

**2008 LONG COURSE
REGIONAL CHAMPIONSHIP SWIM MEET
12 & UNDER
July 18-20, 2008**

Held under sanction by USA Swimming and Connecticut Swimming- Sanction # L08-34A and 34B.

HOSTED BY

AQUABEARS and CHESHIRE Y SEA DOGS

DIVISION: All clubs will enter this meet through Connecticut Swimming. This is a central entry. Program Operations will divide the Saturday and Sunday entries into 2 meets by club. Clubs will be notified of their pool assignment and host no later than 9 AM July 10.

	Friday Evening <i>Hosted by BRS</i>	Saturday & Sunday Morning <i>Hosted by CDOG</i>	Saturday & Sunday Morning <i>Hosted by BEAR</i>
<i>Location:</i>	Wesleyan University Middletown, CT	Cheshire Community Pool Cheshire, CT	University of Connecticut Storrs, CT
<i>Meet Director:</i>	George Miles george.miles@yale.edu 203-481-7946	Judy Sneft senft5@sbcglobal.net 203-451-1444	Jon Levine aquabears@cox.net 860-653-9135
<i>Entry Chair:</i>	George Miles george.miles@yale.edu 203-481-7946	Janine Koukos jkoukos@cox.net 203-250-0420	Jon Levine aquabears@cox.net 860-653-9135
<i>Safety Chair:</i>	Nick Weted	Liz Aylward	Jill Dononhue
<i>Referee:</i>	Bob Beaulac beaulac@snet.net	Bill Broadbridge bbroadbridge@gmail.com	King Lee kinger22@snet.net
<i>Facility:</i>	8-lane, 50 meter pool; Electronic Timing System; limited spectator seating	8-lane, outdoor 50 meter pool; Electronic Timing System; spectator seating on bleachers; Shade is very limited. Clubs should plan to bring day-use shelters or other appropriate sun shelters.	6-lane, 50 meter pool; Electronic Timing System
<i>Emergency Phone:</i>	860-685-2690 (Facility Monitor) 860-685-2915 (Pool Deck)	203-271-3208	Campus Police (860) 486-4800
<i>Access:</i>	Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. If athletes, coaches or	This facility is entirely accessible. Those unable to use the bleachers may bring a suitable chair. Deck space will be set aside for wheelchairs. Shade is very limited	Handicapped accessible, no step to pool deck, Spectator seating is also handicapped accessible. . If athletes, coaches or spectators require special assistance, please contact the Meet

spectators require special assistance, please contact the Meet Director.

and may not be available. . If Director. athletes, coaches or spectators require special assistance, please contact the Meet Director.

SCHEDULE:					
Wesleyan University					
All Clubs and All Ages					
Friday Evening	4:00 pm Warm-up				
	5:00 pm Start				
12/U					
Saturday/Sunday Morning	Cheshire			UConn	
	7:30 am	Warm-up		9:00 am	Warm-up
	8:30 am	Start		10:15am	Start

Any questions regarding the meet, prior to competition, should be directed to the contacts listed above. USA Swimming Rules will govern this meet. The meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet.

The sponsors, with approval from Program Operations, reserve the right to make adjustments based on the time study and/or other factors, including dividing or combining sessions. In the event of any change in time or divisions, teams will be contacted no later than Monday July 14, 2008.

RULES OF CONDUCT: Swimmers on deck must be supervised by a USA-registered coach. Coaches must present a valid USA Swimming Coaches Card to the Meet Director prior to the commencement of this meet, and must have this card with them while on deck. Only swimmers entered in this meet shall be allowed in the pool during warm-ups/warm-downs. Children not participating in the meet must be supervised at all times by an adult and may not be on the pool deck for any reason. CSI Rules of Conduct will be strictly enforced. No locks may be left on lockers. No shaving on premises is permitted.

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 and CSI time standards available on ctswim.org.

ELIGIBILITY: All the following criteria must be met.

1. Swimmers must be 2008 CSI-registered members of USA Swimming.
2. A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet in the 2008 Long Course season.
3. Events must not be swum for the first time at this meet.
4. Swimmers must not have bettered the maximum time standards (attached) since May 1, 2007. Proof of time is required for all events.
- 5. Swimmers may not compete in any event in which they have achieved a 2008 Long Course Age Group Championship qualifying time (COT). This includes SCY and SCM times (attached).**

PROOF OF TIME: *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 October 1, 2008, to the Connecticut Swimming office. Times submitted through Online Entries are automatically pre-proven.

ENTRIES: Swimmers may enter up to one individual event on Friday night and a maximum of three (3) individual events on Saturday and Sunday. **Swimmers may compete in a maximum of six (6) events for the meet.** CSI clubs will enter using FAST Online Entries. Separate FAST Online Entries must be submitted for Friday Evening's events and for Saturday/Sunday events.

Deadline is **NOON** Tuesday July 8, 2008. Club divisions will be posted on ctswim.org by 9 AM July 10, 2008. Clubs will then send payment for entry fees to their assigned host postmarked by 5 PM by Friday July 11, 2008. Host clubs have the right to remove unpaid club entries, with approval from Program Operations.

Entry Procedures for Unattached Athletes: Unattached athletes, not affiliated with a club, may email office@ctswim.org an entry file using the LSA, Hytek, or other program in USA Standard Data Interchange Format or submit an entry on a CSI Meet Entry Form. A hardcopy of the entry and payment must be received by the noon deadline of July 10, 2008. This includes manual and emailed entries. All entry times must be proven. Entry times may be submitted in LCM, SCM or SCY. *All times done in other than a 50 meter course, must be marked on the entry form by writing SCM or SCY in red at the entry time. Computer entry files should be coded to indicate the course in which the time was achieved.* Unattached athletes not affiliated with a clubs must WAIVE SIGNATURE requirements if using overnight mail. Entries will NOT be picked up at the post office. In order to avoid any problems that may arise with the mail, please send materials in such a way that you have proof of the date the packet was sent/hand delivered.

DECK ENTRIES WILL ABSOLUTELY NOT BE ACCEPTED.

CLUBS WITH ATHLETES THAT FALL WITHIN THE CHAMPIONSHIP BIRTHDAY PERIOD MUST CONTACT NAN COOPER office@ctswim.org BY JULY 7, 2008.

Age for the meet **will be the swimmer's age as of July 18, 2008, with the following directive:**

Swimmers shall not be denied the opportunity to attempt to qualify for Long Course Connecticut 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 CT Age Group Championships for the Long Course season. He/she may compete in the next higher age group if:

- 1) his/her birthday falls within the Championship Period, and as a result would be required to qualify in the next higher age group at the Long Course Connecticut Age Group Championships in that Championship Period, and
- 2) he/she has exceeded the maximum COT for his/her current age, and
- 3) he/she has not exceeded the maximum COT for the higher age group.

The meet director and the referee must be notified prior to the meet.

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.

OUTREACH ATHLETE: 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. The Entry Chair shall confirm the Outreach status of the athlete(s) using USA Swimming's national registration database. If confirmed, all individual event entry fees shall be waived for that Outreach Athlete(s).

TIMERS: Teams will be required to supply timers based on the size of their entry. Swimmers will be required to supply their own timers for Friday evening events. The sponsor will announce timer requirements prior to the meet. Thank you for your cooperation.

OFFICIALS: Certified USA Swimming officials are welcome and needed to work on deck. Please contact the referee listed.

DEADLINE AND FEES: All entries must be received **NO LATER THAN 12 NOON, TUESDAY, JULY 8, 2008.**

FEES: Splash fees: \$5/individual event; \$10/relay. A \$2 per swimmer entry fee applies to relay-only swimmers. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Club divisions will be posted on ctswim.org by 9 AM July 10, 2008. Clubs will then send payment for entry fees to their assigned host postmarked by 5 PM by Friday July 11, 2008. Host clubs have the right to remove unpaid club entries, with approval from Program Operations.

Send payment postmarked by 5 PM by Friday July 10, 2008 to:

Friday Evening
Checks payable to BRS
George Miles
27 Fir Tree Drive N.,
Branford, CT 06405

12/U hosted by CDOG
Make checks payable to "STPA"
Ms. Janine Koukos
579 Higgins Road
Cheshire, CT 06410

12/U hosted by BEAR
Checks payable to: "Aquabears"
Jon Levine
4 Northwoods Rd.
North Granby, CT 06060

LATE QUALIFIERS: Any swimmer achieving an initial qualifying time the weekend of July 12-13 must email that entry no later than **10PM Monday, July 14, 2008** to the meet entry chair. No updating of times will be accepted, including improvements in seed time and changes in course. (These entries may not appear in the program.)

CORRECTIONS: Coaches may add swimmers or events which were omitted from the original entry in error, or make corrections to their entry. All corrections are due by 10 PM Monday July 14, 2008. Under no circumstances will corrections (other than changes of attachment status) be accepted after this time. For each correction, including but not limited to event or age group, clubs will be assessed \$5.00 in addition to the published splash fee. Only email corrections will be accepted. This process is to be applied only to legitimate errors, not to changed circumstances. For example, swimmers who are correctly entered in the maximum number of events and subsequently achieve a time faster than the "max" time for an event may not use the correction procedure to switch to a different event. (Note: correction fee does not apply to late qualifiers.)

- If John Doe is omitted from a club's entry in six (6) events, his club will be charged \$30.00 in addition to the cost of his entry. Total for John Doe \$60.00.
- If John Doe is entered in the 100 backstroke, but should have been entered in the 100 breaststroke, the fee is \$5.00
- If a relay team is added, the charge will be \$20.00 plus splash fee. Total for additional relay \$30.00.

If any entry times must be corrected, the fee will be \$5.00 per correction. In accordance with CSI rules, proof of time is required and this procedure shall **not** be used to improve seed times, including a change in course. Prior to correcting entry times, the original proof of time will be checked to ensure the correction is not an improvement in seed time.

INCLEMENT WEATHER: In the event of weather delays, relays may be cut. Please review CSI's Inclement Weather Policy at ctswim.org, Policy and Procedures page.

SEEDING: All conforming times, i.e. LCM times, will be arranged in time order, followed by non-conforming times, i.e. SCM/SCY times in time order. After arranging times in this manner, events, other than Friday evening, will be seeded in the normal fashion and swum slowest to fastest.

DISTANCE EVENTS: The 10/U and 11/12 400M Freestyle shall be swum fastest to slowest alternating girls and boys. Swimmers must provide their own timers. The 12/U 400M Freestyle events will be conducted after the 13/18 400 M IM and before the 13/18 400M Freestyle events.

SCRATCHES: Scratch sheets will be provided in coach's packets. These sheets **MUST** be returned 30 minutes before the session begins or as indicated by the meet manager, with scratched swimmers clearly identified. Please be sure the computer operator and referee are able to read the event and name of the swimmer being scratched.

Packets will only be given to an USA Swimming member coaches. Swimmers without a coach will be assigned to a club.

WARM-UPS: All teams must warm-up under the supervision of a coach or marshal. Any swimmers who do not have a coach in attendance **MUST** report to the Meet Director and have a supervisor assigned. Connecticut Swimming's warm-up guidelines will be observed at all sessions, but the Meet Director reserves the right to assign general warm-ups by team rather than age or sex, if the size of the entry and considerations of safety so require.

BREAKS: It is not expected that any time will be available for breaks between events. It is possible that some events may be less than 15 minutes from others for the same age group. Please consider this in selecting events to enter.

AWARDS: Medals will be awarded for 1-8 places for individual events and 1-3 for relays.

REFRESHMENTS: Concessions will be available.

DIRECTIONS TO CHESHIRE:

Route 691 Exit 3. **Going east**, take right at exit light onto Route 10 South. **Going west**, take left at exit light onto Route 10 South. Drive approximately 3.6 miles to intersection of Route 68/70 West. Continue straight another .8 miles on Route 10 South. Cheshire High School will be on the right. Pool is in Bartlem Park across from the high school.

I-84 East Exit 26. Follow signs for Route 70 East towards Cheshire. Drive for approximately 2.3 miles to intersection of 68 West. Stay on Route 68/70 East and drive another 1.4 miles to the intersection of Route 10 South. Take right at light onto Route 10 South -- which for .2 miles is also Route 68/70 East. Continue on Route 10 South for another .8 miles. Cheshire High School will be on the right. Pool is in Bartlem Park across from the high school.

Interstate-91 exit 15. **Going north**, take left at exit light onto Route 68 West. **Going south**, take right at exit light onto Route 68 West. Drive about 6 miles on Route 68. At the intersection of Route 70 West, take a left on Route 70 West. Drive for approximately 1.2 miles and take a left at light onto Route 10 South. Pool is about .8 miles south on Route 10. Cheshire High School will be on the right. Pool is in Bartlem Park across from the high school.

Parking: Limited parking is available at the pool. Ample parking is available at Cheshire High School across from the pool. Any cars parked illegally or on the grass will be ticketed.

DIRECTIONS TO WESLEYAN UNIVERSITY:

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. No parking will be permitted on the street directly in front of the Athletic Center or on any practice field. Wesleyan will tow illegally parked cars. Please plan to park in the lot next to the tennis courts on Vine Street.

DIRECTIONS TO UNIVERSITY of CONNECTICUT:

Take I-84 to Route 195, exit 68. Follow Route 195 for 7 miles to the middle of the campus. When the lake is on your right, take the next right. Follow your way through the campus towards the silver dome. This is the field house; the pool is in the adjacent brick building.

HOTELS

Cheshire Community Pool:

Connecticut Grand Hotel
3580 East Main Street
Waterbury, CT 06705
203-706-1000

Cheshire Welcome Inn
1106 S Main St
Cheshire, CT
203-272-3244

Wesleyan University Pool:

Marriott Courtyard
4 Sebeth Dr
Cromwell, CT 06416
860-635-1001

Hampton Inn
Contact: Melroy D'Costa
20 Waterchase Dr.
Rocky Hill, CT 06067
860-563-7877

*Inn at Middletown
Contact: Beth Pruchnic
70 Main Street
Middletown, CT 06457
860-854-6300
*walking distance to Wesleyan

ORDER OF EVENTS 2008 LONG COURSE REGIONAL CHAMPIONSHIP

FRIDAY JULY 18, 2008 Wesleyan University All Age Groups and All Clubs

<u>GIRLS</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>EVENT</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>BOYS</u>
1	5:05.00	5:35.50	5:58.50	14/U 400M IM*	5:07.50	5:38.25	6:00.00	2
3	4:57.00	5:27.00	5:53.00	18/U 400M IM*	4:57.50	5:27.25	5:39.00	4
5	7:07.50	6:16.50	6:12.00	10/U 400M/500Y Free*	7:12.50	6:20.75	6:31.00	6
7	6:02.00	5:18.50	5:32.50	12/U 400M/500Y Free*	6:05.00	5:21.00	5:46.00	8
9	5:37.50	4:57.00	5:07.00	14/U 400M/500Y Free*	5:35.50	4:55.25	5:06.00	10
11	5:30.00	4:51.00	5:01.00	18/U 400M/500Y Free*	5:17.50	4:39.50	4:48.00	12

Depending on timeline, may be heat limited to a minimum of 24 swimmers.

Friday Evening events must be entered separately using Connecticut FAST Online Entries. Unattached athletes not affiliated with a club should use the Regional Championship Friday Evening meet file.

SATURDAY JULY 19, 2008 Cheshire Community Pool and University of Connecticut 12 & Under

<u>GIRLS</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>EVENT</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>BOYS</u>
1	1:11.75	1:18.75	1:25.00	12/U 100M Butterfly	1:15.50	1:23.00	1:30.50	2
3	1:29.50	1:38.50	1:48.00	10/U 100M Butterfly	1:35.00	1:44.50	1:55.50	4
5	2:54.00	3:11.50	3:23.50	12/U 200M Breast	3:02.00	3:20.00	3:37.50	6
7	37.25	41.00	44.00	12/U 50M Breast	38.75	42.50	45.50	8
9	43.25	47.75	51.00	10/U 50M Breast	45.00	49.50	53.00	10
11	28.50	31.25	32.50	12/U 50M Free	28.50	31.25	33.50	12
13	32.25	35.50	37.00	10/U 50M Free	32.75	36.25	38.00	14
15	2:35.50	2:50.50	2:59.00	12/U 200M IM	2:38.00	2:54.00	3:05.00	16
17	3:00.50	3:18.50	3:32.00	10/U 200M IM	3:06.50	3:24.50	3:46.00	18
19	1:11.00	1:18.00	1:24.00	12/U 100M Back	1:12.75	1:20.00	1:26.50	20
21	1:22.50	1:30.50	1:37.00	10/U 100M Back	1:24.50	1:33.00	1:40.00	22
23				11-12 200M Medley Relay				24
25				10/U 200M Medley Relay				26

ORDER OF EVENTS
2008 LONG COURSE REGIONAL CHAMPIONSHIP

SUNDAY JULY 20, 2008
Cheshire Community Pool and University of Connecticut
12 & Under

<u>GIRLS</u>	<u>SCY</u> <u>MAX</u>	<u>SCM</u> <u>MAX</u>	<u>LCM</u> <u>MAX</u>	<u>EVENT</u>	<u>SCY</u> <u>MAX</u>	<u>SCM</u> <u>MAX</u>	<u>LCM</u> <u>MAX</u>	<u>BOYS</u>
27	2:35.00	2:50.50	3:00.00	12/U 200M Back	2:39.00	2:55.00	3:10.00	28
29	33.25	36.75	39.50	12/U 50M Back	33.75	37.25	41.00	30
31	38.00	41.75	45.00	10/U 50M Back	38.75	42.75	46.00	32
33	1:02.50	1:08.75	1:12.00	12/U 100M Free	1:03.25	1:09.50	1:13.50	34
35	1:11.50	1:18.75	1:23.50	10/U 100M Free	1:12.50	1:20.00	1:25.50	36
37	2:43.00	2:59.50	3:11.00	12/U 200M Butterfly	2:51.50	3:09.00	3:24.00	38
39	31.75	35.00	36.00	12/U 50M Butterfly	32.75	36.00	38.50	40
41	36.50	40.00	44.50	10/U 50M Butterfly	38.00	42.00	47.75	42
43	1:21.00	1:29.00	1:35.50	12/U 100M Breast	1:24.00	1:32.50	1:39.00	44
45	1:34.00	1:43.50	1:52.00	10/U 100M Breast	1:38.00	1:47.50	1:57.50	46
47	2:15.75	2:29.25	2:36.50	12/U 200M Free	2:18.50	2:32.50	2:38.50	48
49	2:39.50	2:55.50	3:02.50	10/U 200M Free	2:41.00	2:57.00	3:08.00	50
51				11/12 200M Free Relay				52
53				10/U 200M Free Relay				54