should submit entries using Connecticut FAST Online Entries. Clubs wishing to enter an adapted athlete should contact office@ctswim.org.

UNATTACHED ENTRIES: Unattached athletes not affiliated with a club must email an entry file (*.sd3 or *.cl2) and proof of time to office@ctswim.org. If entry software is unavailable, please email the athlete's name, USA Swimming ID, age, event number, event name, time, and proof of time. Note: Additional fees will apply for manual entries. See the Proof of Entry Times section for acceptable proof.

LATE QUALIFIERS: From 10:00 am July 10th - July 13th at 11:59p FAST will reopen and teams can make any changes they wish.

CORRECTIONS: All corrections must be submitted by 7:00 p.m. on July 14th to office@ctswim.org. For new swimmers, please email the swimmer's full name, birthdate, event numbers, and times. For swimmers already entered in the meet, send their name, new event number, and updated time. After the deadline, any changes or additions to entries will be treated as "deck entries" and will incur deck entry charges. Improvements in seed times will only be accepted for prelims/finals events. All corrections must be submitted via email. A \$15 fee will be charged for each correction, scratch, or addition, in addition to the meet entry fee where applicable.

Correction Examples:

1. Adding a Swimmer with Events:

- If John Doe was omitted from the club's entry in six (6) events, adding him will incur a \$15 fee. Each of his events will have a flat charge of \$30. The total for adding John Doe and his six events is \$195.

2. Event "Swapping" for a Swimmer:

- For each scratch while "swapping" events, there is a \$15 charge. For example, if Jimmy is removed from the 100 backstroke (a scratch) and entered in the 100 freestyle (new event), his club will be charged \$30 for the swap and a \$20 entry fee, totaling \$50.

3. Single Scratch Without Coach Attendance:

- Scratching a single swimmer when no coach will be present at the session will not incur a fee. For instance, if Larry is the only swimmer from his team in a session and is scratched in advance, no fee will apply to avoid requiring a coach to attend only for the scratch.

4. Adding a Relay Team:

- If a relay team is added, the cost will be \$24 plus the entry fee, bringing the total to \$54 for the additional relay.

5. Changes in Attached Status:

- Only changes to a swimmer's attached status will not incur a fee.

6. Deck Entries:

- Deck entries, which are entries submitted after the correction deadline and up until the end of warm-ups on Sunday, are subject to a flat fee of \$50 per individual event for swimmers already in the database. Adding a new swimmer will incur an additional \$50 charge. For example, if a

swimmer is added after the correction deadline with two events, the total would be \$150 (\$50 for the swimmer and \$50 per event).

- Adding a relay as a deck entry incurs a \$75 charge. Note that no deck entries will be accepted after warm-ups begin for the day's events. It is up to the computer table to accept deck entries for future sessions, so please submit any deck entries as early as possible during warm-up.

WARM UP AND COMPETITION PROCEDURES

WARM-UP: All clubs must warm up under the supervision of a coach. Only swimmers entered in the meet are permitted to use the warm-up lanes. All athletes must have a coach present. Those without a coach must make prior arrangements with a participating club for coach coverage and notify the Meet Director. Lane assignments are at the discretion of the Meet Referee and will be provided in the coaches' packets and posted on the CT website. Diving is only allowed in the sprint lanes. Pace lanes are reserved for swimmers being timed by their coaches. No training equipment is allowed in the pool, except with the Meet Referee's approval. *Swimmers must enter the pool feet-first from both the start and turn ends.*

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 (16) swimmers returning for consolation and championship final heats in the evening session.

DISTANCE EVENTS:

- Thursday/Sunday distance events MAY be run in 6 lanes allowing for a warm-up/warm down lane with a buffer if time permits for preliminaries ONLY, **and** at the discretion of Meet Management.
- Swimmers competing in Thursday and Sunday distance events (except those swimming in Sunday Finals) must provide a timer, who will be assigned a lane by the Meet Referee or his designee.
- 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 the finals on Sunday evening. Swimmers must supply their 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.

FINALS: Finals will be conducted as LCM in an 8-lane course. Two heats (Top 16) will return for the evening session. Races will be conducted in the following order: Consolation "B" Final (9-16), and Championship "A" Final (top 8.) All Relays will swim during the preliminary sessions (see relays section for more information on how relays will be conducted).

RELAYS: All Relays will be swum at Prelims

List relay names on the relay sheets that will be provided in your packet. Relay cards will ONLY be used if you wish to change your relay names or order before swimming. Names must be listed in order of swim. Failure to do so will prevent the relay team from competing. Upon reporting to the starting block before

the start of the heat in which the team is entered, a completed relay card FOR CHANGES ONLY can be given to the computer table after the start of the heat, no further changes will be permitted. Incomplete or inaccurate relay cards will result in disqualification if discovered after the swim.

Each club may enter up to two (2) relay teams per relay event, except for the 800 Freestyle Relay, where each club may enter only one (1) relay team per 800 Freestyle Relay event. "No-times" for relay events will not be accepted. Please estimate or use a composite. Each team must provide 1 lane timer for each 800 relay entry. Timers should be ready and in place before the conclusion of the previous heat.

800 Freestyle Relays that are not positively checked in will be seeded with NT. If time permits, there will be a SHORT break after relay events that begin the session and another SHORT break before relays that end the session. This break will provide use of the pool for relay warm-ups but will NOT include start or sprint only accommodation. Once the timeline is available, Meet Management will determine the length of the breaks in respect to the timeline.

RELAY ONLY SWIMMERS:

11/12 Girls, 11/12 Boys, 13/14 Girls & 13/14 Boys: Clubs may enter one relay-only swimmer per age group per gender. ONLY ONE per age group per gender (NOT one per day, NOT one per relay) ONE per age group per gender for the entire meet. Swimmers entered in relay events only must be listed on the meet entry with their USA Swimming numbers and ages.

10/U Girls, 10/U Boys: Clubs may enter up to three relay-only swimmers per age group per gender for the 10/Under session only to fill out an "A" relay. Teams with B relays may only use 1 relay-only swimmer. (i.e. to have a B relay, a team must have at least 7 individual qualifiers.)

TIME TRIALS: Will not be offered.

READY ROOM: Swimmers competing in the A final events MUST report to the Ready Room area no more than 10 minutes prior to their event. The A finalists are expected to remain in the Ready Room until they march out for their event.

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 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.

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.

SEEDING: All conforming LCM times will be seeded first, followed by SCM, SCY, and bonus times. Prelims will be seeded according to USA Swimming rule 102.5, unless otherwise specified. Events will be swum from slowest to fastest, unless otherwise noted. Please refer to the Distance Events section for more details.

FEES AND PAYMENT

FEES: Splash fees are \$15.00 per individual event and \$24.00 per relay. There will also be a \$10.00 per athlete facility surcharge.

If no electronic entry is provided, there is a \$15.00 manual entry fee per swimmer. Payment for entries is required upon final submission. Credit cards and checks are accepted for all entry fees.

PAYMENT: Payment is expected 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. All payments must be made prior to the start of the meet.

Make the check out to *CT Swimming Inc.* and mail it to the address below.

Connecticut Swimming
68 Nichols Ave.
Shelton CT, 06484

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

SCRATCH

PROCEDURES

Coaches will receive a team packet with swimmer entry lists for each day's events at team check-in. All scratches must be submitted to the Clerk of Course by the designated scratch deadlines. If a scratch is not submitted by the deadline, the swimmer will be automatically seeded into the event. *This meet will follow the USA Swimming National Championship Scratch Rule (207.11.6). Scratches from finals must be made directly with the Administrative Referee.*

Scratches are at 6:00 pm the night prior. Thursday events are due 45 minutes before the start of the session.

Positive check-in is required by 6:30 p.m. on Saturday for the 800 freestyle events scheduled to be conducted on Sunday. Failure to positively check in by the stated time will result in the swimmer not being seeded into the event.

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:

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

Consolation or Championship Final: 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, 2026. 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 the finals if:

1. The Meet 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 Meet Referee determines that failure to compete was caused by circumstances beyond the control of the swimmer.

FACILITY

INFORMATION

FACILITY: The Freeman Athletic Center Pool is a 50-meter by 25-yard facility equipped with a Colorado Timing System. The competition course is certified in accordance with USA Swimming rule 104.2.2C(4), and a copy of the certification is on file with USA Swimming. Water depth at the start and turn ends is 7.5 to 14 ft for Short Course and 5 ft to 14.5 ft for Long Course.

Spectator seating is limited, and refreshments will be available in limited quantities. No locks may be left on Wesleyan lockers, and shaving on the premises is not permitted. Access to faculty locker rooms is restricted.

Changing into or out of swimsuits, in whole or in part, is only permitted in locker rooms or other designated areas. Misbehavior, unsportsmanlike conduct, vandalism, or theft will not be tolerated and may result in disqualification from the meet.

Electronic recording devices, including cell phones, are not permitted in changing areas, restrooms, or locker rooms. Non-compliance may result in expulsion from the meet.

No folding chairs are allowed anywhere in the building. Spectator access is limited; please refer to the "Safe Sport Policies" section below for further details. Spectators are restricted to the designated viewing area only.

Vehicles parked outside of designated parking spaces will be subject to fines and towing. Wesleyan's lawn policy will be in effect.

The deck will be limited to approximately 400 swimmers. Lifeguards will be on duty, with an AED, first aid equipment, and backboards available.

Wi-Fi is available, but signal strength may vary. Please note, the meet will not be livestreamed.

SEATING: If the athlete count permits, swimmers will be seated on the deck. If necessary, teams will be asked to use the hockey rink area. Folding chairs are not permitted on the deck, but Wesleyan will provide small folding chairs for seating.

AWARDS & SCORING

Events will be scored to 16 places.

- Individual event awards: medals will be awarded through 8th place, with ribbons awarded from 9th through 16th place.
- Relay event awards: 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 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: o 10/U - 200 Free, 400 Free, and 200 IM o 11/12 - 200 Free, 400 Free, and 200 IM o 13/14 - 400 Free, 800 Free, 1500 Free, and 400 IM

CSI will not be able to provide storage or shipment of awards. All clubs must make arrangements to collect their awards before leaving the building on Sunday night.

SCORING: Individual event scoring will be to 16 places as follows:

- Timed Finals events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Prelim/Finals events: Championship final: 20-17-16-15-14-13-12-11
Consolation final: 9-7-6-5-4-3-2-1
- Relays: 40-34-32-30-28-26-24-22-28-14-12-10-8-6-4-2

WORK ASSIGNMENTS AND OFFICIALS

WORK ASSIGNMENTS: Club entry in this meet constitutes acceptance of the club's responsibility to provide workers as assigned by the Meet Director. All teams are required to provide workers (e.g., timers, runners, marshals, officials, etc.) based on the size of their entry. Team contacts will be notified of their work assignments as soon as possible after entries are received. Please provide the name, phone number, and

address of your team contact for work assignments.

Volunteer credit will be given to officials who sign up by Friday, July 10th, though assignments are subject to meet needs. All teams, regardless of size, are expected to contribute volunteers to help the meet run smoothly for all participants.

Teams that fail to provide their required workers, or whose workers fail to complete the entire session, will be fined by Connecticut Swimming, Inc. Fines are as follows:

- \$100 per worker who does not show up
- \$60 per worker who is late or leaves early

Important Note: A work assignment covers the full duration of the session. Teams must provide a backup worker if their assigned worker is unable to perform or complete the work assignment for any reason.

OFFICIALS:

- There will be a need for officials. Connecticut Swimming welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet.
- Officials may wear white over navy with white shoes or white over black with black shoes, in accordance with CT Officials Uniform Transition Policy.
- Shorts for preliminaries are allowed. For finals, long pants or skirts.
- Official briefings will be held at the date and time listed in the Important Dates and Deadlines.
- [Officials Sign Up Link](#)
- Please contact the meet referee or the officials contact with any questions.

SAFETY AND CONDUCT

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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

All swimmers are expected to conduct themselves in a respectful and responsible manner at all times while on the premises. Any damage, vandalism, or misuse of the facility will not be tolerated. Athletes found responsible for such behavior may be subject to immediate expulsion from the meet, removal from the facility, and further disciplinary action by Connecticut Swimming, including financial liability for damages and potential suspension from future competition.

Due to prior incidents, Meet Management reserves the right to assign designated monitors within locker room areas, including the men's locker room, to ensure appropriate behavior and protect the facility.

SAFE SPORT POLICIES: A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition. Spectators will be allowed, but seating is limited to 340. To control the number of spectators in the stands, wristbands may be used. Wristbands will be given to each Team in proportion to Team size.

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 USA Swimming Vice President of Program Operations.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet. Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee has been granted. Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. 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. Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the Meet Referee.

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

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.

INCLEMENT WEATHER OR CANCELLATION:

In the event of weather delays, events may be cut. Please review CSI's Inclement Weather Policy.

GENERAL MEET INFORMATION

RULES: This meet will be governed by current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP").

MEET JURY: The Meet Jury shall be announced by the Meet Referee at the Coaches Meeting. Written protests involving eligibility or technical rules, including disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the meet jury if applicable. There is a \$50 fee for a protest made by anyone, and that fee is refundable if the protest is upheld.

ADDITIONAL INFORMATION

ADAPTED SWIMMING: Any USA Swimming athlete with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy available on ctswim.org and may contact office@ctswim.org for time standards and other information.

DISABLED/ELDERLY ACCESS: Limited handicapped parking is available behind the Freeman Athletic Center. Disabled access is through the front entrance only. The elevator in the front lobby goes to the locker rooms and pool deck. The spectator area is to the left of the front lobby. If athletes, coaches, or spectators require special assistance, please contact the Meet Director.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

OVERSUBSCRIPTION: In the event of oversubscription, the Age Group Committee and meet management reserve the right to make adjustments to the meet. These adjustments may include, but are not limited to, splitting sessions or modifying the event schedule.

ORDER OF EVENTS

GIRLS	EVENT	BOYS
THURSDAY — SESSION 1 & 2 Timed Finals		
1	13/14 1500 Freestyle	2
	<i>(warm up break)</i>	
3	13/14 800 Free Relay	4
5	11/12 400 Freestyle	6
7	10/U 400 Freestyle	8

FRIDAY — SESSION 3 11-14 Trials			FRIDAY — SESSION 5 11-14 Finals		
GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
9	13/14 200 IM	10	9	13/14 200 IM	10
11	11/12 200 IM	12	11	11/12 200 IM	12
13	13/14 50 Backstroke	14	13	13/14 50 Backstroke	14
15	11/12 50 Backstroke	16	15	11/12 50 Backstroke	16
17	13/14 100 Freestyle	18	17	13/14 100 Freestyle	18
19	11/12 100 Freestyle	20	19	11/12 100 Freestyle	20
21	13/14 200 Breaststroke	22	21	13/14 200 Breaststroke	22
23	11/12 200 Breaststroke	24	23	11/12 200 Breaststroke	24
25	13/14 50 Butterfly	26	25	13/14 50 Butterfly	26
27	11/12 50 Butterfly	28	27	11/12 50 Butterfly	28
29	13/14 400 Freestyle	30	29	13/14 400 Freestyle	30
31	11/12 400 Medley Relay	32			
33	13/14 400 Medley Relay	34			
FRIDAY — SESSION 4 10/Under Timed Finals					
GIRLS	EVENT	BOYS			
35	10/U 200 IM	36			
37	10/U 100 Backstroke	38			
39	10/U 50 Breaststroke	40			
41	10/U 100 Freestyle	42			
43	10/U 400 Medley Relay	44			

*Breaks will be announced prior to the start of the meet

SATURDAY — SESSION 6 11-14 11-14 Trials		
GIRLS	EVENT	BOYS
45	13/14 200 Medley Relay	46
47	11/12 200 Medley Relay	48
49	13/14 400 IM	50
51	11/12 100 Backstroke	52
53	13/14 100 Backstroke	54
55	11/12 50 Breaststroke	56
57	13/14 50 Breaststroke	58
59	11/12 200 Freestyle	60
61	13/14 200 Freestyle	62
63	11/12 100 Butterfly	64
65	13/14 100 Butterfly	66
67	11/12 200 Freestyle Relay	68
69	13/14 200 Freestyle Relay	70
SATURDAY — SESSION 7 10/Under Timed Finals		
GIRLS	EVENT	BOYS
71	10/U 200 Medley Relay	72
73	10/U 100 Butterfly	74
75	10/U 50 Freestyle	76
77	10/U 100 Breaststroke	78
79	10/U 200 Freestyle Relay	80

SATURDAY — SESSION 8 11-14 Finals		
GIRLS	EVENT	BOYS
49	13/14 400 IM	50
51	11/12 100 Backstroke	52
53	13/14 100 Backstroke	54
55	11/12 50 Breaststroke	56
57	13/14 50 Breaststroke	58
59	11/12 200 Freestyle	60
61	13/14 200 Freestyle	62
63	11/12 100 Butterfly	64
65	13/14 100 Butterfly	66

*Breaks will be announced prior to the start of the meet

SUNDAY — SESSION 9 11–14 Trials		
GIRLS	EVENT	BOYS
81	13/14 200 Backstroke	83
83	11/12 200 Backstroke	84
85	13/14 100 Breaststroke	86
87	11/12 100 Breaststroke	88
89	13/14 50 Freestyle	90
91	11/12 50 Freestyle	92
93	13/14 200 Butterfly	94
95	11/12 200 Butterfly	96
97	13/14 400 Freestyle Relay	98
99	11/12 400 Freestyle Relay	100
101	13/14 800 Freestyle (Top Heat at Finals)	102
SUNDAY — SESSION 10 10/Under Timed Finals		
GIRLS	EVENT	BOYS
103	10/U 50 Backstroke	104
105	10/U 200 Freestyle	106
107	10/U 50 Butterfly	108
109	10/U 400 Freestyle Relay	110

SUNDAY — SESSION 11 11–14 Finals		
GIRLS	EVENT	BOYS
101	13/14 800 Freestyle (Top Heat)	102
83	11/12 200 Backstroke	84
81	13/14 200 Backstroke	82
87	11/12 100 Breaststroke	88
85	13/14 100 Breaststroke	86
91	11/12 50 Freestyle	92
93	13/14 50 Freestyle	94
95	11/12 200 Butterfly	96
93	13/14 200 Butterfly	94

*Breaks will be announced prior to the start of the meet

QUALIFYING STANDARDS

10 & Under				
GIRLS		EVENT	BOYS	
LCM	SCY		SCY	LCM
36.49	32.19	50 Free	31.79	36.29
1:22.49	1:12.19	100 Free	1:11.19	1:21.09
3:01.39	2:41.29	200 Free	2:36.99	2:56.59
6:34.39	7:04.89	400 Free	7:04.49	6:26.89
43.69	37.99	50 Back	37.89	43.79
1:36.09	1:23.29	100 Back	1:21.79	1:35.09
49.59	43.29	50 Breast	43.29	50.09
1:50.29	1:34.59	100 Breast	1:34.89	1:50.09
42.49	36.89	50 Fly	37.39	42.19
1:49.09	1:29.89	100 Fly	1:29.69	1:47.19
3:27.49	3:01.89	200 IM	3:01.29	3:27.79

11-12				
GIRLS		EVENT	BOYS	
LCM	SCY		SCY	LCM
32.59	28.49	50 Free	27.99	31.89
1:12.19	1:02.79	100 Free	1:01.19	1:10.59
2:37.39	2:17.99	200 Free	2:14.79	2:34.09
5:33.99	6:07.89	400 Free	6:00.29	5:25.69
37.99	33.09	50 Back	32.89	37.99
1:22.69	1:11.99	100 Back	1:10.29	1:22.29
2:58.39	2:35.49	200 Back	2:33.39	2:57.69
42.79	37.39	50 Breast	36.59	42.49
1:34.09	1:21.69	100 Breast	1:20.29	1:33.59
3:25.19	2:57.39	200 Breast	2:56.59	3:24.49
35.69	31.39	50 Fly	31.29	35.49
1:23.59	1:12.49	100 Fly	1:12.69	1:22.39
3:05.99	2:55.49	200 Fly	2:59.49	3:17.99
2:58.09	2:36.09	200 IM	2:33.79	2:55.09

13-14				
GIRLS		EVENT	BOYS	
LCM	SCY		SCY	LCM
30.49	26.89	50 Free	24.89	28.59
1:06.69	58.49	100 Free	54.79	1:02.89
2:25.49	2:07.69	200 Free	1:58.99	2:16.19
5:07.49	5:40.99	400/500 Free	5:22.99	4:53.29
10:44.19	12:02.19	800/1000 Free	11:25.29	10:16.29
20:45.19	20:08.69	1500/1650 Free	19:08.59	19:44.09
36.49	31.19	50 Back	29.09	33.89
1:15.39	1:05.39	100 Back	1:01.49	1:11.29
2:42.99	2:21.89	200 Back	2:13.29	2:35.59
40.99	35.79	50 Breast	32.39	37.69
1:27.29	1:14.99	100 Breast	1:09.29	1:21.49
3:09.49	2:42.59	200 Breast	2:32.19	2:56.69
34.29	29.69	50 Fly	27.89	31.89
1:14.39	1:04.99	100 Fly	1:00.59	1:09.29
2:55.69	2:31.09	200 Fly	2:22.59	2:43.09
2:44.19	2:23.39	200 IM	2:14.19	2:34.59
5:54.19	5:09.49	400 IM	4:50.39	5:38.79