

**2023 CONNECTICUT SWIMMING
SHORT COURSE SENIOR CHAMPIONSHIP
February 16th – 19th, 2023**

Wilton Family YMCA
404 Danbury Rd, Wilton CT
[Google Map](#)

Westport Weston Family YMCA
14 Allen Raymond Ln, Westport, CT 06880
[Google Map](#)

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

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S22-75. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

COVID-19 Statement

In applying for this sanction, the Host, Wilton YMCA Wahoos and Westport YMCA Water Rats, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, <https://www.westportct.gov/>, <https://www.wiltonct.org/>.

COVID-19 Assumption of Risk Disclaimer

We, Wilton and Westport YMCAs have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at CT Senior Championships or on site at Wilton and/or Westport YMCAs. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at CT Senior Championships and being on site at Wilton and Westport YMCAs, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Release

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

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

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

MEET DIRECTOR: Wilton Site – Jo Ann McCaffrey jmccaffrey@riverbrookymca.org
Westport Site – Ellen Johnston ejohnston@westporty.org
Rob Urban rurban@westporty.org

MEET REFEREE: Dave Pite dave@pitelaw.com

ADMIN REFEREE: Mark Wollen mark@mjwollen.com

MEET ENTRY CHAIR: Henk Jansen office@ctswim.org

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

SAFETY CHAIR: Sean Farrell sfarrell@sccymca.org

EMERGENCY NO: Wilton - (203) 762-8384
Westport - (203) 226-8981

RULES: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

FACILITY GENERAL RULES:

- No shaving on site.
- 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.
- Spectators – please check description below for details pertaining to each facility.
- Any vehicle parked anywhere other than in a parking space will be subject to fines and being towed.

FACILITY:

Wilton Family YMCA:

- Wilton Family YMCA, 404 Danbury Rd, Wilton CT. The Wilton YMCA pool is a six lane by 50 meter facility with a dividing bulkhead and Daktronics electronic timing. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The pool is 50 meters x 15 yards with two racing courses. The South Pool - starting end water depth of 6.5ft and turn end of 4.7ft turn end, and North Pool – starting water depth of 6.7ft and turn end 6.7ft. The section between both pools is not used during competition.
- Seating on the pool deck is limited, team seating will be provided in the gymnasium, if needed.
- Swimmers may use folding chairs in the gym only, no folding chairs are permitted on the pool deck.
- Swimmers are not permitted to use any other area of the YMCA.
- Deck Capacity is 350, which includes all swimmers, coaches, and meet volunteers.

- Spectators will have a standing ONLY room area to view the meet. No chairs or “camping out” will be allowed in this area.
- There is adequate parking on premises. Overflow parking needs to park at Wilton High School across the street from the YMCA. (NOT ON FRIDAY)

Westport Weston Family YMCA:

- The Strittmatter Family Aquatic Center houses a 10 lane x 25 yard competition pool. Water depth at start end is: 9’. Water depth at turn end is: 4’. 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 Timing System will be used with full display color board. Off deck spectator seating is to be determined.
- Upon entering the building, coaches, swimmers and volunteers will go left and walk down the hall to the natatorium observation area. All will proceed to the stairwell and enter the pool deck from there (unless team seating is assigned to the spectator area). Swimmers are asked to wear suits to the meet. The Youth Locker Rooms will be open. Swimmers are NOT to use the Family Locker Rooms. Exiting the pool will be the reverse – through the observation deck and out through the front doors of the YMCA.
- Swimmers are not permitted in any other areas of the YMCA.
- Masks are optional.
- NO SPECTATORS. The meet will be streamed live – here is the [link](#).
- NO personal folding chairs will be allowed on deck or spectator area.

DISABLED/ ELDERLY ACCESS:

Wilton: For special assistance contact the Wilton Site meet director.

Westport: Handicap parking is available near the front of the facility. Handicap accessibility is available into the spectator area. An elevator is conveniently located just off the lobby to access the youth locker rooms on the lower level.

<u>SCHEDULE:</u>	Location	Warm-Up	Start
Thursday Evening	Wilton	3:30pm	5:00pm
Trials – Fri,Sat,Sun	Wilton	7:00am	9:00am
Sun Distance	Wilton	See Distance Session	
Finals – Fri,Sat,Sun	Westport	3:15pm	5:00pm

WARM-UP: All Clubs must warm-up under the supervision of a coach. Coaches should register at the meet check in table 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 the 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 start and turn ends of the pool.

*** IMPORTANT NOTE: Finals warm up 3:15-4:00pm is open general warm up for all swimmers. 4:00-5:00pm is specific for swimmers competing in that evening’s finals session.



PRELIMS: Prelims will be conducted in one 6-lane courses at the Wilton Family YMCA, two if necessary. All Prelims will be conducted in SCY course. Breaks will be added after each event. The duration of the break is dependent upon the size of the meet.

FINALS: Finals will be conducted as SCY in a 10-lane course at the Westport Weston Family YMCA. 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). The pool will be open for warm up/ cool down after each men's event. **All Relays will swim during the evening Finals sessions (see relays section for more information on how relays will be conducted).**

SEATING:

Prelims: All Team seating will be in the gym at the Wilton Family YMCA. Swimmers may sit on the pool deck while the event they are participating is running. Swimmers are asked to maintain social distance in the gym and on the pool deck as best they can. Swimmers are not to use the basketball hoops. Swimmers are not allowed anywhere other than gym and pool/locker room in YMCA. Monitors will be provided to inform all swimmers which event and heat is splashing in the competition pool

Finals: All team seating will be on the pool deck and observation deck of the pool area. No folding chairs are allowed. Swimmers are not allowed anywhere other than the pool area and are to use the Youth Locker Rooms. Adult athletes must use the Adult Locker Rooms.

READY ROOM: Swimmers competing in the A final events **MUST** 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 if necessary, on Saturday or Sunday.

ELIGIBILITY: This meet is open to Connecticut LSC swimmers only. Clubs and swimmers must be 2023 registered members of USA Swimming. No FLEX memberships permitted. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. All registration are processed by parents in SWIMS 3.0. 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.

ADULT ATHLETES: All athletes who will be 18 years of age or older must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

SWIMWEAR: Per USA Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

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: \$15.00 per individual event, \$24.00 per relay, and \$20 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 <http://www.ctswim.org/Content/www/CMS/files/Membership/Outreach-Entry-Fees.pdf> for policy and procedure.

SCORING: Individual event scoring will be to 20 places as follows:

Timed Finals events: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1

Prelim/Finals events: A final: 24-21-20-19-18-17-16-15-14-13

B final: 11-9-8-7-6-5-4-3-2-1

C final: No score

Relay event scoring will be to 20 places as follows:

Relay events: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

TEAM SCORING: Team scores will be kept for the Men's, Women's and Combined Teams through 20th place as per USA Swimming rule 102.25 for all Short Course Finals events.

AWARDS: Individual and Relay awards will be presented for 1st through 3rd place at finals immediately following each event men's event. 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. The Individual Distance High Point Award (for the 400IM, 500Y, 1000Y, and 1650Y Free) will be presented after the conclusion of the last distance event. The Overall Individual High Point Award will be presented at the conclusion of the last individual event on Sunday evening. Team awards will be presented at the conclusion of Sunday's finals.

ENTRY INFORMATION: Swimmers must have equaled or bettered the attached time standards since January 1, 2022 and before the entry deadline.

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. Bonus events will be allowed for events 200yds or shorter at a qualified event to bonus event ratio of: 1:2, 2:2, 3:1.

A swimmer who has qualified for 4 or more events CAN enter bonus events, BUT must adhere to the above ratios. i.e. swimmer with 5 qualified events can enter only 3 of those events and then enter 1 bonus event. You CANNOT enter 5 qualified events and then add bonus events.

Swimmers qualified in either the 1000 or 1650 Freestyle may bonus the alternative distance event if they have not achieved the qualifying standard in that alternative distance event; however the swimmer must have an official time for the alternate distance bonus during the qualifying period. Swimmers who take advantage of this distance bonus MUST enter the event that allowed them the bonus. i.e. A swimmer has the 1650 qualifying



standard, **MUST** enter the 1650 in order to enter the 1000 and vice versa. This will count towards the total number of allowable bonus swims for an individual.

SEEDING: All conforming SCY times will be seeded first, followed by LCM entry times, and finally bonus times. 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 **9:00p.m. Thursday February 9, 2023**. 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 9th through February 14, 2023**, must enter, **no later than 8:00pm, February 14, 2023**, using FAST Online Entries. After this deadline, any addition or change to an entry will be considered a "deck entry" and subject to deck entry costs, see below for explanation. No improvements in seed time will be accepted. Splash fees for late qualifiers are due on **February 14, 2023**, 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 **8:00 pm February 14, 2022**, to email corrections to office@ctswim.org. After this deadline, any addition or change to an entry will be considered a "deck entry" and subject to deck entry costs. Improvements in seed time will be accepted, including improvements due to changes in course. Corrections and scratches will be accepted by email only. \$15 will be assessed for each on top of the meet entry fee. See examples below:

- If John Doe is omitted from a club's entry in six (6) events, adding John is \$15 and each of his events will garner a \$15 charge. His club will be charged \$105 in addition to the cost of his entry. Total for John Doe and his 6 events is \$195.
- Each scratch while "swapping" events will garner a \$15 charge, example, take Jimmy out of the 100 back (a scratch) and put him the 100 free (new event correction). His club will be charged \$30 for the "swap" and \$15 for the entry, totaling \$45.
- A scratch for a single swimmer where a coach will not be in attendance will not garner a charge. Example, Larry is the only swimmer attending a session for his Team and he is scratching, and this is known ahead of time. This will be done so a coach doesn't have to attend a session just to scratch a swimmer.
- If a relay team is added, the charge will be \$24.00 plus entry fee. Total for additional relay \$48.00.
- A "**deck entry**" is any entry after the correction deadline up to the end of Sunday's

warm-up. Deck entries will NOT be taken during the meet and garner a \$50 charge on top of the entry fee. So if you omitted a swimmer, adding the swimmer is \$50, adding the swimmer into two events is \$50 for each event (\$100) plus the \$15 per event entry fee. Total to add this one swimmer in two event is \$180.

Splash fees for all corrections are due on **Thursday before the meet starts**, 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 via the CSI Website 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
68 Nichols Avenue
Shelton, CT 06484

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, 2023, 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 office@ctswim.org. Unattached athletes not affiliated with a club should email an entry file (*.sd3 or *.cl2) and proof of time to office@ctswim.org. If meet entry software is not available, email office@ctswim.org 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 & 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. The scratch box and positive check in will be located with the Clerk of Course on deck. Swimmers are automatically seeded in the meet if a scratch is NOT turned in.

This meet will follow the National Championship Scratch Rule 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 all remaining individual and relay events on that day including all events at finals. In order to swim in any events on remaining days the coach and/or swimmer must positively check –in with the Administrative Referee prior to the scratch deadline for the previous day's events.

Scratch deadlines are as follows:

Scratches and Positive Check-In for Thursday Evening Events: Thursday, 4:00pm

Scratches for Friday Preliminary Events: Thursday, 7:00pm

Scratches for Saturday Preliminary Events: Friday, 7:00pm

Scratches and Positive Check-In for Sunday Preliminary and Timed Final Events: Saturday, 7:00pm



Coaches may email scratches to the Meet Referee or the Administrative Referee if they are unable to access the scratch box. Emails must be received by the appropriate scratch deadlines. The time stamp on the email will determine the time the email is received.

A swimmer seeded for an A Final, B Final or C Final who fails to compete and who was not scratched shall be barred from all further competition in the meet. Sunday finalists shall be fined \$50.00 for each event not swum. Fines must be paid before May 1, 2023. 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: Swimmers participating in the 1000/1650Y Freestyles **MUST** positively check-in and declare their intent to swim by the check-in deadline for these events to be seeded at their entry time.

- Positive check in is required for the Women's 1650Y and Men's 1000Y Freestyle by 4:00pm on Thursday, February 16, 2023.
- Positive check in is required for the Women's 1000Y and Men's 1650Y Freestyle by 7:00pm on Saturday, February 18, 2023
- Failure to positively check-in will result in the swimmer not being seeded into the event with their entry time. Any swimmers that does not scratch and/or positively check-in by the check-in deadline will be seeded at "NT."

Thursday distance freestyle events (W 1650/M 1000), will be swum as timed finals and run in one course fastest to slowest. If necessary, two courses will be used and split, women's pool and men's pool. All swimmers need to supply their own timer and counter. The distance format is subject to change based on the size of the meet.

Sunday distance freestyle events (W 1000/ M 1650), will be swum as timed finals and run in the following fashion: The fastest heat (top 10 after positive check-in closes) of Women's 1000 and Men's 1650 will swim at the beginning of finals on Sunday evening. Timers will be provided for the fastest heats at finals. Parent **DO NOT** need to time their own child for the top distance heats at finals. All remaining heats will be conducted in the distance session beginning 30 minutes after the conclusion of the Sunday preliminary session. Heats will run fastest to slowest in two courses (women's pool and men's pool). The Sunday distance session format is subject to change based on the number swimmers competing in the session.

The heat order and schedule will be published after the Positive Check-In deadline on Saturday night. Swimmers must supply their own timer and counter for all heats except those swum during Sunday's finals. Swimmers need only provide their own counter if competing in the finals session.

Prelims of the 400Y IM and 500Y Freestyle will be swum as follows: top 30 swimmers in each event (5 heats), with the top 12 swimmers (2 heats) being circle seeded, followed by a break then the remaining heats fastest to slowest for each gender. Swimmers **DO NOT** have to provide their own timers for these events. Timers assigned to this session **MUST** stay to time all 500Y Freestyle and 400Y IM heats. Swimmer will need to provide 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 relay check in deadline. Relays that do not check-in by the appropriate deadline will be



scratched, Relay participants must be declared to the Clerk of Course at least one hour before the relay competes. Teams will be provided with relay cards for this purpose. Relay swimmers 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 two relays 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 Medley relay on Thursday evening which will be swum at the beginning of the Thursday evening session). The order for the relays shall be the women's relay slowest to fastest and then the men's relay slowest to fastest.

Positive Check In Deadlines for Relays:

Thursday Relays: 4:00pm Thursday, February 16th

Friday Relays: 11:00am, Friday, February 17th

Saturday Relays: 11:00am, Saturday, February 18th

Sunday Relays: 11:00am, Sunday, February 19th

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 JURY: The Meet Jury shall be announced by the Meet Referee at the Coaches Meeting. Written protests involving eligibility or technical rules including 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 meet jury if applicable. 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 9:00am-10:30am (subject to change). 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 \$20.00/individual event; \$30.00/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 swimmer's 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://fast.ctswim.org/CTNet/CFPaintForm.aspx?f=293> or contact the meet referee by February 14th.

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.

REFRESHMENTS: Hospitality will be provided for coaches and officials and computer operators. Water will be distributed on deck to volunteers/timers. Host sites 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 Coaches 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 behind or to the side of 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.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach’s electronic device

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.

DIRECTIONS:

Wilton Family YMCA:

From New York: Take the Merritt Parkway to Exit 39B Follow the Route 7 North freeway to its end and turn right at the light. Turn left onto Rt. 7 North. Go 4.4 miles and turn right into the Y parking lot. The Wilton Family Y is on the right, and the Wilton High School is on the left.

From New Haven: Take the Merritt Parkway to exit 41(Rt 33). At the end of the ramp, turn left (north) onto Rt 33. Go North along Rt.33 for 2.5 miles. Rt 33 merges with Rt. 7. Stay on Rt. 7 for 2.6 miles to the Y. The Wilton Y is on the right and the Wilton High School is on the left.

From I 95: Take exit 15 to Rt. 7 North. Follow Rt 7 freeway to the end and turn right at the light. At the end of the road turn left onto old Rt. 7 North. Proceed to the Wilton Y as above

Westport Weston Family YMCA:

Y at Mahackeno: Located directly off Exit 41 – northbound – of the Merritt Parkway.

I-95: From north or south, left turn off exit ramp. Follow up to the Merritt Parkway – Route 15. Get in the turn lane as though going onto the Parkway north but stay in the right lane and go straight into the YMCA

ORDER OF EVENTS

February 16-19, 2023

WOMEN

MEN

THURSDAY

<u>NO.</u>	<u>LCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>SCY</u>	<u>LCM</u>	<u>NO</u>
1			200Y Medley Relay			2
3	19:02.39	18:35.19	W 1650/ M 1000 Free	10:48.19	9:36.99	4
	19:36.69	18:57.49	Alt Distance Bonus	11:01.19	9:42.79	4
			10 Minute Break			
5			400Y Free Relay			6

FRIDAY

7	29.29	25.79	50Y Freestyle	23.49	26.79	8
9	2:39.29	2:20.29	200Y Butterfly	2:12.99	2:29.59	10
11	1:21.69	1:12.69	100Y Breaststroke	1:06.09	1:18.99	12
13	2:16.39	2:00.79	200Y Freestyle	1:51.49	2:06.59	14
15	5:33.28	4:52.19	400Y IM	4:33.79	5:16.29	16
			10 Minute Break			
17			800Y Freestyle Relay (in Finals only)			18

SATURDAY

19	1:09.59	1:01.69	100Y Butterfly	56.99	1:04.99	20
21	2:57.09	2:36.79	200Y Breaststroke	2:28.99	2:52.99	22
23	1:10.39	1:02.39	100Y Backstroke	58.29	1:08.99	24
25	4:48.17	5:20.99	500Y/400M Freestyle	5:01.79	4:35.99	26
			10 Minute Break			
27			400Y Medley Relay (in Finals only)			28

SUNDAY

29	9:57.59	11:07.59	W 1000/ M 1650 Free	18:00.69	18:59.99	30
	10:15.49	11:20.89	Alt Distance Bonus	18:22.29	19:34.19	
31	2:32.99	2:15.79	200Y Backstroke	2:07.79	2:29.59	32
33	1:02.89	55.69	100Y Freestyle	50.79	58.09	34
35	2:32.89	2:16.19	200Y IM	2:05.59	2:26.79	36
			10 Minute Break			
37			200Y Free 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.