

# CONNECTICUT SWIMMING

## 2022 LC REGIONAL CHAMPIONSHIPS

FRIDAY, SATURDAY, and SUNDAY

July 15 - July 17, 2022

Hosts: LEHY/HHAC, CDOG, RYWC, & WYW

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit [ctswim.org](http://ctswim.org) or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L22-41A-H. 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.

### COVID-19 Statement

In applying for this sanction, the Host, Cheshire Y/Sea Dog Swim Club, Wilton Wahoos, RYWC Makos, LEHY Lightening/Hamden Hall Aquatic Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, Town of Cheshire, <https://www.cheshirect.org/>, Town of East Hartford, <https://portal.ct.gov/DPH/Local-Health-Admin/LHA/East-Hartford-Health-Department>, Town of Brookfield, <https://www.brookfieldct.gov/health-department>, town of Wilton, <https://www.wiltonct.org/>

### COVID-19 Assumption of Risk Disclaimer

We, Cheshire Y/Sea Dog Swim Club, Wilton Wahoos, RYWC Makos, LEHY Lightening/Hamden Hall Aquatic Club, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at 2022 LC Regional Championships or on site at Cheshire Community Pool, Wilton Y, Odessa Terry Pool or Youth Development Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at 2022 LC Regional Championships and being on site at Cheshire Community Pool, Cheshire Community Pool, Wilton Y, Odessa Terry Pool or Youth Development Center. you voluntarily assume all risks related to exposure to COVID-19.

### COVID-19 Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

## EVENTS

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 time study and/or other factors, with approval from Program Operations. In the event of any change, teams will be contacted no later than **July 13, 2022**.

**DIVISION:** All clubs will enter using FAST Online Entries. Program Operations will divide the teams into divisions to ensure balanced meets. Clubs will be notified of their division assignment no later than July 7<sup>th</sup>, 2022.

	LEHY/HHAC	CDOG	RYWC	WYW
<b>Meet Director</b>	Jen Lyman <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>	Sean Farrell <a href="mailto:sfarrell@sccymca.org">sfarrell@sccymca.org</a> 203-217-0038	Lucy Suter <a href="mailto:lsuter@regionalmca.org">lsuter@regionalmca.org</a> (203) 775-1077 Ext 152	JoAnn McCaffrey <a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a> 203-762-8384 x 249
<b>Entry Chair</b>	Jen Lyman <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>	Sean Farrell <a href="mailto:sfarrell@sccymca.org">sfarrell@sccymca.org</a> 203-217-0038	Lucy Suter <a href="mailto:lsuter@regionalmca.org">lsuter@regionalmca.org</a> (203) 775-1077 Ext 152	JoAnn McCaffrey <a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a> rg

				203762-8384 x 249
<b>Referee</b>	Dylan Lee <a href="mailto:dylantlee@gmail.com">dylantlee@gmail.com</a>	Mark Wollen <a href="mailto:Mark@mjwollen.com">Mark@mjwollen.com</a>	Leon Istambouli <a href="mailto:istambouli@gmail.com">istambouli@gmail.com</a>	Liza Heller <a href="mailto:Liza.j.heller@gmail.com">Liza.j.heller@gmail.com</a>
<b>Website</b>	<a href="http://www.ghymca.org/page.cfm?p=25">www.ghymca.org/page.cfm?p=25</a>	<a href="http://www.seadogswim.org">www.seadogswim.org</a>	<a href="http://www.makoswim.org">www.makoswim.org</a>	<a href="http://www.wyahoos.org">www.wyahoos.org</a>
<b>Location</b>	Odessa Terry Pool, Hockanum Park 310 High Street, East Hartford, CT 06108	Cheshire Community Pool, 520 South Main St, Cheshire, CT 06410	Greenknoll Aquatic Center 10 Huckleberry Hill Rd Brookfield, CT 06804	Riverbrook YMCA 404 Danbury Rd. Wilton, CT 06897
<b>Safety Chair</b>	Laura McLaughlin <a href="mailto:coachlmclaughlin@gmail.com">coachlmclaughlin@gmail.com</a>	Kyle Shadeck <a href="mailto:kshadeck@sccymca.org">kshadeck@sccymca.org</a>	Sarah Basile <a href="mailto:sbasile@regionalmca.org">sbasile@regionalmca.org</a> (203) 775-1077 Ext 153	Eric Holden <a href="mailto:Eholden@riverbrookymca.org">Eholden@riverbrookymca.org</a> 203-762-8384
<b>Emerg Phone</b>	860-291-7422	203-271-3208	203-775-1113	203-762-8384
<b>Facilities</b>	8-lane, 50-meter pool. Colorado Timing System with a 1-line scoreboard. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is: 10 ft. Water depth at turn end is: 3.5 ft.	8-lane, 50 Meter pool. Daktronics Timing. Water depth at start end is: 6-8 ft. Water depth at turn end is: 6-8 ft.	6-lane, 50 meter pool. Water depth at start end is: 6ft. Water depth at turn end is: 3.5ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system with 6 lane display and touch pads at start and turn ends.	6 lane 50 meter pool with a dividing bulkhead and Daktronics electronic timing. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The pool is 50 meters x 15 yards with a north end pool depth of 6 ½ ft and south end pool depth of 4 ft.
<b>Directions</b>	<a href="https://goo.gl/maps/9qGNLRraAGTDsOvo8">https://goo.gl/maps/9qGNLRraAGTDsOvo8</a>	<a href="http://goo.gl/maps/3uiXX">http://goo.gl/maps/3uiXX</a>	<a href="https://goo.gl/maps/enzLp">https://goo.gl/maps/enzLp</a>	<a href="https://goo.gl/maps/CkpN2pcX3b7vdm9A">https://goo.gl/maps/CkpN2pcX3b7vdm9A</a>
<b>Payment</b>	P.A.T, PO Box 185051 Hamden, CT 06518	Sean Farrell Cheshire YMCA 967 S. Main St, Cheshire, CT 06410	Sarah Basile 2 Huckleberry Hill Rd. Brookfield, CT 06804	JoAnn McCaffrey 404 Danbury Road Wilton, CT 06897
<b>Make Checks out to:</b>	P.A.T Memo:Regionals	STPA Memo: Regionals	Regional YMCA of Western CT	Wilton Wahoos
<b>Payment due</b>	July 14, 2022	July 14, 2022	July 14, 2022	July 14, 2022
<b>Officials Contact</b>	Dylan Lee <a href="mailto:dylantlee@gmail.com">dylantlee@gmail.com</a>	Mark Wollen <a href="mailto:Mark@mjwollen.com">Mark@mjwollen.com</a>	Leon Istambouli <a href="mailto:istambouli@gmail.com">istambouli@gmail.com</a>	Liza Heller <a href="mailto:Liza.j.heller@gmail.com">Liza.j.heller@gmail.com</a>

**SAFE SPORT POLICIES:** Spectators will be allowed at any of the facilities. See below for details.

**Cheshire (CDOG):** All swimmers will be seated outside, teams are encouraged to bring tents. Parents will be allowed to watch the meet from the stands and the picnic area.

**Terry Odessa (LEHY/HHAC):** There will be no spectators on deck however parents will be able to view their child from outside the pool area through the open fence.

**Wilton YMCA (WYW):** there will be a standing spectator area at the far end of the pool. There will be seating in the grounds near the standing area so parents need to bring chairs

**Regional Y (RYWC):** There will be a large spectator area along the west side of the pool, spectators may bring their own chairs. There is limited shade on the west side, tents cannot be set up on the west side because it will block the view of the pool.

**BEFORE ENTERING FACILITY or WHAT TO BRING:** List anything participants must do before entering the facility. Will heat sheets be digital so families can print and bring their own? Temperature checks, sign waivers, shower at home, suit-up at home, etc. Parent or athlete staging, bullpens, etc.

**Cheshire (CDOG):** Swimmers will be sitting outside. It is recommended that swimmers come in their suits and bring deck chairs. Teams may also want to bring tents to protect the swimmers from the sun. Heat sheets will be available for purchase and on meet mobile.

**Terry Odessa (LEHY/HHAC):** It is recommended that swimmers come in their suits and bring deck chairs to sit in for the duration of the meet. Heat Sheets will be available purchase and on meet mobile.

**Wilton YMCA (WYW):** swimmers should arrive in suits. Entry is through the lobby of the YMCA Spectators will have to walk around the pond area to the viewing area. Heat sheets will be posted online and through Meet Mobile. There MAY be heat sheets for sale Team tents may be set up in the pool area but need to be down for second sessions or overnight

**Regional Y (RYWC):** The locker rooms are open, but swimmers should arrive prepared to warm up. Swimmers will enter and exit the YDAC facility through the east or south side pool gates. Access to the locker rooms in the main building is through the airlock vestibule located on the north end of the pool deck. Any swimmer, coach, official, volunteer or spectator that is experiencing COVID-19 symptoms may not enter. Heat sheets will be posted on Meet Mobile and the Makos website after scratches are received. Coaches and officials will be given a hard copy of the heat sheets, other paper copies of the heat sheets will be posted in the spectator area. Tents can be set up on the east side of the pool, behind the building, and on the lower lawn. Teams may not sit or set up tents on the west side of the pool deck, the west side will be used for spectator seating. All tents must be properly secured to the ground. There will be some bleachers for teams on the east side of the deck, swimmers and coaches may bring their own deck chairs.

#### **HANDICAPPED/DISABLED ACCESS**

Cheshire Community Pool

Cheshire Community Pool is accessible to the disabled. Please contact the Meet Director with questions.

Terry Odessa Pool (LEHY)

Facility is handicapped accessible. For more information contact the Meet Director

Regional YMCA of Western CT (RYWC)

Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email Sarah Basile at [sbasile@regionalyymca.org](mailto:sbasile@regionalyymca.org) in advance to make arrangements.

Riverbrook Regional YMCA (WYW)

Handicap accessible.

**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.

**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.

**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](http://ctswim.org) and contact Adapted Swimming Chair office@ctswim.org for time standards and other information.

**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 set forth in the Entry Fee Section.

**ELIGIBILITY:** All the following criteria must be met:

1. Swimmers must be 2022 CT-registered members of USA Swimming. No membership registrations will be processed at the meet. FLEX members cannot enter this meet. FLEX members must upgrade to Premium prior to entry.
2. A participating swimmer **does not** need to have swum in any CSI regularly-scheduled sanctioned meet in the 2022 Long Course season before the final entry deadline.
3. Events without Minimum Standards **may be** swum for the first time at this meet. Some events have Minimum Time Standards that must be met.
4. 10/Under events **do not** have Maximum Time Standards. Proof of time is required for all events.
5. 11-12 year old & 13-14 year old swimmers may **not** compete in any event in which they have achieved a 2022 Long Course Age Group Championship Qualifying Time (COT). This includes LCM, SCM, and SCY times (attached).
6. 15/18 swimmers may **not** compete in any event in which they have exceeded the Maximum Time Standard which is equivalent to the 2022 Senior Zone Championship qualifying time (COT).

Age for the meet will be swimmer's age as of July 15<sup>th</sup>, 2022, with the following directive:

Swimmers shall not be denied the opportunity to attempt to qualify for Long Course Age Group Championships because of a birthday occurring within the time frame defined as the "Championship Period". The Championship Period is defined as the first day of the Regional Championships through and including the first day of the Age Group Championships for the Short Course season. He/she may compete in the next higher age group if: his/her birthday falls within the Championship Period, and as a result would be required to qualify in the next higher age group at the Short Course Age Group Championships in that Championship Period, and he/she has exceeded the maximum COT for his/her current age, and he/she has not exceeded the maximum COT for the higher age group.

The meet director and the referee must be notified prior to the meet. Please email [office@ctswim.org](mailto:office@ctswim.org) for entry instructions. All championship birthday entries are due by the published deadline. Swimmers whose birthdays do not occur during the Championship Period shall be required to swim their appropriate age group and shall not be permitted to swim in a higher age group under any circumstances, even though the age groups are defined as 10/U, 12/U, 14/U, etc. These classifications exist only for those swimmers whose birthdays fall within the Championship Period.

**SCHEDULE:**

Schedule is subject to change.

<b>SCHEDULE</b>	<b>LEHY/HHAC</b>	<b>CDOG</b>	<b>RYWC</b>	<b>WYW</b>
Friday Evening	N/A	All Age Groups Warm-up: 5:00pm Start: 6:00pm	N/A	All Age Groups Warm-up: TBA Start: TBA
Saturday/Sunday Morning	All Age Groups Warm-up: 6:30 am Start: 8:00 am	All Age Groups Warm-up: 6:30am Start: 7:40am	All Age Groups Warm-up: 8:00 am Start: 9:30 am	All Age Groups Warm-up: 7:00 am Start: 8:30 am
Saturday/Sunday Afternoon	N/A	N/A	All Age Groups Warm-up: 2:00 pm Start: 3:30 pm	All Age Groups Warm-up: 2:00 pm Start: 3:30 pm

**TIME STANDARDS:** Swimmers must have equaled or bettered the minimum time standard since April 26<sup>th</sup>, 2020, and may not have bettered the maximum time standard with the following exceptions: there shall be no minimum time standard for the 12/U 50M events and 100M Freestyle; no minimum time standard for 13/18 100M or less events and 200M Freestyle; and no maximum time standard for any 10/Under events & the 11/12 1500M Freestyle and 400M IM. **Swimmers must achieve at least the Minimum Qualifying Time to be eligible for an event with a minimum time standard Swimmers may enter with a NT for an event without a minimum time standard. 11-14 year old swimmers may not compete in any event in which they have achieved a 2022 Long Course Age Group Championship qualifying time. 15/Over swimmers may not compete in any event in which they have achieved a 2022 Senior Zone Championship qualifying time.** (See Order of Events for maximum qualifying times.)

**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 per event. The \$100.00 fine must be paid by Aug 10, 2022, to the Connecticut Swimming office.

**ENTRIES:** Swimmers may enter a maximum of two (2) individual events on Friday evening and three (3) individual events plus 2 relay on Saturday and Sunday. **Swimmers may compete in a maximum of seven (7) individual events for the meet. DECK ENTRIES WILL ABSOLUTELY NOT BE ACCEPTED.**

**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:** Swimmers may qualify with times from 25 yard, 25 meter or 50 meter courses. All times shall be arranged from Fastest-to-Slowest in LCM or LCM equivalents. All non-conforming course times will be converted to LCM and arranged within the LCM times. The order of heats shall be swum Slowest-to-Fastest, except as otherwise noted (see Distance Events).

**DISTANCE EVENTS:** The 1500M Freestyle events will be swum Fastest-to-Slowest. Swimmers must supply their own timers and lap counters. The 13/14 and 15/18 1500M Freestyle events have distinct qualifying times, but the events shall be seeded as single women's and men's events and swum as timed finals. Heats may be combined in order to satisfy timeline requirements. Awards and points shall be determined in separate age categories.

**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 session begins OR as indicated in packet, with scratched swimmers clearly identified. Referee must be able to read the event and name of 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 prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck.

**DEADLINE AND FEES:** Deadline is **5 PM Wednesday, July 6, 2022.** CSI clubs will enter using [Connecticut FAST Online Entries](#). Contact [office@ctswim.org](mailto: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](mailto:office@ctswim.org). If meet entry software is not available, email [office@ctswim.org](mailto:office@ctswim.org) the athlete 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.

Club divisions will be posted on [ctswim.org](http://ctswim.org) on no later than **July 7<sup>th</sup>, 2022.** Clubs will send entry fee payment to their assigned host postmarked by 5 PM by July 15<sup>th</sup>, 2022. Host clubs have the right to remove unpaid club entries, with approval from Program Operations. PAYMENT IS BY CHECK TO MEET HOST. DO NOT MAKE CREDIT CARD PAYMENTS.

**FEES:** Meet entry fee: Splash fees: \$12/ individual event; \$24/relay and \$12 relay-only swimmer. If no electronic entry is provided, there is a \$12 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.

**LATE QUALIFIERS:** Any swimmer achieving an initial qualifying time during the period of July 6-12, 2022 must be entered no later than **5 PM, Wednesday, July 13, 2022 by email to the meet Entry Chair.** After this deadline, no late qualifier entries will be accepted. No improvements in seed time will be accepted and swimmers may not enter additional Regional events as late qualifiers if they are entered in the maximum number of events, with the following exception: Swimmers who achieve an Age Group Championship qualifying time for an event(s) on their entry, must scratch or substitute that event(s) for another Regional qualifying event. Late qualifying entries may not be included in meet program.

**CORRECTIONS:** Meet entry corrections will be accepted by the meet Entry Chair until **5 PM, Wednesday, July 13, 2022.** Under no circumstances will corrections (other than changes of attachment status) be accepted after this time. For each correction clubs will be assessed \$12.00 in addition to the published splash fee. Only email corrections will be accepted.

- If John Doe is omitted, there is a \$12 dollar fee to add John. If he is to be entered in six (6) events, his club will be charged \$24 total per event. Total for John Doe \$156.
- If John Doe is entered in the 100 backstroke, but should have been entered in the 100 breaststroke, take John out of the 100 back is a \$12 charge, plus \$12 for the new event. Total fee is \$24.00.

- A scratch for a single swimmer where a coach will not be in attendance 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 \$24.00 plus splash fee. Total for additional relay \$48.00.

**OVERSUBSCRIPTION:** In the event of oversubscription, relays will be cut. We reserve the right to adjust the schedule. Teams will be notified of any change no later than July 11, 2022.

**TIME TRIALS:** There will be no time trials.

**AWARDS & SCORING:**

- Medals will be awarded for 1-6 places for individual events and 1-3 places for relays.
- Events will be scored to 6 places. Individual Events: 7-5-4-3-2-1 Relays: 14-10-8-6-4-2
- Team Champions will be awarded to the women's, men's and combined team that earn the most points across all ages.

**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 July 11<sup>th</sup>, 2022. Please note that timers are required for 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. Swimmers must provide their own timers and counters for the 1500M Freestyle.

**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 in order 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 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.

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.

**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.

**ORDER OF EVENTS**  
**CONNECTICUT REGIONAL CHAMPIONSHIPS**  
**FRIDAY, JULY 15, 2022 (CDOG and WYW)**

<u>Girls</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>Event</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>Boys</u>
1	-----	6:42.49	-----	6:34.49	-----	7:27.49	10/U 400M/500Y Freestyle	-----	7:39.99	-----	6:42.24	-----	6:56.24	2
3	2:32.00	2:59.99	2:28.80	2:55.99	2:12.80	2:36.74	12/U 200M Freestyle	2:15.80	2:42.99	2:31.00	3:01.24	2:34.20	3:07.74	4
5	4:57.20	5:27.78	4:50.80	5:18.89	5:32.80	6:04.49	14/U 400M/500Y Freestyle	5:24.40	6:08.49	4:44.60	5:22.49	4:51.00	5:30.49	6
7	4:41.60	5:21.48	4:35.20	5:12.76	5:10.40	5:57.49	18/U 400M/500Y Freestyle	4:48.99	5:39.99	4:15.29	4:57.45	4:20.89	5:07.68	8
9	-----	4:07.97	-----	3:59.94	-----	3:34.99	10/U 200M IM	-----	3:37.99	-----	4:03.24	-----	4:14.24	10
11	-----	7:02.96	-----	6:52.94	-----	6:09.99	12/U 400M IM	-----	6:19.99	-----	7:04.10	-----	7:19.29	12
13	5:49.00	6:22.41	5:42.60	6:13.87	5:02.40	5:34.99	14/U 400M IM	4:53.40	5:38.99	5:38.60	6:18.49	5:45.00	6:32.24	14
15	5:22.10	6:16.70	5:10.80	6:08.29	4:40.00	5:29.99	18/U 400M IM	4:16.90	5:20.99	4:45.00	5:58.24	4:51.40	6:11.09	16

<u>Girls</u>	<u>LCM</u>	<u>LCM</u>	<u>SCM</u>	<u>SCM</u>	<u>SCY</u>	<u>SCY</u>	<b>SATURDAY, JULY 16, 2022</b>	<u>SCY</u>	<u>SCY</u>	<u>SCM</u>	<u>SCM</u>	<u>LCM</u>	<u>LCM</u>	<u>Boys</u>
	<u>Max</u>	<u>Min</u>	<u>Max</u>	<u>Min</u>	<u>Max</u>	<u>Min</u>	<u>Event</u>	<u>Max</u>	<u>Min</u>	<u>Max</u>	<u>Min</u>	<u>Max</u>	<u>Min</u>	
17	-----	-----	-----	-----	-----	-----	10/U Mixed 200M Fr Relay	-----	-----	-----	-----	-----	-----	17
18	-----	-----	-----	-----	-----	-----	11/12 Mixed 200M Fr Relay	-----	-----	-----	-----	-----	-----	18
19	-----	-----	-----	-----	-----	-----	13/14 Mixed 400M Fr Relay	-----	-----	-----	-----	-----	-----	19
20	-----	-----	-----	-----	-----	-----	15/18 Mixed 400M Fr Relay	-----	-----	-----	-----	-----	-----	20
21	-----	-----	-----	-----	-----	-----	10/U 50M Freestyle	-----	-----	-----	-----	-----	-----	22
23	31.60	-----	30.80	-----	28.20	-----	12/U 50M Freestyle	28.20	-----	30.80	-----	31.90	-----	24
25	2:42.10	3:04.53	2:38.84	2:58.56	2:20.30	2:39.99	14/U 200M IM	2:15.30	2:42.49	2:32.60	3:01.35	2:35.80	3:09.60	26
27	2:29.70	3:00.85	2:26.50	2:58.56	2:11.90	2:39.99	18/U 200M IM	2:00.60	2:34.99	2:13.90	2:52.98	2:13.90	3:00.85	28
29	-----	1:56.49	-----	1:50.99	-----	1:39.49	10/U 100M Backstroke	-----	1:43.99	-----	1:55.99	-----	2:04.49	30
31	1:20.60	1:38.46	1:19.40	1:32.49	1:09.90	1:23.99	12/U 100M Backstroke	1:11.10	1:29.99	1:21.29	1:40.44	1:22.50	1:47.77	32
33	1:26.70	-----	1:24.70	-----	1:14.40	-----	14/U 100M Breaststroke	1:11.60	-----	1:22.25	-----	1:24.25	-----	34
35	1:18.60	-----	1:16.60	-----	1:09.00	-----	18/U 100M Breaststroke	1:02.40	-----	1:09.30	-----	1:11.30	-----	36
37	-----	-----	-----	-----	-----	-----	10/U 50M Breaststroke	-----	-----	-----	-----	-----	-----	38
39	42.60	-----	41.60	-----	37.00	-----	12/U 50M Breaststroke	37.40	-----	42.70	-----	43.70	-----	40
41	2:53.00	3:24.30	2:50.20	3:20.88	2:26.30	2:59.99	14/U 200M Butterfly	2:21.90	3:00.99	2:44.19	3:21.99	2:47.00	3:29.24	42
43	2:30.00	3:12.95	2:27.70	3:09.72	2:13.70	2:49.99	18/U 200M Butterfly	2:01.40	2:44.99	2:14.90	3:04.14	2:17.70	3:10.52	44
45	2:54.00	3:27.60	2:50.80	3:20.88	2:33.00	2:59.99	12/U 200M IM	2:33.60	3:06.99	2:52.80	3:28.74	2:56.00	3:38.24	46
47	1:05.60	-----	1:04.00	-----	57.00	-----	14/U 100M Freestyle	55.00	-----	1:01.40	-----	1:03.00	-----	48
49	1:01.80	-----	1:00.20	-----	54.20	-----	18/U 100M Freestyle	49.30	-----	54.40	-----	56.00	-----	50
51	1:20.00	1:40.90	1:18.60	1:38.76	1:10.30	1:28.49	12/U 100M Butterfly	1:12.90	1:39.99	1:23.10	1:51.60	1:24.50	1:55.20	52
53	-----	2:14.54	-----	2:11.69	-----	1:57.99	10/U 100M Butterfly	-----	2:02.99	-----	2:17.24	-----	2:21.49	54
55	2:44.75	3:10.77	2:42.35	3:02.47	2:19.30	2:43.49	14/U 200M Backstroke	2:15.40	2:53.24	2:37.60	3:13.49	2:40.00	3:24.24	56
57	3:20.00	3:59.17	3:16.00	3:50.41	2:55.00	3:29.99	12/U 200M Breaststroke	2:56.70	3:39.99	3:24.70	4:05.52	3:28.70	4:16.40	58
59	2:28.00	3:08.49	2:25.60	3:00.24	2:11.10	2:41.49	18/U 200M Backstroke	1:59.20	2:38.99	2:13.50	2:57.49	2:15.90	3:07.49	60
61	-----	-----	-----	-----	-----	-----	10/U 200M Free Relay	-----	-----	-----	-----	-----	-----	62
63	-----	-----	-----	-----	-----	-----	11/12 200M Free Relay	-----	-----	-----	-----	-----	-----	64
65	-----	-----	-----	-----	-----	-----	13/14 400M Free Relay	-----	-----	-----	-----	-----	-----	66
67	-----	-----	-----	-----	-----	-----	15/18 400M Free Relay	-----	-----	-----	-----	-----	-----	68
69	-----	24:36.91	-----	23:55.68	-----	23:59.99	12/U 1500M/1650Y Freestyle	-----	24:59.99	-----	24:55.50	-----	25:54.39	70

Girls	LCM	LCM	SCM	SCM	SCY	SCY	<b>SUNDAY, JULY 17, 2022</b>	SCY	SCY	SCM	SCM	LCM	LCM	Boys
	Max	Min	Max	Min	Max	Min	Event	Max	Min	Max	Min	Max	Min	
71	-----	-----	-----	-----	-----	-----	10/U Mixed 200M Medley Relay	-----	-----	-----	-----	-----	-----	71
72	-----	-----	-----	-----	-----	-----	11/12 Mixed 200M Medley Relay	-----	-----	-----	-----	-----	-----	72
73	-----	-----	-----	-----	-----	-----	13/14 Mixed 400M Medley Relay	-----	-----	-----	-----	-----	-----	73
74	-----	-----	-----	-----	-----	-----	15/18 Mixed 400M Medley Relay	-----	-----	-----	-----	-----	-----	74
75	1:09.70	-----	1:08.10	-----	1:01.50	-----	12/U 100M Freestyle	1:01.50	-----	1:08.10	-----	1:10.70	-----	76
77	-----	-----	-----	-----	-----	-----	10/U 100M Freestyle	-----	-----	-----	-----	-----	-----	78
79	3:07.90	3:30.69	3:03.20	3:26.46	2:39.40	3:04.99	14/U 200M Breaststroke	2:36.90	3:12.99	2:59.70	3:35.49	3:03.70	3:44.99	80
81	3:10.20	3:50.41	3:07.40	3:50.41	2:43.60	3:22.99	12/U 200M Butterfly	2:45.70	3:29.99	3:19.30	3:54.36	3:22.10	4:02.48	82
83	2:50.80	3:30.69	2:46.80	3:26.46	2:30.20	3:04.99	18/U 200M Breaststroke	2:16.20	2:55.99	2:31.20	3:16.42	2:35.19	3:25.12	84
85	-----	-----	-----	-----	-----	-----	10/U 50M Backstroke	-----	-----	-----	-----	-----	-----	86
87	37.60	-----	37.00	-----	32.70	-----	12/U 50M Backstroke	33.00	-----	37.40	-----	38.00	-----	88
89	30.10	-----	29.30	-----	26.20	-----	14/U 50M Freestyle	25.30	-----	27.90	-----	28.70	-----	90
91	28.70	-----	27.90	-----	25.10	-----	18/U 50M Freestyle	22.50	-----	25.00	-----	25.80	-----	92
93	-----	2:09.30	-----	2:05.99	-----	1:52.99	10/U 100M Breaststroke	-----	2:02.49	-----	2:16.71	-----	2:23.10	94
95	1:32.40	1:52.06	1:30.40	1:48.81	1:20.40	1:37.49	12/U 100M Breaststroke	1:22.20	1:42.49	1:33.30	1:54.39	1:35.30	1:59.73	96
97	1:13.60	-----	1:12.20	-----	1:03.90	-----	14/U 100M Butterfly	1:02.00	-----	1:09.40	-----	1:10.80	-----	98
99	1:07.40	-----	1:06.00	-----	59.40	-----	18/U 100M Butterfly	54.00	-----	1:00.0	-----	1:01.40	-----	100
101	-----	3:33.95	-----	3:28.69	-----	3:06.99	10/U 200M Freestyle	-----	3:12.99	-----	3:35.49	-----	3:43.24	102
103	2:22.70	-----	2:19.50	-----	2:03.50	-----	14/U 200M Freestyle	1:59.70	-----	2:15.30	-----	2:18.50	-----	104
105	2:12.60	-----	2:09.40	-----	1:56.50	-----	18/U 200M Freestyle	1:46.50	-----	1:58.30	-----	2:01.50	-----	106
107	34.60	-----	33.90	-----	31.20	-----	12/U 50M Butterfly	31.80	-----	35.30	-----	36.00	-----	108
109	-----	-----	-----	-----	-----	-----	10/U 50M Butterfly	-----	-----	-----	-----	-----	-----	110
111	1:15.50	-----	1:12.19	-----	1:04.90	-----	14/U 100M Backstroke	1:03.20	-----	1:13.00	-----	1:14.20	-----	112
113	1:08.40	-----	1:07.20	-----	1:00.50	-----	18/U 100M Backstroke	55.00	-----	1:01.00	-----	1:02.30	-----	114
115	2:55.70	3:39.36	2:53.30	3:29.81	2:33.30	3:07.99	12/U 200M Backstroke	2:33.70	3:19.99	2:56.60	3:43.20	2:59.00	3:55.56	116
117	-----	-----	-----	-----	-----	-----	10/U 200M Medley Rel.	-----	-----	-----	-----	-----	-----	118
119	-----	-----	-----	-----	-----	-----	11/12 200M Medley Rel.	-----	-----	-----	-----	-----	-----	120
121	-----	-----	-----	-----	-----	-----	13/14 400M Medley Rel.	-----	-----	-----	-----	-----	-----	122
123	-----	-----	-----	-----	-----	-----	15/18 400M Medley Rel.	-----	-----	-----	-----	-----	-----	124
125	5:22.20	5:59.70	5:15.80	5:49.95	5:58.50	6:39.99	12/U 400M/500Y Freestyle	6:02.60	6:44.49	5:25.10	5:54.32	5:31.50	6:06.51	126
127	20:07.00	22:03.07	19:43.00	21:26.13	19:15.70	21:29.99	14/U 1500M/1650Y Freestyle	18:45.00	21:44.99	19:21.00	21:41.09	19:45.00	22:32.32	128
129	18:36.30	21:24.61	18:12.30	20:48.74	18:01.00	20:52.49	18/U 1500M/1650Y Freestyle	16:47.50	20:54.99	16:58.50	20:51.24	17:2250	21:40.51	130