

# CONNECTICUT SWIMMING

## 2019 SC REGIONAL CHAMPIONSHIPS

FRIDAY, SATURDAY, and SUNDAY

March 1-3, 2019

Hosts: CDOG, GRYM, HHAC/SLAC, LEHY, and SOCO

Held under sanction of USA Swimming and Connecticut Swimming, Sanction No. S18-98A CDOG, 90B GRYM, 90C HHAC/SLAC, 90D LEHY, and 90E SOCO. 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

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 Monday, February 25, 2019.

**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 Friday, February 22, 2019.

	CDOG	GRYM	HHAC/SLAC	LEHY	SOCO
<b>Meet Director:</b>	Kendra Kennedy 860-849-7715 <a href="mailto:cdogentries@gmail.com">cdogentries@gmail.com</a>	Yolanda Jahan 203-278-6712 <a href="mailto:yolandajahan@hotmail.com">yolandajahan@hotmail.com</a>	Jen Lyman 203-464-6903 <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>	Laura McLaughlin 860-798-8946 <a href="mailto:lehyswimreg@gmail.com">lehyswimreg@gmail.com</a>	Tim Quill 203-910-0138 <a href="mailto:quillt6@gmail.com">quillt6@gmail.com</a>
<b>Entry Chair:</b>	Kendra Kennedy 860-849-7715 <a href="mailto:cdogentries@gmail.com">cdogentries@gmail.com</a>	Aaron Montgomery 203-869-1630 x 529 <a href="mailto:amontgomery@gwymca.org">amontgomery@gwymca.org</a>	Jen Lyman 203-464-6903 <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>	Joann Bresnahan 860-402-5797 <a href="mailto:lehyswimreg@gmail.com">lehyswimreg@gmail.com</a>	Tim Quill 203-910-0138 <a href="mailto:quillt6@gmail.com">quillt6@gmail.com</a>
<b>Referee:</b>	Jonah Tyler <a href="mailto:jonah.tyler@comcast.net">jonah.tyler@comcast.net</a>	Suzannah Rogers <a href="mailto:rogerssuzannah@gmail.com">rogerssuzannah@gmail.com</a>	Bill Hawkins <a href="mailto:willishawkins@comcast.net">willishawkins@comcast.net</a>	Mark Wollen <a href="mailto:mark@mjwollen.com">mark@mjwollen.com</a>	Dave Pite 203-499-9576 <a href="mailto:pite@snet.net">pite@snet.net</a>
<b>Website:</b>	<a href="http://www.seadogswim.org">www.seadogswim.org</a>	<a href="http://www.greenwichmarlins.org">www.greenwichmarlins.org</a>	<a href="https://www.teamunify.com/Home.jsp?tabid=0&amp;team=ctsac">https://www.teamunify.com/Home.jsp?tabid=0&amp;team=ctsac</a>	<a href="http://www.ghymca.org/page.cfm?p=25">www.ghymca.org/page.cfm?p=25</a>	<a href="http://socoaquatics.org">socoaquatics.org</a>
<b>Location:</b>	Cheshire Community Pool, 520 South Main St, Cheshire, CT 06410	YMCA of Greenwich, 50 E Putnam Ave, Greenwich, CT 06830	Beckerman Athletic Center, 225 Skiff Street, Hamden, CT 06517	East Hartford High School, 869 Forbes Street, East Hartford 06118	SCSU Moore Field House, 125 Wintergreen Ave, New Haven 06515
<b>Safety Chair:</b>	Sean Farrell	Harry Shontz	Ken Pierson	Matt Koziol	CJ Moran
<b>Emergency Phone:</b>	203-271-3208	203-869-1630	(203) 230-2424	860-622-5684	203-392-6026
<b>Facilities:</b>	10-lane, 25-yard pool. Daktroniks Timing. Water depth at start end is: 6-8 ft. Water depth at turn end is: 6-8 ft.	8-lane, 25-yard pool. Colorado Timing. Water depth at start end is 13' Water depth at turn end is 6.7'.	6-lane, 25-yard pool. Colorado Timing. Water depth at start end is 12 ft. Water depth at turn end is 3.5 ft.	6-lane, 25-yard pool. Colorado Timing. Water depth at start end is 10 ft. Water depth at turn end is 3.5 ft.	8-lane 25-yard pool, Colorado Timing. Depth at start end is 5 ft. Water depth at turn end is 11 ft.

### HANDICAPPED/DISABLED ACCESS

- East Hartford High School      Handicapped parking and ramp access to the pool are located on the south side of the facility. An area has been set aside on the pool deck for limited handicapped seating. Access to this area is obtained through the men/women locker rooms. In order that we may better prepare to assist individuals with special needs, we ask that you contact the Meet Manager, Laura McLaughlin, at 860-798-8946 prior to the meet.
- Cheshire Community Pool      The facility is accessible to the disabled. Please contact the Meet Director with questions.
- Beckerman Athletic Center      The facility is accessible to the disabled. Please contact the Meet Director with questions.
- SCSU      SCSU and Moore Field house are handicapped accessible. Please use side door facing Wintergreen Ave. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.
- YMCA of Greenwich      Handicap parking is located in the Mason Street lot and will lead to elevator access to the pool on the first floor. Anyone

needing access should contact the Meet Director for assistance before the meet.

## **DIRECTIONS**

Cheshire Community Pool	<p><u>From 91 North:</u> to Exit 10 (Rt. 40 ext). Follow to the end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the pool. <u>From 91 South:</u> to 691 West. Take exit 3 off 691, Cheshire. At the light at the end of the ramp, go left, heading South on Rt. 10. Follow Rt. 10 South through Cheshire. Pool is on the left across from the High School. <u>From 84 West:</u> to 691 East, take the Cheshire exit. Take a right at the end of the ramp onto Rt. 10 South through Cheshire. Pool is on the left across from the High School. <u>From 84 East:</u> to exit 26 (Rt. 70). Follow Rt. 70 into Cheshire. At Rt. 10 intersection, take a right, heading South on Rt. 10 through Cheshire. Pool is on the left across from the High School.</p>
East Hartford HS	<p><u>FROM SOUTH:</u> I-91 North take exit 25, (Route 3). Keep to the left take Route 2 to East Hartford, exit 5A to Main Street. Turn right at first light, Brewer Street. Turn left at 2<sup>nd</sup> light and school will be approximately ½ mile on the left. <u>FROM NORTH AND WEST:</u> Take I-84 East to Roberts Street Exit. At end of exit take a right and an immediate left onto Silver Lane. Turn right at Forbes Street, (5<sup>th</sup> light). School will be on right ¾ mile. <u>FROM EAST:</u> Take I-84 West to I-384 East; exit Spenser Street /Silver Lane. Turn right on Spencer Street (Spencer Street turns into Silver lane at East Hartford town line). Turn left on to Forbes Street, school will be on right approximately ¾ mile.</p>
Beckerman Athletic Center	<p><u>FROM I-95 (N or S):</u> I-95 into New Haven. North on I-91. To Exit 6 Willow St./Blatchley Ave. (left hand exit off I-91) Turn right off ramp onto Willow St. &amp; follow to the end. Turn right onto Whitney Ave. Proceed approximately 5 miles. (Going past Hamden Hall at the 2 mile mark, then past the Reservoir on both sides, and finally past Walgreen's &amp; through the Spring Glen neighborhood.) Turn left at major intersection onto Skiff St. (the 8th light after Hamden Hall, the next light after Spring Glen School.) The entrance to the complex is 1/4 mile up on left.</p> <p><u>FROM RT. 15 MERRITT/WILBUR CROSS PARKWAY (N or S):</u> Exit 60 Hamden. Turn left (north) onto Dixwell Ave. Proceed past strip malls on both sides. At major intersection, turn right onto Skiff St. (just past TGI Friday's &amp; Super Stop &amp; Shop plaza on right.) Entrance is approximately 1/2 mile down Skiff St. on the right.</p> <p><u>FROM I-91 GOING SOUTH:</u> Exit 10 Hamden/Mt. Carmel: The exit ramp turns into the Mt. Carmel Connector. Take Exit 1 off connector. At end of ramp turn left and proceed to end. Turn left at light onto Hartford Turnpike. At first light turn right onto Dixwell Ave. Proceed up hill and then down hill and into center of town. Turn left at major intersection onto Whitney Ave. (Rt. 10 South). Proceed to third light at major intersection and turn right onto Skiff St. Field entrance is 1/4 mile up on the left.</p>
SCSU	<p><u>From New York:</u> I-95, Exit 44 (Kimberly Avenue, Route 10). Turn right at the end of the exit onto Kimberly Avenue, then left at the stoplight onto Ella Grasso Boulevard, Route 10. Ella Grasso Boulevard ends at Crescent Street, near the south entrance to the campus. <u>From New York:</u> Merritt-Wilbur Cross Parkway, Exit 59 (Whalley Avenue). Head south on Whalley Avenue, turn left onto Fitch Street, which bisects the campus. <u>From New London:</u> I-95, Exit 45 (Ella Grasso Boulevard, Route 10). Follow Ella Grasso Boulevard north. Ella Grasso Boulevard ends at Crescent Street, near the south entrance to the campus. <u>From Hartford:</u> Wilbur Cross Parkway, Exit 60 at Dixwell Avenue. Head south on Dixwell Avenue to Arch Street. Turn right at Arch Street and left at Fitch Street, which bisects the campus. Parking will only be allowed in student lots adjacent to Moore Field House. There will be no parking available in faculty lots.</p>
YMCA of Greenwich	<p><b>DIRECTIONS:</b> The Greenwich YMCA is located at 50 E. Putnam Avenue (aka Post Rd, US 1). • From I-95, exit 4. From I-95 North – turn left, from I-95 South – turn right onto Indian Field Rd.; continue approx. 1 mile to traffic light at E. Putnam Ave. intersection; turn left onto E. Putnam Ave., go through 6 traffic lights (approx. 1-1/10 mile). From Merritt Parkway exit 31, North Street. From Northbound Merritt- bear left exit to stop sign and turn left onto North Street. From Southbound Merritt- turn right at end of exit ramp onto North Street (southbound). Proceed approx. 4 miles to end of North Street, at Maple Ave. Turn left onto Maple Ave. following signs to Greenwich Business District. At traffic light, bear right onto E. Putnam Ave. Go through 2 lights and arrive at YMCA</p>

**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 2019 CT-registered members of USA Swimming and 8 to 18 years old. 7 year olds turning 8 between March 2 and March 14, 2019 may enter the meet (second day of Regional Championships through first day of Age Group Championship). No membership registrations will be processed at the meet.
2. A participating swimmer must have swum in at least one CSI regularly-scheduled sanctioned meet in the 2018-2019 Short Course season and before the final entry deadline.
3. Events must not be swum for the first time at this meet.
4. Swimmers must not have bettered the maximum time standards (attached) since January 1, 2018. Proof of time is required for all events.
5. Swimmers may not compete in any event in which they have achieved a 2019 Short Course Age Group Championship qualifying time (COT). This includes LCM, SCM, and SCY times (attached).

Age for the meet will be swimmer's age as of March 1, 2019, with the following directive:

Swimmers shall not be denied the opportunity to attempt to qualify for Short 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:

- 1) 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
- 2) he/she has exceeded the maximum COT for his/her current age, and
- 3) 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:** The table below lists warm-up times only. Start times will be posted on [ctswim.org](http://ctswim.org) after clubs are assigned a venue. Schedule is subject to change.

<i><b>SCHEDULE</b></i>	<i><b>Cheshire /CDOG</b></i>	<i><b>Greenwich YMCA/GRYM</b></i>	<i><b>East Hartford HS/LEHY</b></i>
Friday Evening	All Age Groups Warm-up: 5:00 pm	All Age Groups Warm-up: 4:00 pm	All Age Groups Warm-up: 5:30 pm
Saturday/Sunday Morning	12/U Girls and 13/O Boys Warm-up: 8:00 am	12/U Girls and 13/O Boys Warm-up: 7:15 am	12/U Girls and 13/O Boys Warm-up: 7:15 am
Saturday/Sunday Afternoon	12/U Boys and 13/O Girls Warm-up: 1:15 pm	12/U Boys and 13/O Girls Warm-up: 12:30 pm	12/U Boys and 13/O Girls Warm-up: 1:00 pm

<i><b>SCHEDULE</b></i>	<i><b>Beckerman/HHAC/SLAC</b></i>	<i><b>Southern CT State Univ/SOCO</b></i>	
Friday Evening	All Age Groups Warm-up: 4:00 pm	All Age Groups Warm-up: 4:00 pm	
Saturday/Sunday Morning	12/U Girls and 13/O Boys Warm-up: 7:00 am	12/U Girls and 13/O Boys Warm-up: 7:00 am	
Saturday/Sunday Afternoon	12/U Boys and 13/O Girls Warm-up: 1:00 pm	12/U Boys and 13/O Girls Warm-up: 12:00 pm	

**TIME STANDARDS:** Swimmers must have equaled or bettered the minimum time standard since January 1, 2018, and may not have bettered the maximum time standard with the following exceptions: there shall be no minimum time standard for the 12/U 50Y events and 100Y Freestyle; no minimum time standard for 13/18 100Y or less events and 200Y Freestyle; and no maximum time standard for the 11/12 1650Y Freestyle and 400Y IM. **Swimmers absolutely may not swim an event for the first time at this meet. Swimmers may not compete in any event in which they have achieved a 2019 Short Course Age Group 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 April 30, 2019, 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 1 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. Qualifying times shall be seeded as follows: All conforming times (SCY) shall be arranged from fastest to slowest. Then non-conforming long course meter times (LCM) will be arranged in time order followed by non-conforming short course meter times (SCM).

**DISTANCE EVENT:** The 1650Y Freestyle events will be swum fastest to slowest. Swimmers must supply their own timers and lap counters. The 13/14 and 15/18 1650Y 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. 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 **9 PM** Tuesday, February 19, 2019. CSI clubs will enter using [Connecticut FAST Online Entries](#) . Contact [office@ctswim.org](mailto:office@ctswim.org) by this deadline to enter adapted athletes, championship birthday athletes, and/or 7 year olds aging to 8 years old (see Eligibility section). 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 Friday, February 22, 2019. Clubs will send entry fee payment to their assigned host postmarked by 5 PM by Friday, February 22, 2019. 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: \$7/individual event; \$12/relay and \$2 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.

Send payment (postmarked by 5 PM by Friday, February 22, 2019) to:

<u>CDOG</u>	<u>GRYM</u>	<u>LEHY</u>	<u>HHAC/SLAC</u>	<u>SOCO</u>
STPA	Aaron Montgomery	Joann Bresnahan	Jen Lyman	Tim Quill
PO Box 271	50 E Putnam Ave	11 Woodycrest Rd	4B Hamre Lane	129 Seymour Rd.
Cheshire, CT 06410	Greenwich, CT 06830	Wethersfield, CT 06109	Branford, CT 06405	Woodbridge, CT 06525

Cheshire payable to:	Check payable to:	Check payable to:	Check payable to:	Check payable to:
STPA. Memo: Regionals	YMCA of Greenwich	LEHY E. Hartford YMCA	MRSC Memo: Regionals	SOCO Aquatic Club

**LATE QUALIFIERS:** Any swimmer achieving an initial qualifying time during the period of February 20-24, 2019 must be entered no later than 10 PM, Sunday, February 24, 2019 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 the 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 10 PM, Sunday, February 24, 2019. Under no circumstances will corrections (other than changes of attachment status) be accepted after this time. For each correction clubs will be assessed \$7.00 in addition to the published splash fee. Only email corrections will be accepted.

- If John Doe is omitted from a team's entry in six (6) events, his club will be charged \$42 in addition to the cost of his entry. Total for John Doe \$84.00.

- If John Doe is entered in the 100 backstroke, but should have been entered in the 100 breaststroke, the fee is \$7.00
- If a relay team is added, the charge will be \$20.00 plus splash fee. Total for additional relay \$32.00.

<u>CDOG</u> Kendra Kennedy 860-849-7715 <a href="mailto:Cdogentries@gmail.com">Cdogentries@gmail.com</a>	<u>GRYM</u> <u>Aaron Montgomery</u> 203-869-1630 x 529 <a href="mailto:amontgomery@gwymca.org">amontgomery@gwymca.org</a>	<u>LEHY</u> Joann Bresnahan 860-402-5797 <a href="mailto:lehyswimreg@gmail.com">lehyswimreg@gmail.com</a>	<u>HHAC/SLAC</u> Jen Lyman 203-464-6903 <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a>	<u>SOCO</u> Tim Quill 203-910-0138 <a href="mailto:quillt6@gmail.com">quillt6@gmail.com</a>
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**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 Monday, February 25, 2019.

**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:** Refreshments will be available. Coaches and officials will have complimentary lunch.

**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 Monday, February 25, 2019. 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 1650Y Freestyle.

**OFFICIALS:** Certified USA Swimming officials are welcome and needed to work on deck. Please list names and areas of certification and attach to entry form, or contact:

<u>CDOG</u> Jonah Tyler <a href="mailto:jonah.tyler@comcast.net">jonah.tyler@comcast.net</a>	<u>GRYM</u> Suzannah Rogers <a href="mailto:rogerssuzannah@gmail.com">rogerssuzannah@gmail.com</a>	<u>LEHY</u> Mark Wollen <a href="mailto:mark@mjwollen.com">mark@mjwollen.com</a>	<u>HHAC/SLAC</u> Bill Hawkins <a href="mailto:willishawkins@comcast.net">willishawkins@comcast.net</a>	<u>SOCO</u> Dave Pite <a href="mailto:pite@snet.net">pite@snet.net</a>
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**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. Warm-up assignments are to be submitted to Program Operations no later than Monday, February 25 for approval.

**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 EVENING, MARCH 1, 2019

<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	6:15.00	6:42.49	6:13.75	6:34.49	7:03.50	7:27.49	10/U 500Y Freestyle	7:05.00	7:39.99	6:15.10	6:42.24	6:26.00	6:56.24	2
3	2:32.00	2:59.99	2:26.00	2:55.99	2:11.50	2:36.74	12/U 200Y Freestyle	2:14.50	2:42.99	2:29.25	3:01.24	2:34.20	3:07.74	4
5	4:57.20	5:27.78	4:52.90	5:18.89	5:30.80	6:04.49	14/U 500Y/400M Freestyle	5:22.80	6:08.49	4:45.90	5:22.49	4:51.00	5:30.49	6
7	4:48.18	5:21.48	4:47.50	5:12.76	5:17.90	5:57.49	18/U 500Y/400M Freestyle	4:58.80	5:39.99	4:32.00	4:57.45	4:36.00	5:07.68	8
9	3:22.50	4:07.97	3:19.25	3:59.94	3:02.00	3:34.99	10/U 200Y IM	3:02.00	3:37.99	3:20.40	4:03.24	3:26.00	4:14.24	10
11	-----	7:02.96	-----	6:52.94	-----	6:09.99	12/U 400Y IM	-----	6:19.99	-----	7:04.10	-----	7:19.29	12
13	5:49.00	6:22.41	5:34.40	6:13.87	5:00.90	5:34.99	14/U 400Y IM	4:52.00	5:38.99	5:24.20	6:18.49	5:45.00	6:32.24	14
15	5:33.29	6:16.70	5:24.00	6:08.29	4:49.30	5:29.99	18/U 400Y IM	4:31.10	5:20.99	5:22.50	5:58.24	5:16.30	6:11.09	16

SATURDAY MORNING, MARCH 2, 2019

17	35.80	-----	36.20	-----	32.60	-----	10/U 50Y Freestyle							
18	31.60	-----	31.00	-----	27.90	-----	12/U 50Y Freestyle							
							14/U 200Y IM	2:14.60	2:42.49	2:29.90	3:01.35	2:35.80	3:09.60	19
							18/U 200Y IM	2:04.40	2:34.99	2:28.50	2:52.98	2:26.80	3:00.85	20
21	1:33.00	1:56.49	1:31.10	1:50.99	1:22.50	1:39.49	10/U 100Y Backstroke							
22	1:20.60	1:38.46	1:16.90	1:32.49	1:09.20	1:23.99	12/U 100Y Backstroke							
							14/U 100Y Breaststroke	1:11.30	-----	1:19.40	-----	1:24.25	-----	23
							18/U 100Y Breaststroke	1:05.40	-----	1:18.00	-----	1:19.00	-----	24
25	49.00	-----	48.25	-----	43.50	-----	10/U 50Y Breaststroke							
26	42.60	-----	40.75	-----	36.60	-----	12/U 50Y Breaststroke							
							14/U 200Y Butterfly	2:21.20	3:00.99	2:36.80	3:21.99	2:47.00	3:29.24	27
							18/U 200Y Butterfly	2:11.60	2:44.99	2:30.50	3:04.14	2:29.60	3:10.52	28
29	-----	-----	1:32.20	1:44.49	1:23.00	1:36.99	10/U 100Y IM							
30	2:54.00	3:27.60	2:48.16	3:20.88	2:31.50	2:59.99	12/U 200Y IM							
							14/U 100Y Freestyle	54.80	-----	1:01.20	-----	1:03.00	-----	31
							18/U 100Y Freestyle	50.30	-----	58.50	-----	58.10	-----	32
33	1:20.00	1:40.90	1:17.50	1:38.76	1:09.60	1:28.49	12/U 100Y Butterfly							
34	1:41.00	2:14.54	1:38.00	2:11.69	1:29.50	1:57.99	10/U 100Y Butterfly							
							14/U 200Y Backstroke	2:14.70	2:53.24	2:29.52	3:13.49	2:40.00	3:24.24	35
36	3:20.00	3:59.17	3:12.60	3:50.41	2:53.30	3:29.99	12/U 200Y Breaststroke							
							18/U 200Y Backstroke	2:06.50	2:38.99	2:29.00	2:57.49	2:29.60	3:07.49	37
38	-----	-----	-----	-----	-----	-----	11/12 200Y Free Relay							
39	-----	-----	-----	-----	-----	-----	10/U 200Y Free Relay							
							13/14 400Y Free Relay	-----	-----	-----	-----	-----	-----	40
							15/18 400Y Free Relay	-----	-----	-----	-----	-----	-----	41
42	-----	24:36.91	-----	23:55.68	-----	23:59.99	12/U 1650Y Freestyle							

**ORDER OF EVENTS**  
**CONNECTICUT REGIONAL CHAMPIONSHIPS**

SATURDAY AFTERNOON, MARCH 2, 2019

<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>
							10/U 50Y Freestyle	32.50	-----	36.10	-----	36.00	-----	43
							12/U 50Y Freestyle	27.90	-----	31.00	-----	31.90	-----	44
45	2:42.10	3:04.53	2:35.40	2:58.56	2:19.60	2:39.99	14/U 200Y IM							
46	2:32.90	3:04.53	2:33.00	2:58.56	2:16.00	2:39.99	18/U 200Y IM							
							10/U 100Y Backstroke	1:23.00	1:43.99	1:31.60	1:55.99	1:34.30	2:04.49	47
							12/U 100Y Backstroke	1:10.40	1:29.99	1:18.25	1:40.44	1:22.50	1:47.77	48
49	1:26.70	-----	1:22.20	-----	1:14.00	-----	14/U 100Y Breaststroke							
50	1:21.70	-----	1:19.50	-----	1:12.00	-----	18/U 100Y Breaststroke							
							10/U 50Y Breaststroke	44.30	-----	49.20	-----	51.30	-----	51
							12/U 50Y Breaststroke	37.00	-----	41.10	-----	43.70	-----	52
53	2:53.00	3:24.30	2:42.10	3:20.88	2:25.60	2:59.99	14/U 200Y Butterfly							
54	2:39.30	3:12.95	2:35.00	3:09.72	2:18.90	2:49.99	18/U 200Y Butterfly							
							10/U 100Y IM	1:23.00	1:37.99	1:31.60	1:46.99	-----	-----	55
							12/U 200Y IM	2:32.10	3:06.99	2:48.75	3:28.74	2:56.00	3:38.24	56
57	1:05.60	-----	1:03.20	-----	56.70	-----	14/U 100Y Freestyle							
58	1:02.90	-----	1:01.75	-----	55.20	-----	18/U 100Y Freestyle							
							12/U 100Y Butterfly	1:12.20	1:39.99	1:20.10	1:51.60	1:24.50	1:55.20	59
							10/U 100Y Butterfly	1:29.50	2:02.99	1:37.70	2:17.24	1:44.00	2:21.49	60
61	2:44.75	3:10.77	2:34.00	3:02.47	2:18.60	2:43.49	14/U 200Y Backstroke							
							12/U 200Y Breaststroke	2:55.00	3:39.99	3:14.25	4:05.52	3:28.70	4:16.40	62
63	2:33.00	3:08.49	2:33.50	3:00.24	2:14.50	2:41.49	18/U 200Y Backstroke							
							11/12 200Y Free Relay	-----	-----	-----	-----	-----	-----	64
							10/U 200Y Free Relay	-----	-----	-----	-----	-----	-----	65
66	-----	----	-----	-----	-----	-----	13/14 400Y Free Relay							
67	-----	-----	-----	-----	-----	-----	15/18 400Y Free Relay							
							12/U 1650Y Freestyle	-----	24:59.99	-----	24:55.50	-----	25:54.39	68

**ORDER OF EVENTS**  
CONNECTICUT REGIONAL CHAMPIONSHIPS

SUNDAY MORNING, MARCH 3, 2019

<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>
69	1:09.70	-----	1:07.80	-----	1:00.90	-----	12/U 100Y Freestyle							
70	1:20.20	-----	1:20.20	-----	1:12.50	-----	10/U 100Y Freestyle							
							14/U 200Y Breaststroke	2:36.10	3:12.99	2:53.50	3:35.49	3:03.70	3:44.99	71
72	3:10.20	3:50.41	2:59.90	3:50.41	2:42.00	3:22.99	12/U 200Y Butterfly							
							18/U 200Y Breaststroke	2:27.50	2:55.99	2:49.00	3:16.42	2:53.00	3:25.12	73
74	42.70	-----	42.50	-----	38.30	-----	10/U 50Y Backstroke							
75	37.60	-----	36.10	-----	32.40	-----	12/U 50Y Backstroke							
							14/U 50Y Freestyle	25.20	-----	28.20	-----	28.70	-----	76
							18/U 50Y Freestyle	23.20	-----	27.00	-----	26.80	-----	77
78	1:47.30	2:09.30	1:45.50	2:05.99	1:35.50	1:52.99	10/U 100Y Breaststroke							
79	1:32.40	1:52.06	1:28.60	1:48.81	1:19.60	1:37.49	12/U 100Y Breaststroke							
							14/U 100Y Butterfly	1:01.70	-----	1:08.60	-----	1:10.80	-----	80
							18/U 100Y Butterfly	56.40	-----	1:06.00	-----	1:05.00	-----	81
82	-----	-----	1:17.70	1:31.99	1:10.00	1:22.99	12/U 100Y IM							
83	2:56.00	3:33.95	2:56.50	3:28.69	2:40.30	3:06.99	10/U 200Y Freestyle							
							14/U 200Y Freestyle	1:59.10	-----	2:12.50	-----	2:18.50	-----	84
							18/U 200Y Freestyle	1:50.40	-----	2:03.60	-----	2:06.60	-----	85
86	34.60	-----	34.50	-----	30.90	-----	12/U 50Y Butterfly							
87	41.40	-----	41.40	-----	37.25	-----	10/U 50Y Butterfly							
							14/U 100Y Backstroke	1:02.90	-----	1:10.10	-----	1:14.20	-----	88
							18/U 100Y Backstroke	57.70	-----	1:09.50	-----	1:09.00	-----	89
90	2:55.70	3:39.36	2:48.75	3:29.81	2:31.80	3:07.99	12/U 200Y Backstroke							
91	-----	-----	-----	-----	-----	-----	10/U 200Y Medley Rel.							
92	-----	-----	-----	-----	-----	-----	11/12 200Y Medley Rel.							
							13/14 400Y Medley Rel.	-----	-----	-----	-----	-----	-----	93
							15/18 400Y Medley Rel.	-----	-----	-----	-----	-----	-----	94
95	5:55.00	5:59.70	5:13.90	5:49.95	5:22.20	6:39.99	12/U 500Y Freestyle							
							14/U 1650Y Freestyle	18:40.00	21:44.99	18:51.60	21:41.09	19:45.00	22:32.32	96
							18/U 1650Y Freestyle	17:50.00	20:54.99	18:15.00	20:51.24	19:00.00	21:40.51	97



**ORDER OF EVENTS**

**REGIONAL CHAMPIONSHIPS  
SUNDAY AFTERNOON, MARCH 3, 2019**

<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>
							12/U 100Y Freestyle	1:00.90	-----	1:07.50	-----	1:10.70	-----	98
							10/U 100Y Freestyle	1:12.00	-----	1:20.00	-----	1:21.00	-----	99
100	3:07.20	3:30.69	2:56.40	3:26.46	2:38.90	3:04.99	14/U 200Y Breaststroke							
							12/U 200Y Butterfly	2:44.10	3:29.99	3:02.10	3:54.36	3:22.10	4:02.48	101
102	2:57.10	3:30.69	2:51.50	3:26.46	2:36.80	3:04.99	18/U 200Y Breaststroke							
							10/U 50Y Backstroke	38.50	-----	42.75	-----	44.00	-----	103
							12/U 50Y Backstroke	32.70	-----	36.40	-----	38.00	-----	104
105	30.10	-----	29.20	-----	26.10	-----	14/U 50Y Freestyle							
106	29.30	-----	28.50	-----	25.50	-----	18/U 50Y Freestyle							
							10/U 100Y Breaststroke	1:38.80	2:02.49	1:43.00	2:16.71	1:51.90	2:23.10	107
							12/U 100Y Breaststroke	1:21.40	1:42.49	1:30.50	1:54.39	1:35.30	1:59.73	108
109	1:13.60	-----	1:11.10	-----	1:03.60	-----	14/U 100Y Butterfly							
110	1:09.60	-----	1:08.75	-----	1:01.10	-----	18/U 100Y Butterfly							
							10/U 200Y Freestyle	2:38.50	3:12.99	2:55.40	3:35.49	2:56.50	3:43.24	111
							12/U 100Y IM	1:11.30	1:30.99	1:19.09	1:37.99	-----	-----	112
113	2:22.70	-----	2:16.60	-----	2:02.90	-----	14/U 200Y Freestyle							
114	2:16.40	-----	2:14.25	-----	1:59.60	-----	18/U 200Y Freestyle							
							12/U 50Y Butterfly	31.50	-----	35.00	-----	36.00	-----	115
							10/U 50Y Butterfly	37.50	-----	41.70	-----	42.00	-----	116
117	1:15.50	-----	1:11.90	-----	1:04.60	-----	14/U 100Y Backstroke							
118	1:10.40	-----	1:10.00	-----	1:01.80	-----	18/U 100Y Backstroke							
							12/U 200Y Backstroke	2:32.20	3:19.99	2:49.00	3:43.20	2:59.00	3:55.56	119
							10/U 200Y Medley Rel.	-----	-----	-----	-----	-----	-----	120
							11/12 200Y Medley Rel.	-----	-----	-----	-----	-----	-----	121
122	-----	-----	-----	-----	-----	-----	13/14 400Y Medley Rel.							
123	-----	-----	-----	-----	-----	-----	15/18 400Y Medley Rel.							
							12/U 500Y/400M Freestyle	5:59.00	6:44.99	5:17.40	5:54.32	5:31.50	6:06.51	124
125	20:07.00	22:03.07	19:21.70	21:26.13	19:10.00	21:29.99	14/U 1650Y Freestyle							
126	19:02.40	21:24.61	18:30.00	20:48.74	18:24.20	20:52.49	18/U 1650Y Freestyle							