

**2016 Constitution State
JUNIOR CUP
Nutmeg Aquatics
Canterbury School Higgins Aquatic Center
101 Aspetuck Ave, New Milford, CT 06776
<https://goo.gl/maps/kbWo8>
March 18-20, 2016**

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #OC15-1. 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.

EVENTS

	Name	Email	Phone
Meet Director:	Jen Lyman	coachlyman@hotmail.com	860-691-4681
	Rob Bouchey	coach.rob.bouchey@gmail.com	
Meet Referee:	Mike Huffman	mhuffman5@cox.net	
Entry Chair:	Rob Bouchey	coach.rob.bouchey@gmail.com	
Administrative Official:	John Spadafina	spadafina_john@yahoo.com	
Safety Chair:	Nicole Goolsbey		

WEBSITE: www.nutmegaquatics.com

POOL EMERGENCY NUMBER: 860-210-3840

MEET TYPE: *Off-Calendar Sanctioned* “CSI "Off-Calendar Meet" limitations with regard to CSI competition and programs: This off-calendar sanctioned meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championship). This meet will not count toward the eligibility requirement of Connecticut Swimming Scholar Athlete, Athlete Travel Assistance, or other CSI recognition programs with meet eligibility requirements. This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CT Zone Team selection.”

MEET CLASSIFICATION: This meet is open to all USA Swimming athletes and clubs.

MEET FORMAT: The meet will be swum as Prelim-Final format. The 1650 will be conducted as a timed final event.

SCRATCH PROCEDURES: 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.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. **Exceptions for Failure to Compete in Finals:** No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the

results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

FACILITY: The Canterbury William W. Higgins Aquatic Center features an 8 lane 25yd pool with electronic timing and elevated spectator seating as well as non-turbulent lane lines. Team areas are available in the gym adjacent to the pool deck. Water depth at start end is: 7ft. Water depth at the turn end is: 13ft. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics timing system with 8 lane display and touch pads at both ends of the pool. **NO DECK CHAIRS OR FOOD PERMITTED ON DECK.**

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email the meet director in advance to make arrangements. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: SCY

SESSION TIMES:	<u>Warm-up</u>	<u>Start</u>
Trials -Fri-Sat-Sun	7:00 a.m.	8:30 a.m.
Finals -Fri-Sat-Sun	4:00 p.m.	5:00 p.m.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 8 Lanes available for warm-up.

ELIGIBILITY: All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. 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.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to [Mark Kinne](#), Adapted Athlete Committee Chair.

ENTRY LIMITATIONS: 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 nine (9) individual events for the meet. Swimmers earning fewer than 5 individual Qualifying Times may utilize bonus events to fill to 5 Individual entries. (1 QT:4 Bonus, 2 QT: 3 Bonus, 3 QT: 2 Bonus, 4 QT: 1 Bonus, 5+ QT: 0 Bonus).

ENTRY TIMES: Submit entry times in: SCY, SCM or LCM. Time standards for this event can be found at the end of the packet. The time standards applied are "minimum qualifying" and also "maximum" for eligibility. The "maximum" time standards are equal to the CT Swimming Senior Championships.

DEADLINES: Entry deadline for all entries is **7:00 p.m. Monday, March 7, 2016**. Payment deadline is **Saturday, March 12, 2016**. Payment may be made by check payable to ELBOE SPEC ACCT- POOL. Please mail checks to the address below. Checks must be postmarked by **Saturday, March 12, 2016**, and mailed to the address below.

ELECTRONIC ENTRIES: Entries MUST be submitted via electronic meet entry program. NO Manual entries will be accepted. Email entry file to coach.rob.bouchey@gmail.com by 7:00pm, Monday, March 7, 2016. See Proof of Entry Times section for acceptable proof. 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. Please submit an entry report with the “Show Proof of Time” option selected with your team email entry.

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 FEES: Splash fees: \$12.00 per individual event, \$30.00 per relay, and \$15 per time trial.

PAYMENT INSTRUCTIONS: Payment may be made by check payable to ELBOE SPEC ACCT- POOL. Please mail checks to the address below. Checks must be postmarked by **Saturday, March 12, 2016**, and mailed to the address below.

Nutmeg Aquatics
ATTN: Junior Championship
30 Chesterfield Rd
East Lyme, CT 06333

CUT PROTOCOL:

If a session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. If the preliminary timeline exceeds 3 hours, the Preliminary session *may* be divided into two separate preliminary sessions to establish an A/B Flighted format. The fastest heats will swim the A Flight with the number of heats to be determined by the Meet Referee. The remaining heats will swim in the B Flight.
2. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities. Notification of any cuts or changes will be made to Program Operations and the attending teams as soon as possible and not later than the Monday before the meet.

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: Yes. Relays will be limited to 3 relays per team per event. All relay swimmers must be officially entered in the meet.

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.

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.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: Yes. Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is 10:00am. The fee for Time Trial entries are \$15.00 for individual events and \$40.00 for relays.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating teams will be required to provide meet timers and officials as necessary. Participating clubs will be notified of work assignments by the Monday before the meet. Distance events will require the athlete to provide their own timer and counter. Time Trial swimmers will be required to provide their own timers (and counters if necessary).

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

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.

AWARDS: Awards will be provided for Top 16 performers in all events. Additionally, a distance high-point award for the events 200 Butterfly, 200 Backstroke, 200 Breaststroke, 400IM, 500, and 1650 Free. Team

awards and high point awards will be awarded at the conclusion of Sunday's finals. All awards must be taken from the meet; they will not be mailed.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

SEEDING: Conforming SCY times will be seeded first followed by LCM, then SCM. The fastest 24 athletes in the final 3 Heats of each preliminary event will be "circle seeded".

DISTANCE EVENTS: The Women's & Men's 400 IM and 500 Freestyle preliminary heats will be swum fastest to slowest alternating women and men by heats. The Women's & Men's 1650 heats will be swum fastest to slowest alternating women and men by heats on Sunday after the 200 IM and a 15 minute break. All heats of the 1650 will be swum during this session.

SCY times will take precedence over LCM and SCM times. Swimmers must provide their own counters for all heats and must provide their own timers for all heats.

Positive check-in is required for the Men's and Women's 1650 freestyle by 10:15 a.m. on Sunday, March 20, 2016.

PARKING: Parking is available at the Canterbury William W. Higgins Aquatic Center. Parking instructions may be updated before the meet, in which case all attending teams will be advised.

LODGING: Use your favorite travel site. Hotels in the Danbury area will be accessible to the meet site.

DIRECTIONS: From I-84, take Exit for Route 7 North towards Brookfield/New Milford. Follow Rte 7 North, turn right onto Bridge St, Turn Left onto Aspetuck Ave. <https://goo.gl/maps/kbWo8>

2016 Junior Cup Time Standards - Men

Events	SCY Faster Than	SCY Slower Than	SCM Faster Than	SCM Slower Than	LCM Faster Than	LCM Slower Than
50Y Free	25.79	24.29	27.39	26.99	27.89	26.74
100Y Free	55.99	51.99	59.89	58.49	1:02.19	59.49
200Y Free	2:01.99	1:56.99	2:10.99	2:08.49	2:16.49	2:11.49
500Y/400M Free	5:25.99	5:15.99	4:41.09	4:39.49	4:48.69	4:42.49
1650Y/1500M Free	18:45.99	18:23.99	18:33.49	18:14.99	19:07.79	18:49.99
100Y Back	1:04.99	1:02.19	1:05.99	1:09.49	1:09.69	1:11.99
200Y Back	2:18.99	2:13.59	2:23.59	2:28.99	2:28.89	2:36.49
100Y Breast	1:14.99	1:10.99	1:14.99	1:17.99	1:18.89	1:21.99
200Y Breast	2:37.99	2:33.49	2:43.69	2:48.99	2:49.99	2:59.99
100Y Fly	1:03.99	59.99	1:05.09	1:05.99	1:07.09	1:08.49
200Y Fly	2:21.99	2:16.99	2:25.19	2:30.49	2:29.09	2:39.99
200M IM	2:16.99	2:10.99	2:26.19	2:28.49	2:32.79	2:36.49
400M IM	5:01.99	4:51.99	5:13.79	5:22.49	5:24.49	5:33.99

2016 Junior Cup Time Standards - Women

Events	SCY Faster Than	SCY Slower Than	SCM Faster Than	SCM Slower Than	LCM Faster Than	LCM Slower Than
50Y Free	27.69	25.89	30.59	28.49	31.69	29.29
100Y Free	59.99	55.99	1:06.29	1:01.74	1:08.39	1:03.99
200Y Free	2:09.29	2:00.99	2:22.79	2:14.24	2:27.19	2:20.49
500Y/400M Free	5:43.99	5:25.99	5:01.09	4:47.49	5:08.89	4:52.99
1650Y/1500M Free	19:48.19	18:39.99	19:41.29	18:29.99	20:27.39	19:39.99
100Y Back	1:06.99	1:04.09	1:12.19	1:09.99	1:15.99	1:14.99
200Y Back	2:24.99	2:17.99	2:36.09	2:33.49	2:42.29	2:39.99
100Y Breast	1:16.99	1:12.99	1:23.59	1:19.49	1:26.69	1:23.49
200Y Breast	2:42.79	2:37.49	2:59.89	2:51.49	3:05.69	2:59.49
100Y Fly	1:05.99	1:02.29	1:12.09	1:08.74	1:13.89	1:12.49
200Y Fly	2:29.99	2:23.49	2:37.99	2:34.99	2:42.29	2:43.99
200M IM	2:24.79	2:17.89	2:39.99	2:32.99	2:46.39	2:38.99
400M IM	5:14.99	4:54.99	5:39.59	5:23.99	5:49.69	5:40.99

Constitution State Junior Cup - 3/18/2016 to 3/20/2016
Session Report

Session: 1 Friday Prelims

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

Round	Event	Entries	Heats	Starts at	
Prelims	1 Women 200 Freestyle	0	0	08:30 AM	_____
Prelims	2 Men 200 Freestyle	0	0	08:30 AM	_____
Prelims	3 Women 200 Breaststroke	0	0	08:30 AM	_____
Prelims	4 Men 200 Breaststroke	0	0	08:30 AM	_____
Prelims	5 Women 100 Butterfly	0	0	08:30 AM	_____
Prelims	6 Men 100 Butterfly	0	0	08:30 AM	_____
Prelims	7 Women 50 Freestyle	0	0	08:30 AM	_____
Prelims	8 Men 50 Freestyle	0	0	08:30 AM	_____
Prelims	9 Women 400 IM	0	0	08:30 AM	_____
Prelims	10 Men 400 IM	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

Session: 2 Friday Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 200 Freestyle	0	2u	05:00 PM	_____
Finals	2 Men 200 Freestyle	0	2u	05:06 PM	_____
Finals	3 Women 200 Breaststroke	0	2u	05:12 PM	_____
Finals	4 Men 200 Breaststroke	0	2u	05:20 PM	_____
Finals	5 Women 100 Butterfly	0	2u	05:27 PM	_____
Finals	6 Men 100 Butterfly	0	2u	05:30 PM	_____
Finals	7 Women 50 Freestyle	0	2u	05:33 PM	_____
Finals	8 Men 50 Freestyle	0	2u	05:35 PM	_____
Finals	9 Women 400 IM	0	2u	05:37 PM	_____
Finals	10 Men 400 IM	0	2u	05:50 PM	_____
	Entry / Heat Totals:	0	20		
	Finish Time			06:02 PM	_____

Session: 3 Saturday Prelims

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

Round	Event	Entries	Heats	Starts at	
Finals	11 Women 200 Medley Relay	0	0	08:30 AM	_____
Finals	12 Men 200 Medley Relay	0	0	08:30 AM	_____
Prelims	13 Women 200 Butterfly	0	0	08:30 AM	_____
Prelims	14 Men 200 Butterfly	0	0	08:30 AM	_____
Prelims	15 Women 100 Breaststroke	0	0	08:30 AM	_____
Prelims	16 Men 100 Breaststroke	0	0	08:30 AM	_____
Prelims	17 Women 100 Backstroke	0	0	08:30 AM	_____
Prelims	18 Men 100 Backstroke	0	0	08:30 AM	_____
Prelims	19 Women 500 Freestyle	0	0	08:30 AM	_____
Prelims	20 Men 500 Freestyle	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

Constitution State Junior Cup - 3/18/2016 to 3/20/2016
Session Report

Session: 4 Saturday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	13 Women 200 Butterfly	0	2u	05:00 PM _____
Finals	14 Men 200 Butterfly	0	2u	05:07 PM _____
Finals	15 Women 100 Breaststroke	0	2u	05:13 PM _____
Finals	16 Men 100 Breaststroke	0	2u	05:17 PM _____
Finals	17 Women 100 Backstroke	0	2u	05:20 PM _____
Finals	18 Men 100 Backstroke	0	2u	05:24 PM _____
Finals	19 Women 500 Freestyle	0	2u	05:28 PM _____
Finals	20 Men 500 Freestyle	0	2u	05:44 PM _____
	Entry / Heat Totals:	0	16	
	Finish Time			06:01 PM _____

Session: 5 Sunday Prelims

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 5 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	21 Women 200 Freestyle Relay	0	0	08:30 AM _____
Finals	22 Men 200 Freestyle Relay	0	0	08:30 AM _____
Prelims	23 Women 200 Backstroke	0	0	08:30 AM _____
Prelims	24 Men 200 Backstroke	0	0	08:30 AM _____
Prelims	25 Women 100 Freestyle	0	0	08:30 AM _____
Prelims	26 Men 100 Freestyle	0	0	08:30 AM _____
Prelims	27 Women 200 IM	0	0	08:30 AM _____
Prelims	28 Men 200 IM	0	0	08:30 AM _____
Finals	29 Women 1650 Freestyle	0	0	08:30 AM _____
Finals	30 Men 1650 Freestyle	0	0	08:30 AM _____
	Finish Time			08:30 AM _____

Session: 6 Sunday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	23 Women 200 Backstroke	0	2u	05:00 PM _____
Finals	24 Men 200 Backstroke	0	2u	05:07 PM _____
Finals	25 Women 100 Freestyle	0	2u	05:14 PM _____
Finals	26 Men 100 Freestyle	0	2u	05:18 PM _____
Finals	27 Women 200 IM	0	2u	05:21 PM _____
Finals	28 Men 200 IM	0	2u	05:27 PM _____
	Entry / Heat Totals:	0	12	
	Finish Time			05:34 PM _____