

CONNECTICUT SWIMMING, INC.

2025 SC CONNECTICUT AGE GROUP SWIMMING CHAMPIONSHIP

March 7-9, 2025

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S24-87. Sponsored by Connecticut Swimming and the Age Group Committee, the meet will be run in accordance with USA Swimming rules unless otherwise noted, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern all competition. The meet will be open to eligible 2025 CT Swimming registered clubs and swimmers who have swum the attached time standards. 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.

This meet is open to all Connecticut Swimming registered clubs and swimmers who meet the eligibility criteria and time standards (included). The meet will be run in accordance with USA Swimming rules unless otherwise noted.

MEET DIRECTOR	Bill Ball - 860-3054559 - ballb@ccsu.edu
MEET REFEREE	Mike Huffman- 860-539-9895
CHIEF AO	Bill Ball - 860-305-4559 - ballb@ccsu.edu
MEET ENTRY INFO	Henk Jansen - 203.671.4201 – Office@ctswim.org
SAFETY CHAIR	Katelyn Mann - 973-934-8239 - kmann@ccsu.edu
EMERGENCY PHONE	860-832-3073
WEBSITE	Ctswim.org

VENUE INFORMATION FACILITY:

Jack Suydam Natatorium, 1615 Stanley Street, New Britain, CT 06053

- The Natatorium is a 6 6-lane facility with a Colorado Timing System. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming. Colorado electronic timing system. Water depth at the start end is 12 feet and 4.5 feet at the turn end.
- Shaving on premises is not 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.
- Spectator seating can accommodate 250 individuals.
- Lifeguards will be on duty. An AED machine, first aid, and backboards will be accessible on deck and in the pool office
- Wi-Fi access is available

SAFE SPORT POLICIES: Spectators will be allowed in the designated spectator area only. No spectators are allowed on deck.

DISABLED/ELDERLY ACCESS: Handicapped parking and pool deck access are available. If special assistance is required by athletes, coaches or spectators please contact the Safety Chair or the Meet Director.

Schedule	Age	Warm-up	Start
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Friday Evening Timed Finals	10/u	4:00pm	5:00pm
Sat. and Sun. Timed Finals	10/U	7:30am	8:30am

GENERAL MEET INFORMATION

ELIGIBILITY CRITERIA: Clubs and all athletes must be 2025 CSI-registered members of USA Swimming. Registration will not be processed at the meet.

1. Athletes must have swum in at least **TWO (2)** regularly scheduled CSI-sanctioned meet since January 1, 2024.
2. Have been properly entered prior to the appropriate deadline contained in either the **ENTRY DEADLINE**, **CORRECTION**, or **LATE QUALIFIERS** sections below.
3. To be eligible to compete in individual events, each swimmer **MUST** have achieved the qualifying time for each individual event entered since January 1, 2024. Swimmers may qualify with times from 25-yard (SCY) or 50-meter (LCM) courses.
4. Swimmers who turn 11 between the 10/u Age Group Meet and the 11-14 Age Group Meet can swim in one Meet or the other. Under no circumstances will an athlete be allowed to swim in both Age Group Meets. This includes participation on relays. (If they have achieved the 11/12 qualifying time or are being used as a Relay Only Swimmer)
5. Championship athletes, who age up between the 10u and 11/12 meet have until the start of the 10u meet to pull out and be eligible for the 11/12 meet. Must be emailed to the Age Group Chair (insert my email) & Office@ctswim.org prior to the first session of the 10u meet.

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 office@ctswim.org for time standards and other information. Coaches or athletes must notify the referee of any disability prior to competition.

OUTREACH POLICY: CSI has adopted an outreach policy to enable Outreach athletes to enter this championship meet with their entry fees waived. See the **OUTREACH ATHLETES** section for more info.

DECK ACCESS: Swimmers on deck must be supervised by a USA Swimming registered coach. All coaches must present a valid USA Swimming coach Card to the Meet Director before the commencement of any sanctioned swim meet and must have this card with them while on deck. Coaches not affiliated with a CSI-registered club may be on deck only for those sessions in which they are coaching associated unattached swimmers. Only swimmers entered in this meet shall be allowed in the pool during warm-ups/warm-downs. Children not participating in the meet must always be supervised by an adult and are not allowed on the pool deck for any reason. The Meet Director and Referee reserve the right to limit such deck access in the event of overcrowding, inappropriate behavior, or for any other reason. CSI Rules of Conduct will be strictly enforced.

COACHES' MEETING: A brief coaches' meeting will be held on Friday morning at a time designated by the Meet Referee and as necessary on Saturday and Sunday. Please consult your packet for the meeting time.

ENTRIES FOR INDIVIDUAL EVENTS

- Swimmers may enter any individual event for which they qualify, but may only compete in seven (7) individual events for the meet and a maximum of three (3) individual events per day. Unlimited relays.
- Bonus events are allowed using the following ratios. Bonus events **MUST** be 200 meters or less.
 - Make 1 event – Swim 4 bonus
 - Make 2 events - Swim 3 bonus
 - Make 3 events – Swim 2 bonus
 - Make 4 events - Swim 1 bonus
 - Make 5 events or more - NO bonus
- Unattached swimmers (UN) must be indicated on the entry. Coaches wishing to change the attachment status of swimmers during the meet should bring such requests, which must be consistent with USA Swimming rules, to the Administrative Referee.
- Improvement in time will be taken until the Late Qualifier deadline.

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 \$100.00 per event. The \$100.00 fine must be paid by May 1, 2025, to the Connecticut Swimming Office.

ENTRY DEADLINE: Entries must be received by **8:00 p.m. February 27th.**

ENTRY SUBMISSION: CSI-member USA Swimming clubs will enter using [Connecticut FAST Online Entries](#) and enter an adapted athlete by contacting office@ctswim.org. 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. See Proof of Entry Times section for acceptable proof. Manually typed entries are subject to extra fees and all times done in courses other than a 50-meter course must be marked on the entry form by writing SCM or SCY at the entry time. All computer entry files should be coded to indicate the course in which the time was achieved.

FEES: Splash Fee: \$15.00 per individual event, \$24.00 per relay, \$15.00 per relay-only swimmer, \$20.00 per individual time trials, and \$30.00 per relay time trials. If no electronic entry is provided, there is an additional \$15.00 manual entry fee per swimmer.

PAYMENT: The payment deadline for entries is upon receipt of final entry. Payment is via check DIRECTLY to GRIT Aquatics. Checks must then be mailed to the address below.

GRIT Aquatics
83 Muddy Brook Road
Ellington, CT 06029
Make check payable to: GRIT Aquatics

All checks must be postmarked by March 7, 2025. CSI/GRIT reserves the right to remove the unpaid entries from the meet.

OUTREACH ATHLETES: Entry fees for CSI registered Outreach Athletes are waived via the [CT Swim Outreach Meet Fee Program](#).

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 decide with a member coach prior to the meet. Athletes unaccompanied by a member coach will not be permitted on deck. Please contact the Meet Director for assistance. and
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 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.

LATE QUALIFIERS: FAST entry will open again after the initial entry deadline for late qualifiers, deadline **11:59p March 4th**. At this time the entry will be completely open for anything you want to do with your entry. This includes updates, corrections, etc. Once this deadline has passed, any changes you want will be considered a correction until that deadline passes and after that you last opportunity to make changes is a deck entry, see below.

CORRECTIONS: PLEASE NOTE THIS PERIOD STARTS AFTER THE ENTRY HAS BEEN REOPENED FOR LATE QUALIFIERS (SEE ABOVE). Clubs will be given until **7:00p March 5th** to email corrections to office@ctswim.org. For new swimmers, PLEASE email the swimmer's full name, birthdate, event numbers, and times. For swimmers already in the meet, please send their name, new event number, and time. Improvements in seed time will be accepted for prelims/finals events ONLY. Corrections will be accepted by email only. \$15 will be assessed for each correction, scratch, or addition on top of the meet entry fee where applicable. See examples below:

- A scratch for a single swimmer where a coach will not be in attendance should be submitted ahead of time. 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.
- The only corrections that WILL NOT garner a charge are changes in attached status.

WARM-UP, SCRATCH, & POSITIVE CHECK-IN PROCEDURES

CHECK-IN/WARM-UP: All clubs must warm-up under the supervision of a coach or marshal. Swimmers without a coach in attendance must report to the office and have a supervisor assigned. Lane assignments for general warm-up will be provided in the coaches' packets and are subject to the discretion of the Meet Referee. No diving will be permitted, except in the assigned lanes during one-way Sprints. Pace lanes will be available during sessions. Due to limited warm-up space, **only swimmers entered in individual events or expected to swim relays in each session may enter the pool in that session's warm-up period.**

SCRATCH PROCEDURES:

- Scratches are due 45 minutes prior to the start of each session.

FAILURE TO COMPETE PENALTIES:

Failure to show for a Preliminary or Timed final event will not result in a penalty. However, a missed event will count as an event entry and be included in both the daily and meet event limitations.

CONDUCT OF COMPETITION

SEEDING: Seeding will be in accordance with USA Swimming rule 102.5. All conforming times (LCM) shall be arranged from fastest to slowest; then non-conforming long course meter times (SCM) will be arranged fastest to slowest; followed by non-conforming short course meter times (SCY) arranged fastest to slowest. The order of heats shall be swum slowest to fastest except as otherwise noted (See DISTANCE EVENTS).

Timed finals will take place in a 6-lane course.

INDIVIDUAL EVENTS

- All 10 & under events and all relays will be timed finals.

DISTANCE EVENTS

- Will be conducted on Friday after the last event of the day and a short warm-up. The events will be listed on Fridays Scratch Sheet]

RELAYS

- **NEW!!!** List relay names on the scratch sheet. Relay cards will **ONLY** be used if you wish to change your relay names or order prior to swimming. Names must be listed in order of swim. Failure to do so will prevent the relay team from competing. Upon reporting to the starting block prior to the start of the heat in which the team is entered, a completed relay card **FOR CHANGES ONLY** can be given to the computer table after the start of the heat, no further changes will be permitted. Incomplete or inaccurate relay cards will result in disqualification if discovered after the swim.
- Clubs may enter up to three relay-only swimmers per age group per gender for the 10/Under session only to fill out an "A" relay. Teams with B & C relays may only use 1 relay-only swimmer. (i.e., to have a B relay, a team must have at least 7 individual qualifiers.)
- Each club may enter up to three (3) relay teams per relay. "No-times" for relay events will not be accepted. Please estimate or use a composite.
- 10/Under Relay only swimmers may bonus a 50 on the day he or she is swimming their respective relay. You **MUST** email Henk in the Central Office, no later than the correction deadline.
- There will be a 10-minute break after relay events that begin the session and a 10-minute break before relays that end the session. This break will provide use of the pool for relay warm-ups but will **NOT** include start or sprint only accommodation.

TIME TRIALS: No

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.

AWARDS & SCORING:

- Events will be scored to 20 places. For individual events, medals will be awarded through 10th place with ribbons awarded from 11th through 20th place. For relay events, medals will be awarded through 3rd place.
- Individuals and relay teams winning first place will also receive Age Group Champion awards. High point trophies will be awarded to the individual female and male swimmers and to the women's, men's and combined teams who score the most points in the 10 & under, 11/12 & 13/14 categories. Additionally, "Distance" high point trophies will be awarded to the female and male swimmers who score the most points in the following categories:
 - 10/U - 200 Free, 500 Free, and 200 IM
- **All clubs must plan to collect their awards prior to leaving the building on Sunday night.** CSI will not be able to provide storage or shipment of awards. High Point Awards & Team Awards will be presented at the CSI Banquet
- **Scoring**
 1. **Individual Events:** 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
 2. **Relays:** 48-42-40-38-36-34-30-26-24-22-20-18-14-10-8-6-4-2

WORK ASSIGNMENTS: ALL Work assignments will be handled by the Central Connecticut State University Swimming and Diving Team throughout the entire meet. Teams will not have work assignments.

Officials interested in officiating can sign up using this link, [Officials CSI Age Groups Sign-up \(ctswim.org\)](http://ctswim.org) (this file may need to be altered depending on the format of the meet) no later than **Monday before the meet.** Meeting this deadline will ensure these assignments are counted in your club's work assignment.

MISCELLANEOUS

Being a College Facility and classes in session, the pool facility will not open more than 30 Minutes prior to the warm-up start time.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time.
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Electronic audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, or locker rooms.

INCLEMENT WEATHER OR CANCELLATION: In the event of weather delays, events may be cut. Please review [CSI's Inclement Weather Policy](#).

OVERSUBSCRIPTION: In the event of over subscription, the **Age Group** Committee and meet management reserve the right to adjust the meet. These may include, but are not limited to, conducting all events in split sessions, removing C Relays and taking away a bonus event.

MEET JURY: The Meet Jury 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.

REFRESHMENTS: Hospitality will be provided for coaches, officials, and computer operators. Water will be distributed on deck to volunteers/timers. Wesleyan may provide concessions.

PHOTOGRAPHY AND VIDEO RECORDING: Meet Management has the full authority to restrict 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.
- 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.

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.

EVENT LINE-UP/TIME STANDARDS:



2025 SCY 10/U AGE GROUP CUTS & EVENT LINE-UP



10/UNDER GIRLS		EVENT	10/UNDER BOYS	
SCY	LCM		SCY	LCM
32.29	35.99	50 FREE	32.49	36.49
1:12.69	1:21.19	100 FREE	1:12.69	1:21.99
2:44.79	2:57.39	200 FREE	2:41.59	2:58.39
7:04.29	6:27.09	400/500 FREE	7:04.19	6:25.69
38.29	43.09	50 BACK	38.49	44.19
1:23.79	1:34.69	100 BACK	1:24.09	1:35.59
43.89	49.49	50 BREAST	44.59	51.49
1:35.79	1:49.39	100 BREAST	1:38.39	1:51.39
37.39	41.99	50 FLY	38.69	42.49
1:30.59	1:43.09	100 FLY	1:31.49	1:43.69
1:23.99	N/A	100 IM	1:24.29	N/A
3:05.99	3:24.79	200 IM	3:03.79	2:24.79

TIMED FINALS		
GIRLS	EVENT	BOYS
FRIDAY		
1	10/U 200Y IM	2
3	10/U 100Y Backstroke	4
5	10/U 50Y Breaststroke	6
7	10/U 100Y Freestyle	8
9	10/U 400Y Medley Relay	10
15 Minute Warm-up		
11	10/U 500Y Freestyle	12
10 Minute Break after each boys' event		
SATURDAY		
13	10/U 200Y Medley Relay	14
15	10/U 100Y Butterfly	16
17	10/U 50Y Freestyle	18
19	10/U 100Y Breaststroke	20
21	10/U 200Y Free Relay	22
10 Minute Break after each boys' event		
SUNDAY		
23	10/U 100 IM	24
25	10/U 50Y Backstroke	26
27	10/U 200Y Freestyle	28
29	10/U 50Y Butterfly	30
31	10/U 400Y Freestyle Relay	32
10 Minute Break after each boys' event		



2024 AGE GROUP CHAMPIONSHIP ADAPTIVE CUTS

GIRLS 10/Under

50 Free	0:42.95	0:47.87	0:54.89	1:01.18	1:41.71	1:53.37
100 Free	1:36.68	1:47.98	2:03.57	2:18.02	3:48.97	4:15.75
200 Free	3:39.17	3:55.93	4:40.14	5:01.56	8:39.09	9:18.78
500 Free	9:24.31	8:34.83	12:01.29	10:58.05	22:16.51	20:19.33
50 Back	0:50.93	0:57.31	1:05.09	1:13.25	2:00.61	2:15.73
100 Back	1:51.44	2:05.94	2:22.44	2:40.97	4:23.94	4:58.27
50 Brst	0:58.37	1:05.82	1:14.61	1:24.13	2:18.25	2:35.89
100 Brst	2:07.40	2:25.49	2:42.84	3:05.96	5:01.74	5:44.58
50 Fly	0:49.73	0:55.85	1:03.56	1:11.38	1:57.78	2:12.27
100 Fly	2:00.48	2:17.11	2:34.00	2:55.25	4:45.36	5:24.73
100 IM	1:51.71	N/A	2:22.78	N/A	4:24.57	N/A
200 IM	4:07.37	4:32.37	5:16.18	5:48.14	9:45.87	10:45.09

BOYS 10/Under

50 Free	0:43.21	0:48.53	0:55.23	1:02.03	1:42.34	1:54.94
100 Free	1:36.68	1:49.05	2:03.57	2:19.38	3:48.97	4:18.27
200 Free	3:34.91	3:57.26	4:34.70	5:03.26	8:29.01	9:21.93
500 Free	9:24.17	8:32.97	12:01.12	10:55.67	22:16.20	20:14.92
50 Back	0:51.19	0:58.77	1:05.43	1:15.12	2:01.24	2:19.20
100 Back	1:51.84	2:07.13	2:22.95	2:42.50	4:24.88	5:01.11
50 Brst	0:59.30	1:08.48	1:15.80	1:27.53	2:20.46	2:42.19
100 Brst	2:10.86	2:28.15	2:47.26	3:09.36	5:09.93	5:50.88
50 Fly	0:51.46	0:56.51	1:05.77	1:12.23	2:01.87	2:13.84
100 Fly	2:01.68	2:17.91	2:35.53	2:56.27	4:48.19	5:26.62
100 IM	1:52.11	N/A	2:23.29	N/A	4:25.51	N/A
200 IM	4:04.44	4:32.37	5:12.44	5:48.14	9:38.94	10:45.09