

# CONNECTICUT SWIMMING

## 2023 LC REGIONAL CHAMPIONSHIPS

### ALL-AGES FRIDAY DISTANCE

July 14, 2023

Host: CDOG

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S22-8A-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>CDOG</u>
<b>Meet Director</b>	Kyle Shadeck <a href="mailto:kshadeck@sccymca.org">kshadeck@sccymca.org</a> 203-903-3452
<b>Entry Chair</b>	Matt Traub <a href="mailto:mtraub@bu.edu">mtraub@bu.edu</a> 860-782-1560
<b>Referee</b>	Luis Tejada <a href="mailto:letejada@msn.com">letejada@msn.com</a>
<b>Website</b>	<a href="http://www.seadogswim.org">www.seadogswim.org</a>
<b>Location</b>	Wesleyan Freeman Athletic Center 161 Cross Street Middletown, CT 06457
<b>Safety Chair</b>	Kyle Shadeck
<b>Emergency Phone</b>	860 685-2345
<b>Facilities</b>	8-lane, 50-yard pool. Colorado Timing. 8-lane, 50 meter pool. Colorado Timing. The competition course has been certified in accordance with 104.2.2C(4). Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course.
<b>Send Payment to</b>	Sean Farrell Cheshire Y 967 S. Main St, Cheshire, CT 06410
<b>Payable to</b>	STPA
<b>Official's Contact</b>	Luis Tejada <a href="mailto:letejada@msn.com">letejada@msn.com</a>
<b>Schedule</b>	
<b>Friday Session 1 11/Over</b>	Warm up 12:00p
<b>Friday Session 2 12/Under</b>	Warm-up 4:00p
<b>Handicapped/Disabled Access</b>	Limited handicapped parking available behind the 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, please contact the Meet Director.

<b><i>Safe Sport/Spectator Space</i></b>	Spectators will be allowed in the designated spectator area. The spectator stands will be limited to 340 people. If necessary, wristbands will be handed out in proportion to Team size.
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***FACILITY RESTRICTIONS:***

- No Folding Chairs are allowed anywhere in the building.
- Any vehicle parked anywhere other than in a parking space will be subject to fines and being towed.
- No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.
- Spectator area limited to 340 people.
- Deck limited to 350 People.

***ELIGIBILITY:*** All the following criteria must be met:

1. Swimmers must be 2023 CT-registered members of USA Swimming and 18/Under. NEW this year 7/Unders are permitted to enter Regionals.
2. FLEX memberships are not permitted.
3. A participating swimmer needs to have swum in one (1) 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 2023 LC Age Group cut.
5. NO 15-18 yr old swimmer may compete in any event in which he/she has achieved a 2023 LC CT Sr Champs cut.
6. 12/Unders may swim the 50's at this meet for the first time and may enter with NT. 13/Overs may swim the 50 freestyle for the first time at this meet and may enter with NT
7. Each multi-age group event will have separate MAX cutoff times.
8. There are no minimums time standards for any event, ONLY time standards are the MAX time standards mentioned earlier. Besides for the aforementioned 50's, a swimmer MUST have swum the event legally and have a reportable time since January 1, 2022.
9. Championship Qualifying Time (COT). This includes LCM and SCY times (attached).

Age for the meet will be swimmer's age as of July 15<sup>th</sup>, 2023, with the following directive:

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

- 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
- he/she has exceeded the maximum COT for his/her current age, and 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. Please email [office@ctswim.org](mailto: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 12/U, 14/U, etc. These classifications exist only for those swimmers whose birthdays fall within the Championship Period.

***TIME STANDARDS:*** There are no minimums time standards for any event, ONLY time standards are the MAX time standards. 14/Under max time standards are 2023 LC Age Group cuts and 15-18 year old max time standards are 2023 LC Sr Champs cuts. 12/Unders may swim the 50's at this meet for the first time and may enter with NT. 13/Overs may swim the 50 free for the first time at this meet and may enter with NT. Besides for the aforementioned 50's, a swimmer MUST have swum the event legally and have a reportable time since January 1, 2022, and may not have bettered the maximum time standards.

***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 Aug 10, 2023, to the Connecticut Swimming office.

***ENTRIES:*** Swimmers may enter a maximum of three (3) individual events on Friday.

***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. All times shall be arranged from Fastest-to-Slowest. The order of heats shall be swum Slowest-to-Fastest, except as otherwise noted (see Distance Events).

**DISTANCE EVENT:** The 1500M 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.

**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.

**ENTRY DEADLINE: 5:00p Wednesday, July 5, 2023.** CSI clubs will enter using Connecticut FAST Online Entries. Contact [office@ctswim.org](mailto: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](mailto:office@ctswim.org). If meet entry software is not available, email [office@ctswim.org](mailto:office@ctswim.org) the athlete's 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](http://ctswim.org) on no later than **July 7<sup>th</sup>**. Clubs will send entry fee payment to their assigned host postmarked by 5:00p by July 14<sup>th</sup>. 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 during the period of July 6-10 must be entered no later than **5:00p, Tuesday July 11** by email to the meet Entry Chair. After this deadline, no late qualifier entries will be accepted. 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:** Clubs will be given until **5:00p July 11<sup>th</sup>** to email corrections to **your respective meet host entry chair**. *For new swimmers, PLEASE email swimmer's full name, birthdate, event numbers and times. For swimmers already in the meet, please send name, new event number and time.* After this deadline, any addition or change to an entry will be considered a "deck entry" and subject to deck entry charges. Improvements in seed time will be accepted. 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:

- 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 charge 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.
- Deck corrections will be allowed at \$50 per correction. Adding a new swimmer is \$50. Each added event will be \$50. Each added relay will be \$50.
- The only corrections that WILL NOT garner a charge are change in attached status.
- A "deck entry" is any entry after the correction deadline up to the end of warm-ups on Sunday. Deck entries is a flat \$50 charge for each event for swimmers already in the database. Adding a swimmer, will garner another \$50 charge. So if you omitted a swimmer, adding the swimmer is \$50, adding the swimmer into two events is \$50 for each event (\$100). Total to add this one swimmer in two event is \$150. Please note, after warm-ups, no deck entries will be accepted for that days' events. It is up to the computer table if they will take deck entries for future sessions. Overall, please be kind to the computer table and get your deck entries in as soon as you can during warm-up.

**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:**

- Medals will be awarded for 1-6 places for individual events and 1-3 places for relays.
- This meet will not be scored.

**REFRESHMENTS:** The meet host will provide this information separately.

**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 the 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.

**OFFICIALS:** Certified USA Swimming officials are welcome and needed to work on deck. Please email the official's contact listed on page 2.

**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.

**DISTANCE EVENTS:** The 11-18 yr old 400M IM and 1500M Freestyle events will be run fast to slow alternating women and men. These events may be conducted in 6 lane course with buffer lane and a constant warm-up/warm down lane.

**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.
- 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:****Friday Evening Line-up**

<b>Girls</b>		<b>Session 1</b>		<b>Boys</b>	
Event #		Event		Event #	
1	11-18 years	Mixed 400 IM		1	
2	11-18 years	Mixed 1500 Freestyle		2	
3	12/Under	Mixed 12/U 200 Backstroke		3	
4	12/Under	Mixed 12/U 200 Butterfly		4	
5	12/Under	Mixed 12/U 200 Breaststroke		5	
6	12/Under	Mixed 400 Freestyle		6	

**Friday Evening Time Standards**

<b>MAX</b>				<b>MAX</b>	
<b>SCY</b>	<b>LCM</b>			<b>LCM</b>	<b>SCY</b>
5:11.69	5:52.39	11/12.	400 IM	5:44.99	4:53.09
5:11.69	5:52.39	13/14.	400 IM	5:44.99	4:53.09
4:48.69	5:32.49	15-18	400 IM	5:14.09	4:28.89
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	6:30.49	10/Under	400 Freestyle	6:30.19	7:12.99
6:07.59	5:29.09	11/12.	400 Freestyle	5:29.09	6:07.59
20:02.99	20:39.79	11/12.	1500 Freestyle	19:48.39	19:07.59
20:02.99	20:39.79	13/14	1500 Freestyle	19:48.39	19:07.59
19:26.39	18:09.99	15-18	1500 Freestyle	18:26.99	17:43.99

**Regional Max Adaptive Cuts 15-18 years**

	<b>Girls</b>			<b>Boys</b>	
	<b>EVENTS</b>	<b>SCY</b>	<b>LCM</b>	<b>SCY</b>	<b>LCM</b>
<b>P3</b>	1650/1500 Free	24:09.69	25:51.30	23:35.11	24:32.30
	400 IM	6:23.96	7:22.21	5:57.62	6:57.74
<b>P2</b>	1650/1500 Free	30:52.98	33:02.86	30:08.78	31:21.88
	400 IM	8:10.77	9:25.23	7:37.11	8:53.95
<b>P1</b>	1650/1500 Free	57:13.47	61:14.13	55:51.57	58:07.02
	400 IM	15:09.37	17:27.34	14:07.00	16:29.38

**Regional Max Adaptive Cuts 13/14**

<b>P3</b>	1650/1500 Free	26:39.98	27:28.92	25:26.29	26:20.56
	400 IM	12:06.24	13:41.07	11:22.90	13:23.83
<b>P2</b>	1650/1500 Free	34:05.08	35:07.64	32:30.90	33:40.26
	400 IM	08:49.87	09:59.06	08:18.25	09:46.48
<b>P1</b>	1650/1500 Free	1:03:09.42	1:05:05.34	1:00:14.91	1:02:23.43
	400 IM	16:21.82	18:30.03	15:23.23	18:06.72

**Regional Max Adaptive Cuts 10/Under**

<b>P3</b>	500/400 Free	09:35.88	08:39.35	09:35.88	08:38.95
<b>P2</b>	500/400 Free	12:16.08	11:03.32	12:16.08	11:03.32
<b>P1</b>	500/400 Free	22:43.92	20:30.04	22:43.92	20:29.10

**Regional Max Adaptive Cuts 11/12**

<b>P3</b>	500/400 Free	08:08.39	07:17.69	08:08.89	07:17.69
<b>P2</b>	500/400 Free	10:24.90	09:19.45	10:24.90	09:19.45
<b>P1</b>	500/400 Free	19:17.91	17:16.63	19:17.91	17:16.63

**Regional Max Adaptive Cuts 12/Under**

<b>P3</b>	200 Backstroke	03:27.87	03:53.93	03:30.9	03:57.39
<b>P2</b>	200 Backstroke	04:25.69	04:59.01	04:29.60	05:03.43
<b>P1</b>	200 Backstroke	08:12.31	09:14.05	08:19.56	09:22.24
<b>P3</b>	200 Butterfly	03:51.67	04:19.47	03:58.72	04:28.65
<b>P2</b>	200 Butterfly	04:56.12	05:31.65	05:05.13	05:43.38
<b>P1</b>	200 Butterfly	09:08.70	10:14.53	09:25.39	10:36.27
<b>P3</b>	200 Breaststroke	03:56.19	04:27.58	04:02.71	04:34.76
<b>P2</b>	200 Breaststroke	05:01.90	05:42.02	05:10.23	05:51.20
<b>P1</b>	200 Breaststroke	09:19.41	10:33.75	09:34.84	10:50.76