

CONNECTICUT SWIMMING, INC.
LONG COURSE
CONNECTICUT AGE GROUP SWIMMING
CHAMPIONSHIP

July 30-August 2, 2009

Held under the sanction of USA Swimming, Inc. #L09-33. Sanctioned and sponsored by USA Swimming and Connecticut Swimming, Inc.

The Long Course Connecticut Age Group Swimming Championship will be held at Wesleyan University's Freeman Athletic Center in Middletown, CT and Cheshire Community Pool in Cheshire, CT. 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:	Chris Hug	860-918-3285	chug@rc.com
MEET REFEREE:	Monica Prangley	203-334-2249	mhprangley@aol.com
MEET ENTRY INFO:	Nan Cooper	860-657-1164	office@ctswim.org
SAFETY CHAIR:	Bruce Collins	203-445-1972	atnycollins@charter.net
WEBSITE	ctswim.org		

VENUE INFORMATION

WESLEYAN UNIVERSITY

Thursday Evening, 13/14 & 15/19 Preliminary Sessions and all Final Sessions

CHESHIRE COMMUNITY POOL

Friday, Saturday and Sunday 10/U Timed Final Sessions & 11/12 Preliminary Sessions

EMERGENCY PHONE:

Facility Monitor: 860-685-2690; Pool: 860-685-2915

EMERGENCY PHONE:

203-271-3208

FACILITY: Wesleyan University's Freeman Athletic Center Pool. One 50-meter 8-lane course; Colorado Timing System; limited spectator seating; refreshments. No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms. Due to limited space, deck chairs should not have armrests.

FACILITY: Cheshire Community Outdoor Pool. One 50-meter 8-lane outdoor course; electronic timing system; spectator seating on bleachers; refreshments. Shade is very limited. Clubs should plan to bring day-use shelters or other appropriate sun shelters. No shaving on premises is permitted.

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

DISABLED/ELDERLY ACCESS: 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 and may not be available. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

DIRECTIONS: From North: Take I-91 S to Exit 22

DIRECTIONS: Route 691 exit 3. **Going east**, take right at

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.

WESLEYAN LAWN POLICY: Teams may, with certain limitations and with the approval of the Meet Director, use the lawn adjacent to the pool and ice rink buildings as a rest and gathering area. Please consult the CSI Lawn Policy for Meets Held at Wesleyan University, which is available on ctswim.org. Violations of the policy will subject offending teams to fines as described therein.

PARKING: 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.

ELIGIBILITY CRITERIA: Clubs and swimmers must be 2009 *CSI-registered members* of USA Swimming. **A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet in the 2009 Long Course schedule.** Swimmers must achieve the attached COT for events entered. Swimmers must have equaled or bettered their entry times since May 1, 2008. The swimmer's age as of July 30, 2009 governs age group participation for the entire 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 and CSI "A" disability time standards available on ctswim.org. Coaches or athletes must notify the referee of any disability prior to competition.

GENERAL MEET INFORMATION

RULES: 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 prior to 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 be supervised at all times by an adult and are not allowed on the pool deck for any reason. Swimmers entered in the meet who are not participating in Finals may be allowed on the pool deck to cheer teammates. Non-participating swimmers must be dressed in team or other appropriate attire. 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 throughout the meet.

FEES: Splash Fee: \$5.00 per individual event, \$10.00 per relay. A \$2 per swimmer entry fee applies to relay-

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.

only swimmers. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Credit Card payments may be made securely at <https://shop.ctswim.org>. Make checks payable to Connecticut Swimming, Inc. and mail to the CSI office.

<i>SCHEDULE:</i>	<u>Location</u>	<u>Ages</u>	<u>Warm-Up</u>	<u>Start</u>
Thursday Evening	Wesleyan	13/14 & 15/19	3:30 p.m.	4:15 p.m.
Thursday Evening	Wesleyan	12/U & relays	6:00 p.m.*	6:30 p.m.*
Fri-Sat-Sun Prelims	Wesleyan	13/14 & 15/19	7:00 a.m.	8:20 a.m.
Fri-Sat-Sun Prelims & Timed Finals	Cheshire	12/U	7:00 a.m.	8:00 a.m.
Fri-Sat-Sun Finals	Wesleyan	11/12, 13/14 & 15/19	4:30 p.m.	5:30 p.m.

* NOTE WELL: The 12/U Thursday Evening session times are approximate and will be updated on the CSI website by 10:00 p.m. on Wednesday July 29th.

- **19-year-old athletes may enter individual events but may not compete in an event for which they have a 2009 Super Sectional qualifying time, including Super Sectional times achieved up until July 21, 2009.** http://www.easternzoneswimming.org/meet_info/2009SuperSectionals_Qualifying_Times.pdf
- Two heats (top 16) of preliminary/final events will return in the evening for finals, EXCEPT for the 11/12 200M Backstroke, Breaststroke, Butterfly, 13/14 and 15/19 400M Freestyle and 400M Individual Medley events which will be conducted as trials and finals, with the fastest eight swimmers returning for Championship final heats in the evening session. Scoring will be for the top sixteen places.
- All 10 & under events and all relays, whatever age, will be timed finals.
- The 13/14 and 15/19 800M & 1500M Freestyles will be conducted as timed finals and have distinct qualifying times, but the events shall be seeded as single girls' and boys' events. Awards and points shall be determined in the 13/14 and 15/19 categories.

ENTRIES:

- Swimmers may enter any individual event for which they qualify, but may only compete in six (6) individual events for the meet and a maximum of three (3) individual events per day.
- Clubs may enter up to three relay-only swimmers per age group per gender (i.e. 10/U Girls, 10/U Boys, 11/12 Girls, 11/12 Boys, etc.)
- Each club may enter up to three relay teams per relay event. Swimmers entered in relay events **only** must be listed on the FAST Online Entry or meet entry form; including their USA Swimming numbers and ages. “No-times” for relay events are strongly discouraged. Please estimate or use a composite. Except for Online Entries, mark relay-only swimmers clearly in red on the entry hardcopy. Relay-only swimmers must be on disk for computer entries. If they are not on disk and marked on the hardcopy, then the entry will be returned
- Unattached swimmers (UN) must be listed on the FAST Online Entry or be clearly marked in RED along side the swimmer’s name on the entry form.
- 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.

PROOF OF ENTRY TIMES: All entry times must be pre-proven. Times submitted through Online Entries are automatically pre-proven. The results of any USA-sanctioned meet or meet attested by a USA Referee or CIAC/Independent Referee will be acceptable as proof. List the date, meet and location where times were achieved on the hardcopy of the entry. Copies of meet results from other than *Regularly Scheduled CSI meets* must be included with entry (see USA Rule 102.24) unless on file in CSI office. 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 unproven event. The \$100 fine must be paid by October 1, 2009, to the CSI office.

SEEDING: Swimmers may qualify with times from 25 yard, 25 meter or 50 meter courses. Qualifying times shall be seeded as follows: All conforming times (LCM) shall be arranged from fastest to slowest. Then non-conforming short course meter times (SCM) will be arranged in time order followed by non-conforming short course yard times (SCY). Except for Online Entries, all times done in other than a 50 meter course, must be marked on the entry form by writing SCM or SCY in **red** on the entry form. Computer entry files should be coded to indicate the course in which the time was achieved

AWARDS & SCORING:

- Events will be scored to 16 places. For individual events, medals will be awarded through 8th place with ribbons awarded from 9th through 16th 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 & 15/19 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, 400 Free and 200 IM
 - 11/12 - 200 Free, 400 Free and 200 IM
 - 13/14 - 400 Free, 800 Free, 1500 Free and 400 IM
 - 15/19 - 400 Free, 800 Free, 1500 Free and 400 IM
- **All teams must make arrangements to collect their awards prior to leaving the building on Sunday night.** CSI will not be able to provide storage or shipment of awards.
- **Scoring Table:**

Individual Events:	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays:	40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

WARM-UP, SCRATCH, RELAY & DISTANCE EVENT PROCEDURES

CHECK-IN/WARM-UP: All clubs must warm-up under the supervision of a coach or marshal. Coaches must check-in at the beginning of the meet in the office in order for their club to begin warm-up. 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 warmup space, **only swimmers entered or expected to swim relays in each session may enter the pool in that session's warmup period.**

SCRATCHES:

- Scratches for Thursday Evening's 1500M Freestyle ONLY are due in the CSI office by 8:00 p.m. WEDNESDAY July 29th. Send scratches by email only. No telephone scratches. Late scratches may be accepted at the discretion of the Referee if submitted to the Referee with explanation in writing prior to the beginning of warm ups.
- Positive check-in is required by 5:00 PM on Saturday August 1, 2009 for Sunday August 2's 800M freestyle events. Failure to positively check in by the stated time will result in the swimmer not being seeded into the event. Any swimmer who does not scratch the event by the scratch deadline on Sunday (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'
- Scratch sheets for all sessions shall be due 15 minutes after warm-ups begin. If a scratch sheet is not received by that deadline all swimmers will be considered NOT to be scratched and will be seeded in their entered events, except that any over-entered swimmers will be scratched from their last event(s) other than the 800 Freestyle until they are in compliance with entry rules.
- Swimmers who are not scratched and who fail to compete in preliminary or timed final heats will be barred from their next individual event. Please note that a medical scratch accepted in advance by the Meet Referee or her/his designee counts as an event and is regarded as a DQ, with no penalty imposed.

- Additionally, a swimmer qualifying for a consolation or championship final who fails to compete and who has not scratched will be barred from further competition in the meet. A swimmer who fails to appear for a final heat on the last day of the meet shall be fined \$50 for each event not swum. Fines must be paid before October 1, 2009.
- *No Penalty shall apply for Failure to Compete in finals if:*
 1. The Referee is notified in the event of injury or illness and accepts the proof.
 2. A swimmer qualifying for a final heat based on the results of preliminaries notifies the Announcer's table in writing within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms her/his final intentions within 30 minutes following her/his last individual preliminary event.
 3. The Referee determines that failure to compete was caused by circumstances beyond the control of the swimmer.

RELAYS: All relays will be swum during preliminaries (timed finals for 10/U) on a timed final basis. Relay cards will be given to club coaches, who must list the relay swimmers names in order of swim. Any changes in names of the competing swimmers or their order of swimming must be declared to the Head Lane Timer prior to the start of the heat in which the relay team is entered. No further changes will be permitted. **Attention all teams entered in Thursday's Relay events:** Each team must provide their own timer for each relay entry. Timers should be ready and in place prior to the conclusion of the previous heat.

DISTANCE FREESTYLE EVENTS: The 10/U 400M Freestyle, the 11/12 400M Freestyle and the 13/14 & 15/19 800M and 1500M Freestyle events shall be conducted on a **timed final** basis, swum fastest to slowest, alternating girls and boys. In the 800, the fastest heat of women and men shall be conducted as the first event of finals on Sunday evening. Swimmers must supply their own lap counters. Except for those swimming on Sunday evening, swimmers must supply their own timers. The meet program is not the final determinant of seeding. Late entries, corrections or scratches may impact which swimmers will swim in the evening. Seeding will be posted as soon as possible after the scratch deadline.

TIME TRIALS: On a time available basis, time trials may be conducted on **Friday and Saturday only** for swimmers who have qualified and entered an individual event in the meet. Time trials will be held following the preliminary sessions if the scheduled events are concluded within 3 1/2 hours of the scheduled start time of the session. Swimmers are limited to two (2) individual time trials during the course of the meet. Time trials are counted as individual events for the purpose of determining the maximum number of individual events a swimmer may swim each day or over the course of the meet. Time trials will not be offered for either the 800M or the 1500M Freestyle events or on Sunday. Time trial entry fee is \$5.00/ individual event and \$10/ relay event. Time trial swimmers must provide their own timers and counters. Time trial requests must be submitted to the Administrative Referee no later than 10 a.m. each day for swimmers 13/O and 10 a.m. for swimmers 12/U. Time trials shall be swum in the order listed in the meet program as follows. Day 1: That day's events followed by the remaining events in the meet. Day 2: That day's events followed by the events of the remaining day(s) in the meet, followed by the events of the previous day.

ENTRY PROCEDURES

ENTRY DEADLINE: Entries must be received by **9:00 PM Tuesday July 21, 2009**. CSI clubs will enter using FAST Online Entries. Please contact Nan Cooper to enter an adapted athlete. Clubs may pay online at using a credit card or by check. Credit card payment must be made or checks POSTMARKED by Wednesday July 22, 2009. 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.

Nan Cooper
851 N. Glebe Rd. Apt. 1311
Arlington, VA 22203
DO NOT SEND OVERNIGHT MAIL

LATE QUALIFIERS: Club entry chairs will use FAST Online Entries to enter swimmers achieving an initial qualifying times swum from July 21-26, 2009 by **9PM Monday, July 27, 2009**. No updating of times will be accepted. These entries may not appear in the program.

ENTRY INFORMATION: CSI clubs will enter using Connecticut FAST Online Entries and may pay online at <https://shop.ctswim.org> using a credit card or by check. Please see Entry Deadline for payment details.

Connecticut unattached athletes not affiliated with a club should email an entry file and meet report (*.sd3 or *.cl2) to office@ctswim.org. Do not mail hardcopies or disks. Paper-only (manual) entries: must indicate unattached status, relay-only entries and SCM/SCY entry times on the entry form by writing SCY/SCM in red on the entry form. 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.

CORRECTIONS: The meet entry chair will accept meet entry corrections until **9PM Monday, July 27, 2009 via email only**. Under no circumstances will corrections be accepted after this time. For **each** correction, including but not limited to event, age group, proof of time, clubs will be assessed \$5.00 in addition to the published splash fee (see examples below). Fees must be paid before October 1, 2009, or offending clubs jeopardize their right to participate in future CSI- sponsored events.

- 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. CSI is not responsible for entry errors based on incorrect meet files, server/computer problems, software bugs, etc..

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).

WORK ASSIGNMENTS:

- Team entry in this meet constitutes acceptance of team responsibility to provide workers as assigned by the Meet Director. All teams are required to provide workers (e.g. safety coordinators, timers, runners, marshals, officials, etc.) in proportion to the size of their entry. Team contacts will be notified of their team's work assignments by Monday, July 27, 2009. Teams who would like to volunteer for specific jobs (computer, announcer, hospitality, office, awards, etc) should contact the Meet Director by July 22, 2009.
- Work assignments for finals will be posted as soon as possible following the closing of finals scratches. Please plan in advance to identify workers and remember that children are not allowed on the pool deck unless they are swimming in the meet. Assignments will be based on the number of swimmers each team has entered in final and consolation final heats. Workers should appear and sign in at the pool deck office prior to the beginning of warm-ups and remain through the conclusion of finals.
- Those interested in officiating should contact the Meet Referee by July 22, 2009. From this pool of

officials, the Meet Referee shall select, schedule and notify all meet officials of their assignments. Officials who make commitments to work prior to this deadline will be counted in your club's work assignment. It may be necessary at the discretion of the Meet Director and Meet Referee to limit the number of officials receiving team credit for working at Finals. Some officials may be asked to act as timers or take other jobs as needed.

- Work assignments are for the duration of the session, **including relay events**, and it is the responsibility of the club to provide back-up if for any reason a worker is unable to complete the work assignment. Job descriptions will be posted on the CSI website. Unless otherwise stated in the job description, workers must appear and sign in at the pool deck office prior to the beginning of warm-ups. Connecticut Swimming, Inc. will fine any club that fails to provide its workers or whose workers do not work for the entire session. Fines must be paid before October 1, 2009, or offending clubs jeopardize their right to participate in future CSI- sponsored events.
 1. Failure to supply worker \$50 per worker per session
 2. Leaving assignment early \$35 per worker per session
 3. Arriving late for assignment \$35 per worker per session
- Each club shall submit the name and telephone number of a club liaison responsible for that club's work assignments (see Meet Entry Summary Sheet). If no representative is shown, the club coach shall be responsible for performing the function of the liaison.

INCLEMENT WEATHER: Please review CSI's Meet Interruption Policy at ctswim.org.

LODGING:

Marriott Courtyard
4 Sebethe 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

Four Points by Sheraton
275 Research Parkway
Meriden, CT 06450
203-238-2380 x 146
Room Rate: \$89

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

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

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

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

2009 LONG COURSE CONNECTICUT AGE GROUP SWIMMING CHAMPIONSHIP

ORDER OF EVENTS

JULY 30 - AUGUST 2, 2009

THURSDAY JULY 30, 2009
WESLEYAN UNIVERSITY

<u>GIRLS</u>					<u>BOYS</u>				
<u>NO.</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO.</u>	
<u>1</u>	19:07.49	19:07.49	20:14.99	13/14 1500M/1650Y Free	18:59.99	18:59.99	20:19.99	<u>2</u>	
3	18:45.99	18:45.99	19:49.99	15/19 1500M/1650Y Free	18:24.99	18:24.99	19:29.99	4	
30 minute warm-up									
5	7:02.49	6:12.49	6:11.99	10/U 400M/500Y Free	7:12.49	6:20.74	6:30.99	6	
7	6:01.99	5:18.49	5:28.99	11/12 400M/500Y Free	6:04.99	5:20.99	5:39.99	8	
9	----	----	----	13/14 800M Free Relay	----	----	----	10	
11	----	----	----	15/18 800M Free Relay	----	----	----	12	

FRIDAY MORNING JULY 31, 2009
WESLEYAN UNIVERSITY

13	-----	-----	-----	13/14 200M Med Relay	-----	-----	-----	14
15	-----	-----	-----	15/18 200M Med Relay	-----	-----	-----	16
17	2:22.99	2:36.99	2:46.49	13/14 200M IM	2:20.49	2:34.49	2:41.49	18
19	2:18.49	2:34.49	2:40.99	15/19 200M IM	2:15.49	2:29.24	2:29.99	20
21	26.74	29.49	30.69	13/14 50M Free	25.99	28.49	28.99	22
23	25.99	28.49	29.74	15/19 50M Free	24.49	26.99	26.74	24
25	2:41.99	2:58.24	3:09.99	13/14 200M Breast	2:42.99	2:59.24	3:07.99	26
27	2:37.49	2:53.99	3:05.49	15/19 200M Breast	2:36.49	2:51.99	2:59.99	28
29	5:35.99	4:55.74	5:06.99	13/14 400M/500Y Free	5:32.49	4:52.49	5:02.49	30
31	5:27.49	4:48.99	4:56.99	15/19 400M/500Y Free	5:17.49	4:39.49	4:42.49	32
33	----	----	----	13/14 200M Free Relay	----	----	----	34
35	----	----	----	15/18 200M Free Relay	----	----	----	36

FRIDAY MORNING JULY 31, 2009
CHESHIRE COMMUNITY POOL

37	----	----	----	10/U 400M Free Relay	----	----	----	38
39	----	----	----	11/12 400M Free Relay	----	----	----	40
41	2:37.49	2:52.99	3:01.99	10/U 200M Free	2:40.99	2:56.99	3:07.99	42
43	2:15.74	2:29.24	2:35.99	11/12 200M Free	2:18.49	2:32.49	2:38.49	44
45	1:29.49	1:38.49	1:47.99	10/U 100M Butterfly	1:34.99	1:44.49	1:55.49	46
47	1:11.74	1:18.74	1:24.99	11/12 100M Butterfly	1:14.99	1:22.49	1:30.49	48
49	2:34.99	2:50.49	2:59.99	11/12 200M Back	2:38.99	2:54.99	3:09.99	50
51	43.24	47.74	50.74	10/U 50M Breast	44.99	49.49	52.99	52
53	37.24	40.99	43.74	11/12 50M Breast	38.49	42.24	45.49	54

2009 LONG COURSE CONNECTICUT AGE GROUP SWIMMING CHAMPIONSHIP

ORDER OF EVENTS

JULY 30 - AUGUST 2, 2009

SATURDAY MORNING, AUGUST 1, 2009
WESLEYAN UNIVERSITY

<u>GIRLS</u>					<u>BOYS</u>			
<u>NO</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO</u>
55	57.49	1:03.24	1:07.24	13/14 100M Free	56.74	1:02.49	1:03.99	56
57	56.49	1:01.74	1:05.49	15/19 100M Free	53.24	58.74	59.49	58
59	2:29.99	2:44.99	2:55.49	13/14 200M Fly	2:35.49	2:51.24	2:56.49	60
61	2:23.99	2:38.49	2:52.49	15/19 200M Fly	2:26.49	2:40.99	2:45.99	62
63	1:06.24	1:12.99	1:18.49	13/14 100M Back	1:05.99	1:12.74	1:16.49	64
65	1:04.49	1:10.99	1:16.49	15/19 100M Back	1:03.99	1:10.49	1:11.99	66
67	5:04.99	5:35.49	5:58.49	13/14 400M IM	5:05.99	5:36.24	5:58.99	68
69	4:55.99	5:25.49	5:49.49	15/19 400M IM	4:57.49	5:27.24	5:33.99	70
71	----	----	----	13/14 400M Free Relay	----	----	----	72
73	----	----	----	15/18 400M Free Relay	----	----	----	74

SATURDAY MORNING, AUGUST 1, 2009
CHESHIRE COMMUNITY POOL

75	----	----	----	10/U 200M Med Relay	----	----	----	76
77	----	----	----	11/12 200M Med Relay	----	----	----	78
79	1:22.49	1:30.49	1:36.99	10/U 100M Back	1:24.49	1:32.99	1:39.99	80
81	1:10.99	1:17.99	1:23.99	11/12 100M Back	1:12.74	1:19.99	1:26.49	82
83	31.99	35.24	36.99	10/U 50M Free	32.49	35.99	37.74	84
85	28.49	31.24	32.49	11/12 50M Free	28.24	30.99	33.24	86
87	1:33.99	1:43.49	1:51.99	10/U 100M Breast	1:37.99	1:47.49	1:57.49	88
89	1:20.99	1:28.99	1:35.49	11/12 100M Breast	1:23.99	1:32.49	1:37.99	90
91	2:42.99	2:59.49	3:10.99	11/12 200M Fly	2:51.49	3:08.99	3:23.99	92
93	-----	-----	-----	10/U 200M Free Relay	-----	-----	-----	94
95	-----	-----	-----	11/12 200M Free Relay	-----	-----	-----	96

2009 LONG COURSE CONNECTICUT AGE GROUP SWIMMING CHAMPIONSHIP

ORDER OF EVENTS

JULY 30 - AUGUST 2, 2009

SUNDAY MORNING, AUGUST 2, 2009
WESLEYAN UNIVERSITY

<u>GIRLS</u>					<u>BOYS</u>				
<u>NO</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO</u>	
97	1:05.74	1:12.49	1:17.49	13/14 100M Fly	1:04.99	1:11.49	1:15.49	98	
99	1:02.49	1:08.74	1:13.99	15/19 100M Fly	59.99	1:05.99	1:08.49	100	
101	2:22.99	2:37.49	2:48.49	13/14 200M Back	2:24.24	2:39.24	2:46.49	102	
103	2:19.49	2:33.49	2:44.99	15/19 200M Back	2:19.49	2:33.74	2:36.49	104	
105	1:14.49	1:21.99	1:28.49	13/14 100M Breast	1:13.99	1:21.49	1:27.49	106	
107	1:12.99	1:20.24	1:25.49	15/19 100M Breast	1:12.49	1:19.74	1:21.99	108	
109	2:05.49	2:17.99	2:25.49	13/14 200M Free	2:03.49	2:15.99	2:22.49	110	
111	2:01.99	2:14.24	2:21.99	15/19 200M Free	1:57.99	2:09.74	2:11.99	112	
113	----	----	----	13/14 400M Medley Relay	----	----	----	114	
115	----	----	----	15/18 400M Medley Relay	----	----	----	116	
---BREAK---									
117	11:39.99	10:15.99	10:42.99	13/14 800M/1000Y Free	11:39.99	10:15.99	10:40.99	118	
119	11:09.99	9:49.49	10:27.99	15/19 800M/1000Y Free	10:49.99	9:31.99	10:10.99	120	

SUNDAY MORNING, AUGUST 2, 2009
CHESHIRE COMMUNITY POOL

121	----	----	----	10/U 400M Medley Relay	----	----	----	122
123	----	----	----	11/12 400M Medley Relay	----	----	----	124
125	3:00.49	3:18.49	3:30.99	10/U 200M IM	3:06.49	3:24.49	3:45.99	126
127	2:35.49	2:50.49	2:58.99	11/12 200M IM	2:37.99	2:53.99	3:04.99	128
129	37.99	41.74	44.99	10/U 50M Back	38.74	42.74	45.99	130
131	33.24	36.74	39.49	11/12 50M Back	33.74	37.24	40.99	132
133	1:11.49	1:18.74	1:23.24	10/U 100M Free	1:12.49	1:19.99	1:25.49	134
135	1:02.49	1:08.74	1:11.74	11/12 100M Free	1:02.99	1:09.24	1:12.99	136
137	36.49	39.99	44.49	10/U 50M Fly	37.99	41.99	47.49	138
139	31.74	34.99	35.99	11/12 50M Fly	32.74	35.99	38.49	140
141	2:53.99	3:11.49	3:23.49	11/12 200M Breast	3:01.99	3:19.99	3:37.49	142