

**2010 Women's and Men's Short Course**  
**THE CONNECTICUT SENIOR OPEN CHAMPIONSHIP**  
**Connecticut Swimming**  
**March 4-7, 2010**

**EVENTS**

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Held under the sanction of USA Swimming and Connecticut Swimming, Inc., #S09-70. Sponsored by Connecticut Swimming, Inc. and the Senior Committee. The meet will be run in accordance with USA Swimming rules unless otherwise noted. The Connecticut Senior Championships will be held at Wesleyan University in Middletown, CT. The meet will be open to eligible 2010 USA Swimming registered clubs and swimmers who have swum the attached time standards.

**MEET DIRECTOR:** Jason Cochran [jcochran@darien-ymca.org](mailto:jcochran@darien-ymca.org) 203.655.8228

**MEET REFEREE:** Jeffrey Gray [jegray@fordham.edu](mailto:jegray@fordham.edu)

**MEET ENTRY INFO:** Nan Cooper [office@ctswim.org](mailto:office@ctswim.org) 860.657.1164

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

**SAFETY CHAIRMAN** Peter Boucher [boucher4jazz@cox.net](mailto:boucher4jazz@cox.net)

**EMERGENCY NO:** Facility Monitor: 860-685-2690 Pool Deck: 860-685-2915

**FACILITY:** Wesleyan University's Freeman Athletic Center Pool.

- The Freeman Center Pool is a 50 meter by 25 yard venue with a Colorado Timing System; limited spectator seating; limited refreshments.
- 9 lanes will be used for preliminaries and 8 lanes will be used for finals. There is ample warm-up/warm down lanes for both prelims and finals. The meet referee and Senior Committee with the approval of Program Operations reserve the right to make changes to the number of lanes used in preliminaries based on the size of the meet.
- No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted. No deck changing. Failure to comply may result in expulsion from the meet.

**DISABLED/ELDERLY ACCESS:** Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby goes to locker rooms and pool deck. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

| <b>SCHEDULE:</b>    | <b>Warm-up</b> | <b>Start</b> |
|---------------------|----------------|--------------|
| Thursday Evening    | 3:30 p.m.      | 5:00 p.m.    |
| Trials -Fri-Sat-Sun | 6:30 a.m.      | 8:30 a.m.    |
| Finals -Fri-Sat-Sun | 3:30 p.m.      | 5:00 p.m.    |

**WARM-UP:** All clubs must warm-up under the supervision of a coach. Coaches should register in the office when they arrive in order for their clubs to begin warm-up. **Only swimmers entered in this meet may use the warm-up lanes.** All athletes must have a coach in attendance. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify Nan Cooper. 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. Entry into pool is feet-first from the end of the pool.

**FINALS:** Three heats (Top 24) will return for the evening session - A Final, B Final and C Final. All heats of relays will be swum at evening finals. The heats are locked. i.e. a swimmer in 9<sup>th</sup> after prelims can do no better than 9<sup>th</sup> place at finals. Only the Consolation and Championship heat will score. The Top 8 championship finalists will parade to the awards area from a designated staging point, wearing team warm-ups or appropriate team apparel. Awards will be handed out during finals.

**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. Meeting time will be announced Friday morning.

**ELIGIBILITY:** Clubs and swimmers must be 2010 registered members of USA Swimming. Coaches will be required to check-in at the pool office in order to be on deck. Out of State teams will be required to submit a refundable work assignment cash deposit (See Work Assignments).

**FEES:** Splash fees: \$5.50 per individual event, \$11.00 per relay. A \$5 per swimmer entry fee applies to relay-only swimmers. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Visa and MC payments may be made at <https://shop.ctswim.org>. Please make checks payable to **Connecticut Swimming**.

Outreach: Participating clubs may request, in writing, that individual entry fees be waived for Outreach athletes listed on the club's entry. See <http://ctswim.org/ctswim/policies/outreachentryfees.pdf> for policy and procedure

**TEAM SCORING:** Team scores will be kept for the Men's, Women's and Combined Teams through 16th place as per USA Swimming rule 102.7.3.

**AWARDS:** Awards will be presented throughout the meet, including a distance high-point award (400IM, 500, 1000, 1650 Free). Individual awards will be presented for 1st through 3rd place at finals each evening. Team awards and high point awards will be awarded following Sunday finals.

**ENTRIES:** 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.

**ENTRY INFORMATION:** Swimmers must have equaled or bettered their entry times since January 1, 2009 and before the entry deadline. Swimmers entered at LCM/SCM must indicate such entry times on the entry form by writing LCM/SCM in red on the form.

**CONNECTICUT SWIMMERS ONLY:** CT Swimmers will be allowed to enter bonus events of 200Y and less, up to a maximum of two (2) bonus events for the meet based on the sliding scale of 1 qualifying event to 1, 2:2, 3:2, 4:1, 5/6:0 will be maintained. The bonus event and the qualifying event need not be adjacent. Bonus events must be entered with an official time. Swimmers meeting the qualification in the 1000Y/800M may enter the 1650Y/1500M freestyle as a bonus and vice versa. **The 1000/1650Y bonus will follow the same criteria listed above. These events must be entered with pre-proven times.** In the event that the meet is oversubscribed, the bonus events will be cut first.

Note regarding FAST Online Entries (OE) and bonus events: OE will allow up to 2 bonus event of 200 Y and less, but OE will not track the ratio of 4:1 and /6:0. It will be the user's responsibility to maintain the bonus ratio. Bonus events will be monitored and over-entered bonus events will be removed. Please email bonus 1650 or 1000 times to [office@ctswim](mailto:office@ctswim).

**ENTRY DEADLINE:** Entry deadline for all clubs is **9:00 p.m. Monday March 1, 2010**. Connecticut Swimming clubs will be entered first and are guaranteed entry into the meet. All other clubs will be entered by date and time received after Connecticut clubs are entered. Teams will be notified by **March 2, 2010**, in the case of oversubscription. **Payment deadline is March 2, 2010.**

**CORRECTIONS:** The psych sheets will be posted on ctswim.org clubs and will be given until 9 PM on Tuesday March 2, 2010 to email corrections to [office@ctswim.org](mailto:office@ctswim.org). No improvements in seed time will be accepted, including improvements due to changes in course. Corrections will be accepted by email only. \$5 will be assessed for each correction. CSI is not responsible for entry errors based on incorrect meet files, computer/server errors, software bugs, etc.

**PAYMENT:** Payment may be made online (preferred) at <https://shop.ctswim.org> (MC or VISA) or by check payable to **Connecticut Swimming**. Please mail checks to the address below. Payment is due Tuesday March 2, 2010. Checks must be postmarked by Tuesday, March 2, 2010.

Nan Cooper  
851 N. Glebe Rd  
#1311  
Arlington, VA 22203  
860-657-1164 [office@ctswim.org](mailto:office@ctswim.org)

If delivery service is used, please ensure that the release is signed so the package will be left at the door if no one is home.

**PROOF OF TIMES:** All entry times must be pre-proven. Except for Online Entries, list the date, meet and location where times were achieved on the summary sheet of the entry form. The results of any USA-sanctioned meet or a meet attested by a USA Referee or CIAC/ Independent Referee will be acceptable as proof of time. Pertinent pages of the meet results from other than *Regularly Scheduled CSI meets* must be included with entry (see USA Rule 102.24). 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 October 1, 2010, to the Connecticut Swimming office.

**ON-LINE ENTRY INFORMATION:** Online Entries is to be used by all Connecticut clubs. Please contact Nan Cooper [office@ctswim.org](mailto:office@ctswim.org) if you wish to enter an adapted athlete. Connecticut unattached athletes not affiliated with a club and non-CSI clubs should email an entry file and meet report (\*.sd3 or \*.cl2) to [office@ctswim.org](mailto:office@ctswim.org). Do NOT mail hardcopies or disks. Information contained on the computer-generated report will be considered the official document of entry and supersedes any information contained on the entry file (\*.sd3) with respect to resolution of errors/discrepancies. All entries must include all swimmers' names, USA numbers, ages and club affiliation.

**SCRATCHES:** Coaches will receive a scratch envelope containing scratch sheets for each day's events. Scratches for preliminary sessions are due at the computer table at 7:30am the morning of that preliminary session. For Friday prelim session the scratch sheets must be turned in at 7:30am on Friday morning, Saturday prelims, Saturday morning, etc. Swimmers who are not scratched and fail to compete in preliminary heats will be barred from their next individual event. Swimmers are automatically seeded in the meet if a scratch is **NOT** turned in.

A swimmer qualifying for a the A Final, B Final, or C final who fails to compete and who has not scratched shall be barred from all further competition in the meet and shall be fined **\$50.00** for each event not swum. Fines must be paid before May 1, 2010. No penalty will apply, if:

- A. The referee is notified in the event of illness or injury and accepts the proof.
- B. 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.

C. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

***DISTANCE FREE:*** The 1000Y and 1650Y freestyles will be swum as timed finals. The 1000Y and 1650Y heats will be swum fastest to slowest alternating women and men. The 9 fastest women's 1000Y and men's 1650Y freestyle will be swum after the 200 Medley Relay in Sunday's finals. The remaining heats of the 1000Y and 1650Y freestyle will be swum in preliminaries fastest to slowest alternating women and men. Yard times will take precedence over LCM and SCM times. Swimmers must provide their own counters for all heats and must provide their own timers for all heats except those swum during finals.

Positive check-in is required for the 1000 and 1650 freestyle by 4:15 p.m. on Thursday, March 4 2010 and by 5:00 PM on Saturday March 6, 2010 for Sunday's 1000 and 1650 freestyle events. For Thursday's distance events, swimmers must positively check in by the scratch deadline at 4:15 PM or be scratched from the event (the scratch and positive check-in deadlines are identical). For Sunday's distance events swimmers must positively check in by the stated time. Failure to do so will result in the swimmer not being seeded into the event. Any swimmer that does not scratch the event by the scratch deadline (and did not positively check in) will be seeded at "NT". If you positively check in and don't scratch, you swim and are seeded based on your time. If you positively check in and scratch, you don't swim. If you miss the positive check-in and don't scratch, you swim and are seeded with 'NT'.

***RELAYS:*** Clubs may enter a maximum of two relay entries per relay event. 'Relay only' swimmers will be limited to a maximum of two swimmers per gender per Club for the meet. Relay-only swimmers must be entered using FAST Online Entries. The time for each relay may be submitted as a composite.

The 800 Freestyle Relay will require participating Teams to provide their own timers.

***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, cutting bonus events and split sessions.

***TIME TRIALS:*** Time trials will be conducted based on the availability of time in-between prelims and finals. 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. Time trials in the 1000Y and 1650Y freestyles will only be permitted if time is available after all other time trials are completed. Fees: \$6.00/individual event; \$11.00/relay. Swimmers entered in time trials must provide their own timers and lap counters.

***WORK ASSIGNMENTS:***

1. All teams are required to provide workers (e.g. timers, runners, marshals, officials, etc.) in proportion to the size of their entry. **This includes OUT OF STATE TEAMS!** 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. Out of state teams are required to submit a refundable deposit for the work assignments. \$50 per 5 athletes entered is required and must be sent with the meet entry. This will be refunded in the full amount if all work assignments are fulfilled or prorated if assignments are not fulfilled according to #2 below.

Interested officials should apply online at <http://www.ctswim.org/CTNet/CFPaintForm.aspx?f=2> or contact the meet referee by **February 21<sup>st</sup>** if your officials are to be counted in your work assignment.

2. 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 \$50 per each worker that fails to show and \$35 for each worker that is late or leaves early.

3. ***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:** Lunch will be provided for coaches and officials.

**DIRECTIONS:** From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left. From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left.

**LODGING:**

Marriott Courtyard  
4 Sebethe Dr  
Cromwell, CT 06416  
860-635-1001  
\$79 until February 2, 2010

Hampton Inn  
20 Waterchase Dr.  
Rocky Hill, CT 06067  
860-563-7877

\*Inn at Middletown  
70 Main Street  
Middletown, CT 06457  
860-854-6300  
[www.innatmiddletown.com](http://www.innatmiddletown.com)  
\* walking distance to pool

Comfort Inn  
Route 372  
Cromwell, CT 06416  
860-635-4100

Ramada Plaza Hotel  
275 Research Parkway  
Meriden, CT 06450  
203-238-2380

Radisson Hotel  
100 Berlin Road  
Cromwell, CT 06416  
860-635-2000

Super 8 Motel  
1 Industrial Drive  
Cromwell, CT 06416  
800-843-1991

Hawthorne Inn  
2387 Wilbur Cross Parkway  
Berlin, CT 06037  
860-828-4181

# 2010 Short Course Senior Championship

## ORDER OF EVENTS

March 4-7, 2010

### THURSDAY, March 4, 2010

#### WOMEN

#### MEN

| <u>NO.</u> | <u>LCM</u> | <u>SCM</u> | <u>SCY</u> | <u>EVENT</u>          | <u>SCY</u> | <u>SCM</u> | <u>LCM</u> | <u>NO</u> |
|------------|------------|------------|------------|-----------------------|------------|------------|------------|-----------|
| 1          | 19:31.99   | 18:29.99   | 18:39.99   | 1500M/1650Y Freestyle |            |            |            |           |
|            |            |            |            | 800M/1000Y Freestyle  | 10:49.97   | 9:28.69    | 9:36.99    | 2         |
| 3          |            |            |            | 800Y Free Relay       |            |            |            | 4         |

### FRIDAY, March 5, 2010

|    |         |         |         |                      |         |         |         |    |
|----|---------|---------|---------|----------------------|---------|---------|---------|----|
| 5  | 5:42.99 | 5:23.99 | 4:55.99 | 400Y IM              | 4:52.99 | 5:22.49 | 5:33.99 | 6  |
| 7  | 1:15.49 | 1:09.99 | 1:04.49 | 100Y Backstroke      | 1:03.49 | 1:09.49 | 1:11.99 | 8  |
| 9  | 2:59.49 | 2:51.49 | 2:37.49 | 200Y Breaststroke    | 2:33.49 | 2:48.99 | 2:59.99 | 10 |
| 11 | 2:20.49 | 2:14.24 | 2:01.99 | 200Y Freestyle       | 1:56.99 | 2:08.49 | 2:11.49 | 12 |
| 13 |         |         |         | 400Y Freestyle Relay |         |         |         | 14 |

### SATURDAY, March 6, 2010

|    |         |         |         |                     |         |         |         |    |
|----|---------|---------|---------|---------------------|---------|---------|---------|----|
| 15 | 1:23.49 | 1:19.49 | 1:12.99 | 100Y Breaststroke   | 1:10.99 | 1:17.99 | 1:21.99 | 16 |
| 17 | 4:54.99 | 4:47.49 | 5:26.49 | 400M/500Y Freestyle | 5:17.49 | 4:39.49 | 4:42.49 | 18 |
| 19 | 1:12.49 | 1:08.74 | 1:02.49 | 100Y Butterfly      | 59.99   | 1:05.99 | 1:08.49 | 20 |
| 21 | 29.29   | 28.49   | 25.99   | 50Y Freestyle       | 24.49   | 26.99   | 26.74   | 22 |
| 23 | 2:38.99 | 2:32.99 | 2:18.49 | 200Y IM             | 2:14.99 | 2:28.49 | 2:29.99 | 24 |
| 25 |         |         |         | 400Y Medley Relay   |         |         |         | 26 |

### SUNDAY, March 7, 2010

|    |          |         |          |                       |          |          |          |    |
|----|----------|---------|----------|-----------------------|----------|----------|----------|----|
| 27 |          |         |          | 200Y Medley Relay     |          |          |          | 28 |
| 29 | 2:46.49  | 2:34.99 | 2:23.49  | 200Y Butterfly        | 2:16.99  | 2:30.49  | 2:39.99  | 30 |
| 31 | 1:04.49  | 1:01.74 | 56.49    | 100Y Freestyle        | 52.99    | 58.49    | 59.49    | 32 |
| 33 | 2:39.99  | 2:33.49 | 2:19.49  | 200Y Backstroke       | 2:14.99  | 2:28.99  | 2:36.49  | 34 |
| 35 |          |         |          | 200Y Freestyle Relay  |          |          |          | 36 |
| 37 | 10:10.99 | 9:42.99 | 11:09.49 | 800M/1000Y Freestyle  |          |          |          |    |
|    |          |         |          | 1500M/1650Y Freestyle | 18:23.99 | 18:14.99 | 18:49.99 | 38 |

**NOTE:** The fastest heat the Women's 1000Y and Men's 1650Y Free will swim in finals after the relay.

The referee reserves the right to add breaks (but is not obligated) if the time schedule permits.