

CONNECTICUT SWIMMING

2024 SC FRIDAY DISTANCE REGIONAL CHAMPIONSHIPS

FRIDAY

March, 1, 2024

Hosts: BULL, CDOG, GRYM and WYW (if necessary)

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S23-100A-C. 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.

	<u>BULL</u>	<u>CDOG</u>	<u>GRYM</u>	<u>WYW</u>
Meet Director	Adriana Schack 480-307-4813 adriana.marmolejo@olympian.org	Kyle Shadeck kshadeck@secymca.org 203-903-3452	Bill Walsh 203-869-1630 wwalsh@gwymca.org	JoAnn McCaffrey 203-762-8384 249 jmccaffrey@riverbrookymca.org
Entry Chair	Adriana Schack 480-307-4813 adriana.marmolejo@olympian.org	Matt Traub mtraub@bu.edu 860-782-1560	Bill Walsh 203-869-1630 grymentries@gmail.com	JoAnn McCaffrey 203-762-8384 249 jmccaffrey@riverbrookymca.org
Referee	Dae Pite dave@pitelaw.com	Gretchen Cahill gretchen.cahill@gmail.com	Yolanda Jahan yoli.jahan1@gmail.com	Liza Heller Liza.J.Heller@gmail.com
Website	www.bulldogswimming.org	www.seadogswim.org	www.greenwichmarlins.org	www.wyahoos.org
Location	Hutchinson Natatorium 125 Wintergreen Ave. New Haven, CT 06515.	Cheshire Community Pool, 520 South Main St, Cheshire, CT 06410	YMCA of Greenwich 50 E Putnam Ave Greenwich, CT 06830	Wilton Family YMCA. 404 Danbury Rd, Wilton, CT 06897
Safety Chair	Tim Quill	Kyle Shadeck	Patrick Kennedy	Eric Holden
Emerg. Phone	203-392-6026	203-271-3208	203-869-1630	203-762-8384
Facilities	8 lane, 25 yard pool. Water depth at start end is 5ft and at the turning end is 13 ft.	10-lane, 25-yard pool. Daktronics Timing. Water depth at start end is: 6-8 ft. Water depth at turn end is: 6-8 ft.	8-lane, 25-yard pool. Omega Timing. Water depth at start end is 13' Water depth at turn end is 6.7'.	(2) 6 lane pools with Daktronics Timing System the North course is 6.7 Ft. at the dive end and 6.7 ft at turn end. The South Course is 6.7 ft at the dive end and 4.7 ft at the turn end.
Medical Supervision	Lifeguards on duty at all times. AED on site.	Lifeguards on duty at all times. AED on site.	Lifeguards on duty at all times. AED available on deck	Lifeguards on duty at all times. AED available
WIFI	WiFi in unavailable	WiFi is available	Wifi is available in the YMCA.	Wifi is available
Disability Contact	Adriana Schack 480-307-4813 adriana.marmolejo@olympian.org	Kyle Shadeck 203-903-3452 kshadeck@secymca.org	Yolanda Jahan 203-278-6712 yoli.jahan1@gmail.com	JoAnn McCaffrey 203-762-8384 x 249
Send Payment to	Adriana Schack 573 Hill Street Hamden CT 06514	Sean Farrell Cheshire Y 967 S. Main St, Cheshire, CT 06410	Greenwich Marlins 50 E Putnam Ave Greenwich, CT 06830	Jo Ann McCaffrey 404 Danbury Rd Wilton CT 06897
Payable to	Bulldog Swimming	STPA	YMCA of Greenwich	Wilton Y Wahoos

Official's Contact	Walter Carroll wandjcarroll@comcast.net	Gretchen Cahill gretchen.cahill@gmail.com	Yolanda Jahan yoli.jahan1@gmail.com	Liza Heller Liza.J.Heller@gmail.com
Schedule				
Friday	All Groups Warm up 5:00p	All Groups Warm up 5:00p	All Groups Warm up 4:00p	All Groups Warm up 3:30p

FACILITIES: The competition courses listed above have not been certified in accordance with 104.2.2C (4).

SAFE SPORT POLICIES: Spectators will be allowed all facilities.

HANDICAPPED/DISABLED ACCESS

- Hutchinson Natatorium Handicapped accessibility is available at the Moore Field House and the Hutchinson Natatorium. Handicapped parking is located in the main parking lot between the Moore Field House and the Wintergreen Building. Handicapped entrance, with automatic door, is located in the front of the Moore Field House. Please follow walk-way around the front of the main lobby to the entrance
- Cheshire Community Pool Cheshire Community Pool is accessible to the disabled. Please contact the Meet Director with questions.
- Wilton YMCA Wilton Family YMCA is Handicapped-accessible. Pool deck and spectator area are accessible through men's and women's locker rooms and are also handicapped-accessible.
- YMCA of Greenwich 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

- Hutchinson Natatorium From New York (via I-95) 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 of the campus. From New York (via Rt. 15, Merritt-Wilbur Cross Parkway) Rt. 15, Merritt-Wilbur Cross Parkway, Exit 59 (Whalley Avenue). Head south on Whalley Avenue, turn left onto Fitch Street, which bisects the campus. From New London I-95, Exit 44 (Ella Grasso Boulevard, Route 10). Follow Ella Grasso Boulevard north. Ella Grasso Boulevard ends at Crescent Street, near the south entrance of the campus. From Hartford 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.
- Cheshire Community Pool From 91 North: 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. From 91 South: 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. From 84 West: 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. From 84 East: 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.
- Wilton 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.
- YMCA of Greenwich DIRECTIONS: 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

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 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 2024 CT-registered members of USA Swimming and 18/Unders.

2. FLEX memberships are not permitted.
3. A participating swimmer needs to have swum in two (2) CSI regularly-scheduled sanctioned meet since January 1, 2022
4. NO 14/Under Swimmers may compete in any event in which he/she has achieved a 2024 Short Course Age Group.
5. NO 15-18 yr old swimmer may compete in any event in which he/she has achieved a 2024 Short Course CT Sr Champs cut.
6. A swimmer MUST have swum the event legally and have a reportable time since January 1, 2023.
7. No times (NT) will NOT be permitted at this meet. All entries MUST be made with a reportable time. All events have Maximum time standard and some have Minimum time standards.
8. Each multi-age group event will have separate MAX cutoff times and in some cases MIN time standards as well.
9. Championship Qualifying Time (COT). This includes LCM and SCY times (attached).
10. 12/unders MAY swim events they exceed the MAX time if said event is NOT offered at Age Groups. ie 10/unders who achieve the 11/12 Age Group cut in 200's of stroke. Those entries must be emailed to the Central Office.

Age for the meet will be swimmer's age as of the first day of the meet, although 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:

- o 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
- o he/she has exceeded the maximum COT for his/her current age, and
- o he/she has not exceeded the maximum COT for the higher age group.
- o The meet director and the referee must be notified prior to the meet. Please email 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: Start times will be posted on ctswim.org after clubs are assigned a venue. Schedule is subject to change.

TIME STANDARDS: Some events will have minimum time standards. All events will have MAX time standards. 14/Under max time standards are 2024 SC Age Group cuts and 15-18 year old max time standards are 2024 SC Sr Championships. Swimmers MUST have swum the event legally and have a reportable time since January 1, 2023, and may not have bettered the maximum time standards. No Time (NT) will NOT be permitted for any event this year.

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 29, 2023 to the Connecticut Swimming office.

ENTRIES: Swimmers may enter a maximum of three (3) individual events on Friday evening, DECK ENTRIES WILL BE ACCEPTED, see correction header for details.

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 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.

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.

BREAKS: The addition of any unpublished breaks in the competition schedule is at the discretion of the Meet Referee. Coaches and swimmers should note that entering and swimming “back to back” events, under normal circumstances of meet operation does not warrant an unscheduled break. Three (3) to five (5) heats should be anticipated in each preliminary event and relays. ALL BREAKS ARE GENERAL WARMUP AND WILL NOT INCLUDE START/SPRINT ACCOMMODATIONS.

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 February 21, 2024**. CSI clubs will enter using [Connecticut FAST Online Entries](#) . Contact office@ctswim.org by this deadline to enter adapted athletes and championship birthday athletes. 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. 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 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 on no later than Friday before the meet. Clubs will send entry fee payment to their assigned host postmarked 5 PM the Thursday before the meet. 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.

Club divisions will be posted on ctswim.org on no later than Friday the week before the meet. Clubs will send entry fee payment to their assigned host postmarked by 5 PM the Thursday before the meet. 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: \$12/individual event; \$24/relay and \$12 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.

LATE QUALIFIERS: Any swimmer achieving an initial qualifying time after the initial deadline must be entered no later than **8 PM, February 28, 2024** by email to the meet Entry Chair. After this deadline, you may enter via “deck entry”, see below for explanation. 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 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 until **8 PM, February 28, 2024** by email to the meet Entry Chair. After this deadline, you may enter via “deck entry” deadline, see below for explanation. For each correction clubs will be assessed \$12.00 in addition to the published splash fee. Only email corrections will be accepted.

- If John Doe is omitted from a team’s entry and he wants to swim in six (3) events, adding John Doe is a \$12 charge, adding 3 events is a \$36 charge in addition to the cost of his entry. Total for John Doe \$84.
- If John Doe is entered in the 100 backstroke, but should have been entered in the 100 breaststroke, taking John out of the back is \$12, entering him into the breaststroke is \$24 (correction charge plus entry free) – total is \$36.
- If a relay team is added, the charge will be \$24.00 plus splash fee. Total for additional relay \$48.00.
- A “**deck entry**” is any addition or correction after the correction deadline has passed until the end of Sunday warm-ups. A deck entry must be made before warm-ups end each day. The coach MUST provide all the necessary information and proof of time and APT if applicable. A \$50 flat fee per addition/correction will apply. If Jimmy was omitted from the entry and he wants to swim two events, adding Jimmy is \$50, each event is \$50 (\$100) – total to add Jimmy \$150.

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 before the meet.

TIME TRIALS: There will be no time trials.

AWARDS & SCORING:

- Medals will be awarded for 1-6 places for individual events.
- Events will be scored to 6 places. Individual Events: 7-5-4-3-2-1.
- Friday night’s scores will be combined with Saturday and Sunday Team scores.
- Team Champions will be awarded for 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 before the meet. 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:

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 before the meet 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.

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.

EVENT LINE-UP AND TIME STANDARDS:

Girls			Boys	
Event #		Event	Event #	
1	11-18 years	Mixed 400 IM	1	
2	12/Under	Mixed 12/U 200 Backstroke	2	
3	12/Under	Mixed 12/U 200 Butterfly	3	
4	12/Under	Mixed 12/U 200 Breaststroke	4	
5	12/Under	Mixed 500 Freestyle	5	
6	11-18 years	Mixed 1650 Freestyle	6	

Time Standards

MAX SCY	MIN	MAX LCM	MIN			MAX LCM	MIN	MAX SCY	MIN
5:11.69	6:10.29	5:52.38	7:06.99	11/12.	400 IM	5:44.99	7:06.99	4:53.09	6:10.29
5:11.69	6:10.29	5:52.38	7:06.99	13/14.	400 IM	5:44.99	7:06.99	4:53.09	6:10.29
4:52.19	6:00.29	5:33.29	6:53.29	15-18	400 IM	5:16.29	6:22.19	4:33.79	5:32.89
2:36.29	----	2:55.89	----	10/Under	200 Backstroke	2:58.49	----	2:38.59	----
2:36.29	----	2:55.89	----	11/12.	200 Backstroke	2:58.49	----	2:38.59	----
2:54.19	----	3:15.09	----	10/Under	200 Butterfly	3:21.99	----	2:59.49	----
2:54.19	----	3:15.09	----	11/12.	200 Butterfly	3:21.99	----	2:59.49	----
2:57.59	----	3:21.19	----	10/Under	200 Breaststroke	3:26.59	----	3:02.49	----
2:57.59	----	3:21.19	----	11/12.	200 Breaststroke	3:26.59	----	3:02.49	----
7:12.99	8:24.99	6:30.49	7:35.29	10/Under	500 Freestyle	6:30.19	7:29.39	7:12.99	8:16.39
6:07.59	7:28.09	5:29.09	6:40.19	11/12.	500 Freestyle	5:29.09	6:40.19	6:07.59	7:28.09
20:02.99	24:18.19	20:39.79	25:20.59	11/12.	1650 Freestyle	19:48.39	25:20.59	19:07.59	24:18.19
20:02.99	24:18.19	20:39.79	25:20.59	13/14	1650 Freestyle	19:48.39	25:20.59	19:07.59	24:18.19
18:35.19	23:17.59	19:02.39	24:00.79	15-18	1650 Freestyle	18:59.99	22:35.39	18:00.69	21:59.29