

# 2026 CONNECTICUT SWIMMING LONG COURSE SENIOR CHAMPIONSHIP

Wesleyan University Freeman Athletic Building  
161 Cross Street, Middletown, CT 06457  
July 9-12, 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			
<b>Meet Director</b>	Adriana Marmolejo	<a href="mailto:adriana.marmolejo@olympian.org">adriana.marmolejo@olympian.org</a>	480-307-4813
<b>Meet Referee</b>	Jeff Sargent	<a href="mailto:jssarge@att.net">jssarge@att.net</a>	203-613-9093
<b>Lead Admin Official</b>	JoAnn McCaffrey	<a href="mailto:mccaffreyjoann@gmail.com">mccaffreyjoann@gmail.com</a>	914-391-5841
<b>Entry Chair</b>	Henk Jansen	<a href="mailto:office@ctswim.org">office@ctswim.org</a>	204.671.4201
<b>Safety Chair</b>	Adriana Marmolejo	<a href="mailto:adriana.marmolejo@olympian.org">adriana.marmolejo@olympian.org</a>	480-307-4813
<b>Meet Manager</b>	Adriana Marmolejo	<a href="mailto:adriana.marmolejo@olympian.org">adriana.marmolejo@olympian.org</a>	480-307-4813
<b>Officials Contact:</b>	Jeff Sargent	<a href="mailto:jssarge@att.net">jssarge@att.net</a>	<a href="#">Officials Sign Up Link</a>

IMPORTANT DATES AND DEADLINES		
Wednesday, July 1, 2026	8:00 pm	Entry deadline
Tuesday, July 7, 2026	8:00 pm	Coaches meeting - via ZOOM
Wednesday, July 8, 2026	5:30 pm	Scratch Deadline for Thursday events
Thursday, July 9, 2026	5:30 pm	Scratch Deadline for Friday events
Friday, July 10, 2026	5:30 pm	Scratch Deadline for Saturday events
Saturday, July 11, 2026	5:30 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		
Prelims Thursday, Friday, Saturday, Sunday	Warm up 7:00 am	Start 9:00 am

Finals Thursday, Friday, Saturday, Sunday	Warm up 3:30 pm	Start 5:00 pm
Sunday Distance Session		*See distance session

## ENTRY INFORMATION

Swimmers must meet or exceed the time standards between January 1, 2025, and the entry deadline.

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

Bonus events are permitted for events **200 meters or shorter**.

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	<b>3</b>	<b>bonus events</b>
2	qualifying times	→ up	to	<b>2</b>	<b>bonus events</b>
3	qualifying times	→ up	to	<b>1</b>	<b>bonus event</b>
4 or more qualifying times → <b>no bonus events</b>					

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 three 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, and in this case, they are not required to enter the event in which they qualified. The alternate distance will count toward the swimmer's maximum number of individual events.

**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 Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck.

Teams outside the Connecticut LSC may request an invitation to attend. Admission of out-of-LSC teams will be based on available space, with preference given to Connecticut swimmers. Any such invitations must be reviewed and approved by the Senior Committee.

**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](mailto: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](mailto: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 8:01 pm July 3rd - July 6th FAST will reopen and teams can make any changes they wish.

**CORRECTIONS:** All corrections must be submitted by 7:00 p.m. on July 7th to [office@ctswim.org](mailto: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**

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**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.

**PRELIMS:** Prelims will be conducted in one 8-lane course. All Prelims will be conducted in LCM. For the distance session (excluding the top heats swum in Finals), there will be one lane (Lane 8) reserved for constant warm-up/warm-down and a buffer lane (Lane 7). The heats will be run in six lanes (1-6).

**FINALS:** Finals will be conducted as LCM in an 8-lane course. Three heats (Top 24) will return for the evening session. Races will be conducted in the following order: Bonus "C" Final (17-24) will be for 18 & under swimmers, Consolation "B" Final (9-16), and Championship "A" Final (top 8.) All Relays will swim during the evening Finals sessions (see relays section for more information on how relays will be conducted).

**Session Breaks:** At the conclusion of each men's individual event during finals, there will be a 10-minute break before the next event. Meet management reserves the right to adjust the duration of these breaks as necessary to maintain the efficient operation of the meet.

## **DISTANCE EVENTS:**

**Thursday Distance Events (Women's 1500 free / Men's 800 free)**  
Swimmers competing in the Thursday distance session **do not need to positively check in.** Coaches should email scratches as needed to JoAnn McCaffrey, CC: Jeff Sargent.

**Sunday Distance Events (Women's 800 free / Men's 1500 free)**  
Swimmers entered in the Sunday distance events must scratch by the applicable scratch deadline if they do not intend to swim. Distance events will be seeded at entry time, and swimmers who do not scratch by the deadline will be seeded and expected to swim. (See Distance Event Scratch Requirements below.)

**Event Format – Thursday and Sunday:**  
All distance events will be conducted as timed finals. The fastest heat of the women and the fastest heat of the men will be swum during the evening finals session. All remaining heats will be swum fastest to slowest beginning 15 minutes after the conclusion of prelims.

**Timers & Counters:**  
Swimmers competing in the 400, 800 and 1500 Freestyle must provide their own timer and counter for

all heats except those swimming during the finals session.  
A counter is required only for swimmers competing in the finals session.

**400 IM and 400 Freestyle Preliminaries:**  
Preliminaries will be swum fastest to slowest, alternating women then men. The top two heats of each gender will be circle-seeded and will swim in the order: Women → Men. The remaining heats will continue fast to slow. All preliminary heats outside of finals session heats will be “time your own.”

Meet management reserves the right to provide a brief break, if necessary, for swimmers who are entered in consecutive events and may be competing in both the fastest circle seeded heats of a preceding event and the earliest heats of the 400 IM or 400 Freestyle, in order to ensure adequate recovery time.

**RELAYS:** All relay events will be timed finals and will be timed by the participating teams. Teams must declare any relay scratches by the scratch deadline for that day. Relay entries will be seeded based on submitted entry times (NT if no time is provided).

Relay names (swimmers and order) must be submitted by the end of prelims. Changes to relay personnel may be made up until the time of the swim. Teams are responsible for providing their own timers for all relay events.

Clubs may enter a maximum of two relay entries per event. “Relay Only” swimmers are limited to one per gender (one male and one female total, not per relay or per day) and must be included in the meet entry with valid USA Swimming numbers. Relay entry times may be submitted as composite times.

All relays will be conducted as timed finals at the end of the evening sessions. Events will be swum in the following order: women’s relays from slowest to fastest, followed by men’s relays from slowest to fastest.

**TIME TRIALS:** Time trials will be held only if time permits between prelims and finals, starting 15 minutes after the completion of each preliminary session, at the discretion of the Meet Referee. They are available for swimmers competing in individual events in accordance with USA Swimming rules. Each time trial counts as one of the swimmer’s nine allowed individual events.

Swimmers must sign up for time trials on Friday and Saturday between 8:00 am and 11:00 am (subject to change). Special consideration will be given to athletes who swim events after the sign-up deadline and wish to enter the event as a time trial. The additional sign-up deadline will be 10 minutes after the event.

Fees: \$30.00 per individual event, \$40.00 per relay

Swimmers must provide their own timers and lap counters. The Meet Referee reserves the right to combine events as needed. By entering time trials, swimmers agree to swim in combined heats without lane separation.

A "no-show" for a time trial will not count toward the swimmer's total event limit for the meet.

The 800 and 1500 free events will be offered as the last event on either Friday or Saturday (time permitting).

Time Trial Limitations: For every 400 athletes, a maximum of 1 hour of time trials will be offered.

The Meet Referee may limit time trial entries based on available time.

**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 \$20.00 per individual event, \$25.00 for distance events, and \$30.00 per relay. Time trials are \$30.00 per individual event and \$40.00 per relay event and must be paid in cash.

There will also be a \$10.00 per athlete facility surcharge.

If no electronic entry is provided, there is a \$5.00 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>.

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.

### **Failure to Compete**

1. Prelims & Timed-Final Events (Applies to prelims and distance events)  
If a swimmer is seeded into a preliminary heat or a **timed-final** event and fails to compete without having been properly scratched:

- They are barred from all remaining individual and relay events for that day, and
- They will not be seeded in any individual events on subsequent days unless they declare intent to swim before that day's scratch deadline.

**DFS** is not permitted for timed-final events.

2. Evening Finals (A/B/C Finals)

If a swimmer is seeded into an A, B, or C Final and fails to compete without having been properly scratched:

They are barred from all further competition for the remainder of the meet.  
For Sunday finals, they will also be fined \$50 per event not swum.

No penalty will apply if:

- The Referee accepts proof of illness or injury.
- The swimmer notifies the Clerk of Course within 30 minutes after qualifiers are announced that they may not intend to swim, and confirms their final decision within 30 minutes of their last preliminary swim.
- The Referee determines that circumstances beyond the swimmer's control caused the failure to compete.

### **Distance Event Scratch Requirements**

All distance events will be seeded at entry time. Swimmers intending not to swim a distance event must scratch by the applicable scratch deadline for that session. Swimmers who do not scratch by the deadline will be seeded and expected to swim.

**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 350 people, including swimmers, officials, and volunteers. 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**

Individual and relay awards for 1st through 3rd place will be presented immediately following each men's final event.

The Individual Distance High Point Award (for the 400 IM, 400 Freestyle, 800 Freestyle, and 1500 Freestyle) will be presented after the final distance event.

The Overall Individual High Point Award will be presented at the conclusion of the last individual event on Sunday evening.

Team awards will be presented following Sunday's finals.

**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

Bonus final: No score

Relay event scoring will be to 16 places as follows:

Relay events: 40-34-32-30-28-26-24-22-19-14-12-10-8-6-4-2

**TEAM SCORING:** Team scores will be kept for the Men's, Women's and Combined Teams through 20th place as per USA Swimming rule 102.25 for all Short Course Finals events.

# **WORK ASSIGNMENTS AND OFFICIALS**

## **WORK ASSIGNMENTS:**

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 for officials working the meet. All teams, regardless of team size, should expect to contribute volunteers in order to help the meet run smoothly for all participants.

Teams that provide officials by June 12 will receive volunteer credit in advance and will help ensure the correct polo sizes are ordered for participating officials. Here is the link:

[https://docs.google.com/forms/d/e/1FAIpQLSeHaYxl2O1TmgVJBzDSI\\_hDC2rGJ9fzqqfKKs9Rb0K3RYlkqg/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLSeHaYxl2O1TmgVJBzDSI_hDC2rGJ9fzqqfKKs9Rb0K3RYlkqg/viewform?usp=header)

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:**

Officials are a critical part of providing a fair, safe, and efficient championship experience for our athletes. Adequate officiating allows the meet to run on schedule, ensures consistent application of the rules, and helps create the high-quality competitive environment our swimmers have worked all season to achieve.

Connecticut Swimming welcomes and encourages certified officials, as well as anyone interested in learning more about officiating, to volunteer for this meet. Whether you can work a single session or the entire weekend, your support directly contributes to the success of the championship and the experience of every athlete on deck.

Officials may sign up using the link below, contact the Meet Referee prior to the meet, or check in upon arrival.

### **Officials Sign Up Link:**

[https://docs.google.com/forms/d/e/1FAIpQLSeHaYxl2O1TmgVJBzDSI\\_hDC2rGJ9fzqqfKKs9Rb0K3RYlkqg/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLSeHaYxl2O1TmgVJBzDSI_hDC2rGJ9fzqqfKKs9Rb0K3RYlkqg/viewform?usp=header)

Officials may wear white over navy with white shoes or white over black with black shoes, in accordance with the CT Officials Uniform Transition Policy.

Shorts are permitted during preliminaries. For finals, long pants or skirts are required.

Official briefings will be held at the date and time listed in the Important Dates and Deadlines.

Please contact the Meet Referee 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.

**ADULT ATHLETES:** All athletes who will be 18 years of age or older must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

## **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.

## **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](http://ctswim.org) and may contact [office@ctswim.org](mailto: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 Senior 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.

# QUALIFYING STANDARDS

18&U Time Standards						
WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.89	25.19	50 Freestyle	23.39	24.89	25.69
1:02.79	1:01.19	54.99	100 Freestyle	50.79	54.79	56.39
2:16.29	2:13.09	1:59:59	200 Freestyle	1:51.49	2:02.09	2:05.79
4:49.79	4:43.39	5:20.99	400/500 Freestyle	5:01.79	4:24.39	4:30.79
10:04.39	9:51.59	11:07.59	800/1000 Freestyle	10:48.19	9:09.79	9:22.59
19:26.39	19:02.39	18:35:19	1500/1650 Freestyle	18:00.69	18:02.99	18:26.99
34.79	34.19	30.79	50 Backstroke	27.89	30.89	31.49
1:11.69	1:09.69	1:01:59	100 Backstroke	58.29	1:03.89	1:05.09
2:36.09	2:33.69	2:15:39	200 Backstroke	2:07.79	2:20.59	2:22.99
38.69	37.69	33.99	50 Breaststroke	29.99	33.19	34.19
1:22.79	1:20.49	1:10.99	100 Breaststroke	1:06.99	1:11.39	1:13.39
3:01.09	2:57.49	2:36:39	200 Breaststroke	2:28:49	2:42.29	2:46.29
32.59	31.89	28.49	50 Butterfly	25.29	28.39	29.09
1:08.79	1:07.39	1:00:29	100 Butterfly	56.29	59.99	1:01.35
2:43.79	2:38.59	2:20:29	200 Butterfly	2:12.99	2:23.79	2:26.59
2:36.19	2:32.99	2:16.19	200 IM	2:05.59	2:21.49	2:24.69
5:32.49	5:26.09	4:52.19	400 IM	4:33.79	5:07.69	5:14.09

19&O Time Standards

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.39	27.59	24.19	50 Freestyle	22.79	24.79	25.59
1:02.19	1:00.59	54.29	100 Freestyle	50.29	54.49	56.09
2:15.19	2:11.99	1:57.89	200 Freestyle	1:50.49	2:00.49	2:03.69
4:49.79	4:43.39	5:17.99	400/500 Freestyle	4:57.39	4:23.99	4:30.39
10:04.39	9:51.59	10:58.59	800/1000 Freestyle	10:27.79	9:09.79	9:22.59
19:26.39	19:02.39	18:08.19	1500/1650 Freestyle	17:49.09	18:02.99	18:26.99
33.39	32.79	29.49	50 Backstroke	26.89	29.89	30.49
1:10.09	1:08.89	1:00.59	100 Backstroke	58.49	1:03.19	1:04.39
2:36.09	2:33.69	2:13.09	200 Backstroke	2:04.49	2:20.59	2:22.99
37.69	36.69	33.09	50 Breaststroke	29.29	32.49	33.49
1:21.39	1:19.39	1:09.59	100 Breaststroke	1:04.99	1:11.09	1:13.09
2:57.79	2:53.79	2:32.59	200 Breaststroke	2:22.69	2:39.69	2:43.69
31.09	30.39	27.39	50 Butterfly	24.19	26.89	27.59
1:08.69	1:07.29	59.49	100 Butterfly	54.59	59.99	1:01.39
2:37.89	2:35.09	2:16.89	200 Butterfly	2:04.49	2:20.19	2:23.19
2:36.19	2:32.99	2:15.09	200 IM	2:01.49	2:21.29	2:24.49
5:32.49	5:26.09	4:51.39	400 IM	4:17.29	5:04.19	5:10.59

# ORDER OF EVENTS

<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>
<b>THURSDAY</b>		
1	W 1500/M 800 Free	2
3	50 Freestyle	4
5	200 Butterfly	6
7	100 Breaststroke	8
<b>FRIDAY</b>		
9	50 Breaststroke	10
11	200 Freestyle	12
13	100 Backstroke	14
15	400 IM	16
17	400 Medley Relay	18
<b>SATURDAY</b>		
19	50 Backstroke	20
21	100 Butterfly	22
23	200 Breaststroke	24
25	400 Freestyle	26
27	800 Freestyle Relay	28
<b>SUNDAY</b>		
29	W 800/ M1500 Free	30
31	50 Butterfly	32
33	200 Backstroke	34
35	100 Freestyle	36
37	200 IM	38
39	400 Freestyle Relay	40