

2016 CONNECTICUT SWIMMING SENIOR CHAMPIONSHIP

Wesleyan University Freeman Athletic Building

161 Cross Street, Middletown, CT 06457

<http://goo.gl/maps/KD2IC>

March 3-6, 2016

EVENTS

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-91. 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. Sponsored by Connecticut Swimming and the Senior Committee, the meet will be run in accordance with USA Swimming rules unless otherwise noted. The meet will be open to eligible 2016 CT Swimming registered clubs and swimmers who have swum the attached time standards.

MEET DIRECTOR: Randy Erlenbach rerenbach@riverbrookymca.org

MEET REFEREE: Dave Pite pite@snet.net

ADMINISTRATIVE REFEREE: Jim Robison robisonops@att.net

MEET ENTRY INFO: Ginger McCurdy ctswim.mccurdy@gmail.com

WEBSITE: <http://www.ctswim.org>

SAFETY CHAIRMAN: Heather Flaherty

EMERGENCY NO: Pool Deck: 860-685-2915

FACILITY: Wesleyan University's Freeman Athletic Center Pool

- The Freeman Center Pool is a 50-meter by 25 yard venue with a Colorado Timing System. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado electronic timing system. Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. Limited spectator seating; limited refreshments.
- No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.
- Changing into or out of swimsuits, whole or in part, other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Misbehavior, unsportsmanlike conduct, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.
- No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet.
- No Folding Chairs are allowed anywhere in the building
- Seating for swimmers on the pool deck will be limited. Additional seating is available in gym.
- Spectators will be allowed to SIT only in spectator viewing area.
- Any vehicle parked anywhere other than in a parking space will be subject to fines and being towed.



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

SCHEDULE:	Warm-up	Start
Thursday Evening	3:30 p.m.	5:00 p.m.
Trials -Fri-Sat-Sun	6:30 a.m.	8:30 a.m.
Finals -Fri-Sat-Sun	4:00 p.m.	5:30 p.m.

WARM-UP: All clubs must warm-up under the supervision of a coach. Coaches should register in the office when they arrive in order for their clubs to begin warm-up. Only swimmers entered in this meet may use the warm-up lanes. All athletes must have a coach in attendance. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify Ginger McCurdy. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets and on the CT website. No diving will be permitted, except in the sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches. No training equipment is allowed in the pool except at the discretion of the Meet Referee. Entry into pool is feet-first from the turn ends of the pool.

PRELIMS: Prelims will be conducted in one 10-lane course. All Prelims will be conducted in **SCY** course. All Finals will be conducted in 50 LCM course in 8 lanes.

SEATING: During Prelims, all swimmers will be asked to sit in the Wesleyan indoor Gymnasium. Swimmers must stay off the basketball court at all times. Monitors will be provided to inform all swimmers which event and heat is splashing in the competition pool.

FINALS: Finals will be conducted as **LCM** in an 8-lane course. Three heats (Top 24) will return for the evening session - A Final (top 8), B Final (9-16) and C Final (17-24). **All Relays will swim during the evening Finals sessions.**

READY ROOM: Swimmers competing in the A final events are expected to 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.

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

ELIGIBILITY: This meet is open to Connecticut LSC swimmers only. Clubs and swimmers must be 2016 registered members of USA Swimming. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](#). Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Coaches will be required to check-in at the pool office in order to be on deck.

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 Adapted Swimming Chair [Mark Kinne](#) for time standards and other information.



FEES: Splash fees: \$10.00 per individual event, \$14.00 per relay, and \$10 per time trial. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Payment is required upon final entry submission. Credit card and checks accepted.

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

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

Timed final events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Prelim/Finals events: A final: 20-17-16-15-14-13-12-11

B final: 9-7-6-5-4-3-2-1

C final: No Score

Relay event scoring will be to 16 places as follows:

Relays events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

TEAM SCORING: Team scores will be kept for the Men's, Women's and Combined Teams through 16th place as per USA Swimming rule 102.25 for all Long Course Finals events; and 1-20 for Short Course Finals events (on Thursday night). The Final heat of the Women's 800M and Men's 1500M will be scored as 1-8 places, the remaining places 9-16 will be scored from the prelims of the Women's 1000Y and Men's 1650Y.

AWARDS: Awards will be presented throughout the meet, including a distance high-point award for the events 400IM, 500, 1000Y/800M, and 1650Y/1500M Free. Please note that only the Final placing from Finals of the Women's 800M and Men's 1500M Free on Sunday evening will count towards the distance high point award. Individual and Relay awards will be presented for 1st through 3rd place at finals following each event. Team awards and high point awards will be awarded at the conclusion of Sunday's finals.

ENTRIES: Swimmers may enter any individual event for which they qualify, but may only compete in three (3) individual events per day and a maximum of seven (7) individual events for the meet. No Bonus Events are allowed.

ENTRY INFORMATION: Swimmers must have equaled or bettered the attached time standards since January 1, 2015 and before the entry deadline. Swimmers will enter in SCY. Swimmers entering with non-conforming (LCM/SCM) times must indicate such on the entry.

SEEDING: Conforming SCY times will be seeded first followed by LCM, and then SCM. Prelims will be seeded in accordance with USA Swimming rules 102.5 unless otherwise stated herein. Events will be swum slowest to fastest unless otherwise stated herein. See *DISTANCE FREE and 400 IM* section.

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.

ENTRY DEADLINE: Entry deadline for all entries is **9:00 p.m. Friday, February 19, 2016**. Payment will be due with submission of entry. Please see PAYMENT section for details.

LATE QUALIFIERS: Any entered club that has a swimmer achieve an initial qualifying time during the period of **February 20-28, 2016** must enter, no later than **5:00 p.m. Monday, February 29, 2016**, using FAST Online Entries. After this deadline, no late qualifier entries will be accepted. No exceptions will be made to this deadline. No improvements in seed time will be accepted. Splash fees for late qualifiers are due on **Monday, February 29, 2016** by check (postmarked) or credit card. CSI reserves the right to remove the unpaid entries from the meet.

CORRECTIONS: The psych sheets will be posted on ctswim.org and clubs will be given until **5:00 p.m. Monday, February 29, 2016** to email corrections to ctswim.mccurdy@gmail.com. No exceptions will be made to this deadline. No improvements in seed time will be accepted, including improvements due to changes in course. Corrections will be accepted by email only. \$5 will be assessed for each correction. CSI is not responsible for entry errors based on incorrect meet files, computer/server errors, software bugs, etc. Splash fees for corrections are due on **Monday, February 29, 2016** by check (postmarked) or credit card. CSI reserves the right to remove the unpaid entries from the meet.

PAYMENT: Payment will be collected upon submission of entry by credit card or by signed check/check request. If paying by check an image of the signed check/check request must be submitted with the entry. The check must then be mailed to the address below.

Connecticut Swimming
28 Farms Village Rd
Wethersfield, CT 06109

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 May 1, 2016, to the Connecticut Swimming office.

ENTRY INFORMATION: CSI-member USA Swimming clubs will enter using Connecticut FAST Online Entries and enter an adapted athlete by contacting ctswim.mccurdy@gmail.com. Unattached athletes not affiliated with a club should email an entry file (*.sd3 or *.cl2) and proof of time to ctswim.mccurdy@gmail.com. If meet entry software is not available, email ctswim.mccurdy@gmail.com the athlete name, USA ID, age, event number, event name, time, and proof of time. Extra fees for manual entries will apply. See Proof of Entry Times section for acceptable proof.

SCRATCHES: Coaches will receive a scratch envelope containing scratch sheets for each day's events. Scratches for preliminary sessions are due at the computer table at 7:30am the morning of that preliminary session. For Friday prelim session the scratch sheets must be turned in at 7:30am on Friday morning, Saturday prelims, 7:30am Saturday morning, etc. Swimmers who are not scratched and fail to compete in



preliminary heats will be barred from their next individual event. Swimmers are automatically seeded in the meet if a scratch is NOT turned in.

A swimmer qualifying for an A Final, B Final, or C final who fails to compete and who has not scratched shall be barred from all further competition in the meet. Sunday Finalist shall be fined \$50.00 for each event not swum. Fines must be paid before May 1, 2016. No penalty will apply if:

1. The referee is notified in the event of illness or injury and accepts the proof.
2. A swimmer qualifying for finals based on the results of preliminaries notified the Clerk of Course within 30 minutes of the announcement of qualifiers that he/she may not intend to compete and confirm his/her final intention within 30 minutes following his/her last preliminary event.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

DISTANCE FREE and 400 IM: The Men's 1000Y and Women's 1650Y freestyles will be swum as timed finals on Thursday evening; and alternate women, then men by heat fastest to slowest. The Women's 1000Y and Men's 1650Y heats will be swum fastest to slowest alternating women and men by heats on Sunday after the 200Y Individual Medley and a 10 minute break. The fastest seeded heat (8 swimmers) of Women's 1000Y and Men's 1650Y freestyle will be swum as the first event in the Sunday evening session, and be swum as W 800M and M 1500M Freestyle. During positive check-in, swimmers may elect to swim during the preliminary session as SCY and will therefore not be seeded in the top heat conducted in the evening session as LCM.

SCY times will be seeded before LCM and SCM times. Swimmers must provide their own counters for all heats and must provide their own timers for all heats except those swum during Sunday's finals.

Positive check-in is required for the Men's 1000Y and Women's 1650Y freestyle by 4:15 p.m. on Thursday, March 3, 2016 and by 5:00 PM on Saturday March 7, 2016 for the Women's 1000/800 and Men's 1650/1500 freestyle events. Failure to do so will result in the swimmer not being seeded into the event with their entry time. Any swimmer that does not scratch or positively check in by the check-in time will be seeded at "NT." For Sunday's Distance events, swimmers may indicate their preference to swim the Sunday distance events in the prelims sessions by indicating 'AM' next to their name on the check-in sheet.

Prelims of the 400M IM and 500 Free will be swum as follows: Slowest to Fastest the Top 4 heats of Women followed by the Top 4 heats of Men. Then all remaining heats Alternating Women and Men continuing fastest to slowest. Swimmers must provide their own counters and timers during prelims of all Distance events.

RELAYS: Clubs may enter a maximum of two relay entries per relay event. 'Relay only' swimmers are not allowed. The time for each relay may be submitted as a composite. All Relays will be swum during the finals sessions as follows: Women's B-Final, A-Final; Men's B-Final, A-Final; then all remaining heats to follow alternating women and men (may be combined if possible). The 200Y Freestyle & Medley Relays will be swum Thursday Evening. All heats of the 400M Freestyle, 400M Medley, & 800M Freestyle Relays will be swum as timed finals during the Finals session on their scheduled night.

OVERSUBSCRIPTION: In the event of over subscription, the Senior Committee and meet management reserve the right to make adjustments to the meet. These may include, but are not limited to, conducting all events in two pools or splitting sessions.



MEET JURIES: The Meet Juries shall be announced by the Meet Referee at the Coaches Meeting. Written protests involving eligibility or technical rules, except 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 appropriate jury. There is a \$50 fee for a protest made by anyone and that fee is refundable if the protest is upheld.

TIME TRIALS: Time trials will be conducted based on the availability of time in-between prelims and finals only and at the discretion of the Meet Referee, 15 minutes after the completion of each preliminary session. Time trials will be conducted for those swimmers participating in individual events in the meet in accordance with USA Swimming rules. Each individual time trial will count as one of the seven individual swims allowed each swimmer. Swimmers must sign up for time trials Friday/Saturday/Sunday between 8:30am-10:30am. Special consideration will be made for athletes who swim events after the deadline closes and who choose to swim that event as a time trial offering an additional deadline 10 min after that event is swum. Fees: paid in cash are \$10.00/individual event; \$14.00/relay. Swimmers entered in time trials must provide their own timers and lap counters. The meet referee reserves the right to combine events as necessary. Note: Entering time trials constitutes an agreement to swim in combined heats with no lane separation.

Time trials will be swum in the following order at the discretion of the meet referee to facilitate efficient conduct of the time trials:

Friday Time Trials:	Friday/Saturday/Sunday/Thursday events in that order
Saturday Time Trials:	Saturday/Sunday/Thursday/Friday events in that order
Sunday Time Trials:	Sunday/Thursday/Friday/Saturday events in that order

The 1000Y and 1650Y events will only be offered as the last event on either Friday or Saturday (time permitting). The day will be announced at the Coaches Meeting. Note: 1000Y and 1650Y events may be swum as time trials in the slowest seeded heat during the meet if lanes are open. Athletes will be considered on a first come basis until the heat is full.

For every 400 athletes, there will be max 1 hour of Time Trials, not to exceed 2 hours of Time Trials. The Meet Referee reserves the right to limit Time Trials entries based on circumstances.

WORK ASSIGNMENTS: All teams are required to provide workers (e.g. timers, runners, marshals, officials, etc.) in proportion to the size of their entry. Team contacts will be notified of their team's work assignments as soon as possible after the entries are received. Please include the name, phone number and address of the team contact for work assignments. Interested officials should apply online at <https://www.ctswim.org/CTNet/CFPaintForm.aspx?f=74> or contact the meet referee by **March 2nd** if your officials are to be counted in your work assignment.

Any team which fails to provide its workers or whose workers do not work for the entire session will be fined by Connecticut Swimming, Inc. Clubs will be fined \$100 per each worker that fails to show and \$60 for each worker that is late or leaves early.

NOTE WELL that a work assignment is for the duration of the session. It is up to the team to provide a backup worker in case the team's worker for any reason is unable to perform or complete the work assignment.

NATIONAL OFFICIALS CERTIFICATION MEET: This meet is designated as a National Officials Qualifying Meet (OQM). Evaluators will be in attendance for certification and re-certification



evaluations at selected N2 & N3 levels to be determined. Officials wishing to be evaluated should so indicate on the Application to Officiate. N2 evaluations must be done over three (3) sessions in the position at the meet. N3 evaluations are done over four (4) sessions in the position. Recertification evaluations must each be done over two (2) sessions. All officials seeking evaluations must work a total of at least four (4) sessions at the meet. One position for an official may be evaluated in each session, although officials in a “rotation” may work in other positions in an evaluation session. For specific requirements, refer to the USA Swimming website under Member Resources -- Officials -- Testing & Certification -- National Certification Program. For further information contact Nancy Wargo, Officials Chair.

REFRESHMENTS: Hospitality will be provided for coaches and officials and computer operators. Water will be distributed on deck to volunteers/timers. Wesleyan will provide concessions.

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.

DIRECTIONS: From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left. From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left.

LODGING:

Crowne Plaza Cromwell
100 Berlin Road, Cromwell
800-308-4589

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

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

Comfort Inn
Route 372, Cromwell
860-635-4100

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

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

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

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



**2016 Senior Championship
ORDER OF EVENTS
March 3-6, 2016**

WOMEN

MEN

THURSDAY, March 3, 2016

<u>NO.</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO</u>
1	19:31.99	18:29.99	18:39.99	1650Y Freestyle				
				1000Y Freestyle	10:49.97	9:28.69	9:36.99	2
				10 Minute Break				
3				200Y Medley Relay				4
				10 Minute Break				
5				200Y Freestyle Relay				6

FRIDAY, March 4, 2016

7	2:20.49	2:14.24	2:00.99	200Y Freestyle	1:56.99	2:08.49	2:11.49	8
9	1:23.49	1:19.49	1:12.99	100Y Breaststroke	1:10.99	1:17.99	1:21.99	10
11	1:12.49	1:08.74	1:02.29	100Y Butterfly	59.99	1:05.99	1:08.49	12
13	5:40.99	5:23.99	4:54.99	400Y IM	4:51.99	5:22.49	5:33.99	14
				15 Minute Break				
15				800M Freestyle Relay(in Finals only)				16

SATURDAY, March 5, 2016

17	2:43.99	2:34.99	2:23.49	200Y Butterfly	2:16.99	2:30.49	2:39.99	18
19	29.29	28.49	25.89	50Y Freestyle	24.29	26.99	26.74	20
21	2:59.49	2:51.49	2:37.49	200Y Breaststroke	2:33.49	2:48.99	2:59.99	22
23	1:14.99	1:09.99	1:04.09	100Y Backstroke	1:02.19	1:09.49	1:11.99	24
25	4:52.99	4:47.49	5:25.19	500Y/400M Freestyle	5:15.99	4:39.49	4:42.49	26
				15 Minute Break				
27				400M Freestyle Relay(in Finals only)				28

SUNDAY, March 6, 2016

29	10:10.99	9:42.99	11:09.49	1000Y/800M Freestyle				
				1650Y/1500M Freestyle	18:23.99	18:14.99	18:49.99	30
31	2:39.99	2:33.49	2:17.99	200Y Backstroke	2:13.59	2:28.99	2:36.49	32
33	1:03.99	1:01.74	55.99	100Y Freestyle	51.99	58.49	59.49	34
35	2:38.99	2:32.99	2:17.89	200Y IM	2:10.99	2:28.49	2:29.99	36
				15 Minute Break				
37				400M Medley Relay(in Finals only)				38

NOTES:

1. Please see the Relays section, for more details on Relay schedule
2. Friday/Saturday/Sunday Finals Sessions will be held in LCM.
3. The above order of events is for finals sessions (Fri/Sat/Sun). See DISTANCE FREE and 400 IM Section.

