

Revised February 18, 2019

2019 SHORT COURSE SENIOR INVITE

Hosted by GRIT Aquatics

March 7-10, 2019

Wesleyan University Freeman Athletic Center

161 Cross Street, Middletown, CT 06457

<http://goo.gl/maps/KD21C>

Rev 02.11.19 **Eliminated Time Standards**
Rev 02.18.19 **Eliminated CT-only deadline**
Rev 02.18.19 **Deleted reference to bonus events**
Rev 02.18.19 **Clarified the Cut Protocol**

EVENTS

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S18-99. 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 2019 CT Swimming registered clubs and swimmers who have swum the attached time standards.

MEET DIRECTOR: **Bill Ball** gritaquaticsbb@gmail.com

MEET REFEREE: **Mike Huffman** mhuffman99@gmail.com

ADMINISTRATIVE REFEREE: **Alex Huffman-Albert** gritaquaticsaa@gmail.com

MEET ENTRY INFO: **Bill Ball** gritaquaticsbb@gmail.com

WEBSITE: <http://gritaquatics.teampages.com>

SAFETY CHAIRMAN: **Jaime Krajewski** gritaquaticsjk@gmail.com

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.
- Deck capacity is limited to 350, which includes all swimmers, coaches, and meet volunteers.

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	7:00 a.m.	9:00 a.m.
Finals -Fri-Sat-Sun	3:45 p.m.	5:00 p.m.

Subject to change based on meet size.

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 Meet Director. 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.

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 **SCY** in a 10-lane course. Three heats (Top 30) will return for the evening session. Races will be conducted in the following order: - C Final (21-30), B Final (11-20), and A Final (top 10). **All Relays will swim during the evening Finals sessions (see relays section for more information on how relays will be conducted).**

READY ROOM: No ready room

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

ELIGIBILITY: This meet is open to all USA Registered swimmers, although CT LSC clubs will have priority. **Teams are responsible for 100 percent of the initial entry. Cuts will not be permitted; additions will be accepted depending on the subscription of the meet.** Clubs and swimmers must be 2019 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 office@ctswim.org for time standards and other information.

FEES: Splash fees: \$12.00 per individual event, \$25.00 per relay, and \$15 per time trial. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Payment is required upon entry submission. Make checks payable to: Bill Ball DBA GRIT Aquatics

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/Content/www/CMS/files/Membership/Outreach-Entry-Fees.pdf> for policy and procedure.

SCORING: This meet will not be scored.

AWARDS: Individual and Relay awards will be presented for 1st through 3rd place at finals immediately following each events A final. The awards presentation for Thursday evening's events will be presented prior to the start of Friday finals. Relay awards for the 800 and 400 Freestyle relay will be presented at the finals session on the following night.

ENTRIES: Swimmers may only compete in three (3) individual events per day and a maximum of ten (10) individual events for the meet.

SEEDING: 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 EVENTS* 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 **11:59pm. Monday, March 4th, 2019** (unless the meet closes earlier due to oversubscription). Payment will be due with submission of entry. Please see PAYMENT section for details.

PAYMENT: Payment will be collected upon submission of entry by signed check/check request. An image of the signed check/check request must be submitted with the entry. The check must then be mailed to the address below.

GRIT Aquatics
102 Reservoir Road
Newington, CT 06111

ENTRY INFORMATION: All clubs must email an entry file (*.sd3 or *.cl2) to **Bill Ball at gritaquaticsbb@gmail.com** If meet entry software is not available, email **Bill Ball at gritaquaticbb@gmail.com** the athlete name, USA ID, age, event number, event name, time, and proof of time. Extra fees for manual entries will apply.

SCRATCHES & POSITIVE CHECK IN: Coaches will receive a team packet containing swimmer entry lists for each day's events upon team check in. All scratches are to be submitted to the Clerk of Course by the appropriate scratch deadlines. Positive check in will be located with the Clerk of Course on deck.

This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. Scratches from finals can only be done directly with the Administrative Referee.

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event, preliminary or timed final heat, in which he/she has been entered and has not been scratched will be barred from further individual and relay events on that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events.

Scratch and Positive Check-In deadlines are as follows:

Thursday:

- Scratches for all events and Positive Check-in for Relays: 4:00pm

Friday, Saturday, Sunday

- Scratches for preliminary events are due 45 minutes after the start of warm up.
- Positive Check in for Relays is due by the end of prelims each day.

A swimmer qualifying for an A Final, B Final, or C final (**prior to or as a result of any preliminary scratches**) who fails to compete and who has not scratched shall be barred from all further competition in the meet. 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 EVENTS:

- Positive check-in is required for the Men's 1000Y and Women's 1650Y freestyle on Thursday. by 4:00 p.m. on Thursday, March 7, 2019
- Positive check-in is required for the Women's 1000Y and Men's 1650Y freestyle events by 9:00 AM on Sunday March 10, 2019
- Failure to positively check-in 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."
- The 1000 and 1650 Freestyle events are timed finals, a swimmer that fails to scratch and does not compete in the event shall be barred from all further competition in the meet. No penalty will apply if: see Scratches and Positive Check in section.

Thursday Distance Freestyle Events (W 1650/M 1000), will be swum as timed finals and alternate women, then men by heat fastest to slowest. All swimmers need to supply their own timer and counter.

Sunday Distance Freestyle Events (W 1000/M 1650), will be swum as timed finals with the fastest heat in the women's 1000Y Freestyle followed by the fastest heat in the men's 1650Y Freestyle to be conducted at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, (approximately 30 minutes after the conclusion of the preliminary session) fastest to slowest alternating women and men. Swimmers must supply their own timer and counter for all heats except those swum during Sunday's finals. Swimmers need only supply their own counter if competing in the finals session.

Prelims of the 400Y IM and 500Y Free will be swum as follows: top forty, with the top 20 being circle seeded, of Women followed by the top forty, with the top 20 being circle seeded, of Men, then all remaining heats, alternating Women and Men continuing fastest to slowest. Swimmers must provide their own timers during prelims of the all distance events as well as their own counters for all Freestyle distance events.

RELAYS: Teams participating in the relay events **MUST** positively check-in and declare their intent to swim those relays by the PCI deadline for that day's events. **Relays that do not check-in by the appropriate deadline will be seeded with NT.** Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. **Teams must provide their own timers for the Thursday evening relays and the 800 Freestyle Relay.**

Clubs may enter a maximum of three 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 as timed finals at the end of the evening sessions (with the exception of the 200 Freestyle relay on Thursday evening which will be swum at the beginning of the Thursday evening session). The order for the relays shall be the slowest to fastest.

OVERSUBSCRIPTION: In the event of over subscription, the meet host, Senior Committee and Program Operations 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, heat limiting 400yd events or longer, reducing swimmer entries by 1 event, and removing visiting teams 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.

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 ten individual swims allowed each swimmer. Swimmers must sign up for time trials Friday/Saturday/Sunday between 9:00am-11:00am. 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 \$15.00/individual event; \$25.00/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. **A no show for time trials will not count towards a swimmers total number of allowed events for the meet.**

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 (relays only)/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**.

Any team which fails to provide its workers or whose workers do not work for the entire session will be fined. 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.

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.

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 Program & Events Committee Chair or designee.

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
Comfort Inn
Route 372, Cromwell
860-635-4100
Super 8 Motel
1 Industrial Dr, Cromwell
800-843-1991

Marriott Courtyard
4 Sebeth Dr, Cromwell
860-635-1001
Ramada Plaza Hotel
275 Research Pkwy, Meriden
203-238-2380
Hawthorne Inn
2387 Wilbur Cross Pkwy, Berlin
860-828-4181

Inn at Middletown
70 Main Street Middletown
860-854-6300
Hampton Inn
20 Waterchase Dr, Rocky Hill
860-563-7877
Sheraton Hartford South
100 Capital Blvd, Rocky Hill
860-257-6000

**2019 SHORT COURSE SENIOR INVITE
ORDER OF EVENTS
March 7-10, 2019**

WOMEN

MEN

THURSDAY, March 8, 2018

<u>NO.</u>	<u>EVENT</u>	<u>NO.</u>
1	200Y Freestyle Relay	2
3	1650Y Freestyle	
	1000Y Freestyle	4
	10 Minute Break	
5	400Y Medley Relay	6

FRIDAY, March 9, 2018

7	50Y Freestyle	8
9	200Y Butterfly	10
11	100Y Breaststroke	12
13	200Y Freestyle	14
15	400Y IM	16
	10 Minute Break	
17	800Y Freestyle Relay(in Finals only)	18

SATURDAY, March 10, 2018

19	100Y Butterfly	20
21	200Y Breaststroke	22
23	100Y Backstroke	24
25	500Y/400M Freestyle	26
	10 Minute Break	
27	400Y Freestyle Relay(in Finals only)	28

SUNDAY, March 11, 2018

29	1000Y Freestyle	
	1650Y Freestyle	30
31	200Y Backstroke	32
33	100Y Freestyle	34
35	200Y IM	36
	10 Minute Break	
37	200Y Medley Relay(in Finals only)	38

NOTES:

1. Please see the Relays section, for more details on Relay schedule
2. The above order of events is for finals sessions (Fri/Sat/Sun). See DISTANCE EVENTS section for information regarding the Preliminary session format.

**Connecticut SC Senior Invite
Hosted by GRIT Aquatics
Session Report**

Session: 1 Thursday Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	_____
Finals	1 Girls 200 Freestyle Relay	05:00 PM	_____
Finals	2 Boys 200 Freestyle Relay	05:03 PM	_____
Finals	3 Girls 1650 Freestyle	05:05 PM	_____
Finals	4 Boys 1000 Freestyle	05:44 PM	_____
	Break: 10 Minutes:		
Finals	5 Girls 400 Medley Relay	06:05 PM	_____
Finals	6 Boys 400 Medley Relay	06:10 PM	_____
	Swimmers Counts for Warm-ups: 52		
	Finish Time	06:15 PM	_____

Connecticut SC Senior Invite
Hosted by GRIT Aquatics
Session Report

Session: 2 Friday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	7 Girls 50 Freestyle	09:00 AM	_____
Prelims	8 Boys 50 Freestyle	09:06 AM	_____
Prelims	9 Girls 200 Butterfly	09:08 AM	_____
Prelims	10 Boys 200 Butterfly	09:14 AM	_____
Prelims	11 Girls 100 Breaststroke	09:19 AM	_____
Prelims	12 Boys 100 Breaststroke	09:24 AM	_____
Prelims	13 Girls 200 Freestyle	09:25 AM	_____
Prelims	14 Boys 200 Freestyle	09:42 AM	_____
Prelims	15 Girls 400 IM	09:49 AM	_____
Prelims	16 Boys 400 IM	10:06 AM	_____
	Swimmers Counts for Warm-ups: 133		
	Finish Time	10:11 AM	_____

**Connecticut SC Senior Invite
Hosted by GRIT Aquatics
Session Report**

Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	7 Girls 50 Freestyle	05:00 PM	_____
Finals	8 Boys 50 Freestyle	05:05 PM	_____
Finals	9 Girls 200 Butterfly	05:09 PM	_____
Finals	10 Boys 200 Butterfly	05:19 PM	_____
Finals	11 Girls 100 Breaststroke	05:28 PM	_____
Finals	12 Boys 100 Breaststroke	05:34 PM	_____
Finals	13 Girls 200 Freestyle	05:41 PM	_____
Finals	14 Boys 200 Freestyle	05:49 PM	_____
Finals	15 Girls 400 IM	05:58 PM	_____
Finals	16 Boys 400 IM	06:16 PM	_____
	Break: 10 Minutes:		
Finals	17 Girls 800 Freestyle Relay	06:42 PM	_____
Finals	18 Boys 800 Freestyle Relay	06:51 PM	_____
	Swimmers Counts for Warm-ups: 120		
	Finish Time	07:00 PM	_____

Connecticut SC Senior Invite
Hosted by GRIT Aquatics
Session Report

Session: 4 Saturday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	19 Girls 100 Butterfly	09:00 AM	_____
Prelims	20 Boys 100 Butterfly	09:09 AM	_____
Prelims	21 Girls 200 Breaststroke	09:13 AM	_____
Prelims	22 Boys 200 Breaststroke	09:25 AM	_____
Prelims	23 Girls 100 Backstroke	09:31 AM	_____
Prelims	24 Boys 100 Backstroke	09:41 AM	_____
Prelims	25 Girls 500 Freestyle	09:44 AM	_____
Prelims	26 Boys 500 Freestyle	10:26 AM	_____
	Swimmers Counts for Warm-ups: 147		
	Finish Time	10:43 AM	_____

Connecticut SC Senior Invite
Hosted by GRIT Aquatics
Session Report

Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	19 Girls 100 Butterfly	05:00 PM	_____
Finals	20 Boys 100 Butterfly	05:06 PM	_____
Finals	21 Girls 200 Breaststroke	05:12 PM	_____
Finals	22 Boys 200 Breaststroke	05:23 PM	_____
Finals	23 Girls 100 Backstroke	05:33 PM	_____
Finals	24 Boys 100 Backstroke	05:40 PM	_____
Finals	25 Girls 500 Freestyle	05:46 PM	_____
Finals	26 Boys 500 Freestyle	06:05 PM	_____
	Break: 10 Minutes:		
Finals	27 Girls 400 Freestyle Relay	06:33 PM	_____
Finals	28 Boys 400 Freestyle Relay	06:38 PM	_____
	Swimmers Counts for Warm-ups: 122		
	Finish Time	06:43 PM	_____

Connecticut SC Senior Invite
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Session Report

Session: 6 Sunday Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	31 Girls 200 Backstroke	09:00 AM	_____
Prelims	32 Boys 200 Backstroke	09:15 AM	_____
Prelims	33 Girls 100 Freestyle	09:21 AM	_____
Prelims	34 Boys 100 Freestyle	09:33 AM	_____
Prelims	35 Girls 200 IM	09:38 AM	_____
Prelims	36 Boys 200 IM	09:57 AM	_____
	Break: 30 Minutes:		
Finals-S	29 Girls 1000 Freestyle	10:34 AM	_____
Finals-S	30 Boys 1650 Freestyle	10:58 AM	_____
	Swimmers Counts for Warm-ups: 140		
	Finish Time	10:58 AM	_____

Connecticut SC Senior Invite
Hosted by GRIT Aquatics
Session Report

Session: 7 Sunday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals-1	29 Girls 1000 Freestyle	05:00 PM	_____
Finals-1	30 Boys 1650 Freestyle	05:13 PM	_____
Finals	31 Girls 200 Backstroke	05:34 PM	_____
Finals	32 Boys 200 Backstroke	05:44 PM	_____
Finals	33 Girls 100 Freestyle	05:54 PM	_____
Finals	34 Boys 100 Freestyle	06:00 PM	_____
Finals	35 Girls 200 IM	06:05 PM	_____
Finals	36 Boys 200 IM	06:15 PM	_____
	Break: 10 Minutes:		
Finals	37 Girls 200 Medley Relay	06:34 PM	_____
Finals	38 Boys 200 Medley Relay	06:37 PM	_____
	Swimmers Counts for Warm-ups: 114		
	Finish Time	06:40 PM	_____