

CONNECTICUT SWIMMING, INC.

2024 LONG COURSE CONNECTICUT AGE GROUP SWIMMING CHAMPIONSHIP

Wesleyan University Freeman Athletic Building
161 Cross Street, Middletown, CT 06457

July 25-28, 2024

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L24-49. Sponsored by Connecticut Swimming and the Age Group Committee, the meet will be run in accordance with USA Swimming rules unless otherwise noted, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern all competition. The meet will be open to eligible 2022 CT Swimming registered clubs and swimmers who have swum the attached time standards. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET DIRECTORS	Ronald Vaughan Yolanda Jahan	860-538-3717 203-278-6712	SwimCoachRonnie@gmail.com yoli.jahan1@gmail.com
MEET REFEREE	Barbara Wiederecht		bwiedere@optonline.net
CHIEF AO	Jo Ann McCaffrey	914-391-5841	jmccaffrey@riverbrookymca.org
MEET ENTRY INFO	Henk Jansen	203-671-4201	office@ctswim.org
SAFETY CHAIR	Sarah Basile		sbasile@regionalmca.org
EMERGENCY PHONE		860-486-9193	

VENUE INFORMATION

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. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado electronic timing system. Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. Limited spectator seating; limited refreshments.
- No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.
- Changing into or out of swimsuits, whole or in part, other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Misbehavior, unsportsmanlike conduct, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.
- No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet.
- No folding chairs are allowed anywhere in the building.
- Spectators will be limited see "Safe Sport Policies" below for details. Spectators will be allowed to sit in spectator viewing area ONLY.
- Any vehicle parked anywhere other than in a parking space will be subject to fines and towing.
- [Wesleyan lawn policy](#) will be in effect.
- The deck will be limited to 350 people, including swimmers, officials and volunteers.
- Lifeguards will be on duty.
- Wifi access is available and signal strength is good at best. Meet will NOT be livestreamed.

SAFE SPORT POLICIES: Spectators will be allowed. Spectator seating is limited to 340 spectators. Wristbands may be used to control the number of spectators in the stands. Wristbands will be given to each in Team in proportion of Team size. A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

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.

Schedule	Age	Warm-up	Start
Thursday Distance	13/14	2:00p	3:00p
Thursday Distance	13/14 Relays & 12/U	5:00p	5:35p
Fri-Sat-Sun Prelims Session 1	13/14.	7:00a	8:20a
Fri-Sat-Sun Prelims Session 2	11/12.	10:45a	11:45a
Fri-Sat-Sun Prelims Session 3	10/U.	1:30p	2:15p
Fri-Sat-Sun Finals	11-14.	4:00p	5:00p

NOTE WELL: All session times are approximates and may change once the initial entry is received.

GENERAL MEET INFORMATION

ELIGIBILITY CRITERIA: Clubs and all athletes must be 2024 *CSI-registered members* of USA Swimming. Registration will not be processed at the meet.

1. Have been properly entered prior to the appropriate deadline contained in either the ENTRY DEADLINE, CORRECTION, or LATE QUALIFIERS sections below
2. To be eligible to compete in individual events, each swimmer **MUST** have achieved the qualifying time for each individual event entered since January 1, 2023. Swimmers may qualify with times from 25 yard (SCY) or 50 meter (LCM) courses.
3. No meet attendance criteria.

ADAPTED SWIMMING: Any CSI-registered swimmer with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy available on ctswim.org and contact office@ctswim.org for time standards and other information. Coaches or athletes must notify the referee of any disability prior to competition.

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

DECK ACCESS: Swimmers on deck must be supervised by a USA Swimming registered coach. All coaches must present a valid USA Swimming coach Card to the Meet Director 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. The Meet Director and Referee reserve the right to limit such deck access in the event of overcrowding, inappropriate behavior or for any other reason. CSI Rules of Conduct will be strictly enforced.

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

ENTRIES FOR INDIVIDUAL EVENTS

- A psych sheet will **NOT** be posted until after the correction deadline. An entry list will be posted for teams to check their entry.
- Swimmers may enter any individual event for which they qualify, but may only compete in seven (7) individual events for the meet and a maximum of three (3) individual events per day. Unlimited relays.
- Swimmers meeting the qualification in the 800M/1000Y Freestyle may enter the 1500M/1650Y Freestyle as a bonus, and vice versa. Swimmers **MUST** swim the distance event for which he/she has qualified in order to enter the bonus distance event. These events must be entered with pre-proven official times **and count towards the bonus ratios**.
- Check Relay section for Relay-only bonus information.
- Bonus events are allowed using the following ratios. Bonus events **MUST** be 200M and less.
 - Make 1 event – Swim 3 bonus
 - Make 2 events - Swim 2 bonus
 - Make 3 events – Swim 1 bonus
 - Make 4 events or more - NO bonus
- Unattached swimmers (UN) must be indicated on the entry. Coaches wishing to change the attachment status of swimmers during the meet should bring such requests, which must be consistent with USA Swimming rules, to the Administrative Referee.

PROOF OF ENTRY TIMES: All entry times must be pre-proven. The results of any USA Swimming sanctioned, approved, or observed meet or a meet attested by a USA Referee or CIAC/ Independent Referee will be acceptable as proof of time. Eligible times not verified in Connecticut FAST may be proven by using the Connecticut FAST custom times tool available to CSI clubs or, in the case of unattached entries, by sending an email to the entry chair, which includes the meet name, date, location, referee attestation, and pertinent page(s) of the results. Failure to pre-prove an entry time will prevent the swimmer from being entered in that event. **Proof of time is the responsibility of each coach.** In accordance with CSI policy, (Integrity Statement 1/25/94), the Club from which a swimmer's time cannot be proven, shall be fined the sum of \$100.00 per event. The \$100.00 fine must be paid by October 1, 2024, to the Connecticut Swimming office.

ENTRY DEADLINE: Entries must be received by **7:00 p.m. July 18.**

ENTRY SUBMISSION: CSI-member USA Swimming clubs will enter using [Connecticut FAST Online Entries](#) and enter an adapted athlete by contacting office@ctswim.org. CSI-member unattached athletes, not affiliated with a CSI club, should email an entry file (*.sd3 or *.cl2) and proof of time to office@ctswim.org. If meet entry software is not available, email office@ctswim.org the athlete name, USA ID, age, event number, event name, time, and proof of time. See Proof of Entry Times section for acceptable proof. Manually typed entries are subject to extra fees and all times done in courses other than a 50-meter course must be marked on the entry form by writing SCY at the entry time. All computer entry files should be coded to indicate the course in which the time was achieved.

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

PAYMENT: The payment deadline for entries is upon receipt of final entry. Payment will be collected upon submission of entry by credit card or by signed check/check request. If paying by check, an image of the signed check/check request must be submitted with the final entry. The check must then be mailed to the address below.

Connecticut Swimming
68 Nichols Ave
Shelton, CT 06484

All checks must be postmarked by July 25. CSI reserves the right to remove the unpaid entries from the meet.

OUTREACH ATHLETES: 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).

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA

Swimming club or coach shall:

- 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 member coach prior to the meet. Athletes unaccompanied by a member coach will not be permitted on deck. Please contact the Meet Director for assistance.
- Be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted the Meet Director with the entry.

LATE QUALIFIERS: FAST entry will open again after the initial entry deadline for late qualifiers, deadline **11:59p July 22nd**. At this time the entry will be completely open for anything you want to do with your entry. This includes updates, corrections, etc. Once this deadline has passed, any changes you want will be considered a correction until that deadline passes and after that you last opportunity to make changes is a deck entry, see below.

CORRECTIONS: PLEASE NOTE THIS PERIOD STARTS AFTER THE ENTRY HAS BEEN REOPENED FOR LATE QUALIFIERS (SEE ABOVE). Clubs will be given until **7:00p July 23rd**, to email corrections to office@ctswim.org. 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. Improvements in seed time will be accepted for prelims/finals events ONLY. Corrections will be accepted by email only. \$15 will be assessed for each correction, scratch or addition on top of the meet entry fee where applicable. After this deadline, any addition or change to an entry will be considered a "deck entry" and subject to deck entry charges. 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 \$30 charge (correction and entry fee combined). 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. Adding a relay will be \$75.
- 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 individual 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. Adding a relay is \$75. 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.

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

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

SCRATCH PROCEDURES:

- Scratches are due 45 minutes prior to the start of each session.
- Positive check-in is required by **6:30 p.m.** on Saturday for the 800 freestyle events scheduled to be conducted on Sunday. Failure to positively check-in by the stated time will result in the swimmer not being seeded into the event.

1. 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".
 2. If you positively check-in and do not scratch, you will be seeded with your entry time and may swim.
 3. If you positively check in and scratch, you will not be seeded in the event and will not swim.
- Except as otherwise provided in this Announcement scratch sheets must be turned into the computer table by the schedule listed below:
 - If a scratch sheet is not received by the deadline, all swimmers on that scratch sheet will be considered NOT 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.

Upon official announcement of the qualifiers from the preliminary heats of an event, scratch sheets for finals will be posted at the Administrative Referee's table. Swimmers will have 30 minutes to scratch or "declare an intention to scratch" from the finals for the event.

FAILURE TO COMPETE PENALTIES:

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

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 \$50.00 for each event not swum. Fines must be paid before May 1. A swimmer shall not be permitted to participate in any further meets sanctioned by CSI until all fines are paid.

- *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 Administrative Referee within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event.
 3. The Referee determines that failure to compete was caused by circumstances beyond the control of the swimmer.

CONDUCT OF COMPETITION

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

INDIVIDUAL EVENTS

- All 10 & under events and all relays will be timed finals.
- With the exception of the 11/12 400M Freestyle, 800M and 1500M Freestyles (see DISTANCE EVENTS), all 11/12 & 13/14 individual events will be conducted as trials and finals, with the fastest sixteen (16) swimmers returning for consolation and championship final heats in the evening session.

DISTANCE EVENTS

- Swimmers competing in Thursday and Sunday distance events (with the exception of those swimming in Sunday Finals), must provide a timer, who will be assigned a lane by the Meet Referee or his designee.
- Swimmers meeting the qualification in the 1000Y/800M Freestyle may enter the 1650Y/1500M Freestyle as a bonus, and vice versa. Swimmers MUST swim the distance event for which he/she has qualified in order to enter the bonus distance event. These events must be entered with pre-proven times. See ENTRIES section.
- The 13/14 and 400M Freestyle and 400M Individual Medley events will be conducted as preliminaries and finals, with the fastest sixteen (16) swimmers returning for championship final heats in the evening session.
- The 12/U 400M Freestyle and the 13/14 800M and 1500M Freestyle events shall be conducted on a **timed final** basis, swum fastest to slowest, alternating girls and boys. In the 800M, the fastest seeded heat of women and men shall be conducted as the first event of finals on Sunday evening. Swimmers must supply their own lap counters, if desired. Except for those swimming Sunday evening finals, swimmers must provide a timer, who will be assigned a lane by the Meet Referee or his designee. 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.

RELAYS

- **TOP 8 RELAYS WILL SWIM IN FINALS** (10/U's during their session) on a timed final basis and the rest during the morning session. The Top 8 MUST swim at finals, there are no other options except to scratch the relay.
- **NEW!!!** List relays names on the scratch sheet. Relay cards will **ONLY** be used if you wish to change your relay names or order prior to swimming. Names must be listed in order of swim. Failure to do so will prevent the relay team from competing. Upon reporting to the starting block prior to the start of the heat in which the team is entered, a completed relay card FOR CHANGES ONLY can be given to the computer table after the start of the heat, no further changes will be permitted. Incomplete or inaccurate relay cards will result in disqualification if discovered after the swim.
- **Attention:** all teams entered in Thursday's 800M Free Relay event: Clubs may enter one relay team per each event number (3 and 4) for the 800M Freestyle Relay. Each team must provide 1 lane timer for each relay entry. Timers should be ready and in place prior to the conclusion of the previous heat.
- Clubs may enter one relay-only swimmer per age group per gender (11/12 Girls, 11/12 Boys, 13/14 Girls & 13/14 Boys). **ONLY ONE** per age group per gender, NOT one per day, NOT one per relay, ONE per age group per gender for the entire meet. Swimmers entered in relay events **only** must be listed on the meet entry with their USA Swimming numbers and ages.
- Clubs may enter up to three relay-only swimmers per age group per gender for the 10/Under session only to fill out an "A" relay. Teams with B & C relays may only use 1 relay-only swimmer. (i.e. to have a B relay, a team must have at least 7 individual qualifiers.)
- Each club may enter up to three (3) relay teams per relay event, except for the 800M Freestyle Relay where each club may enter only one (1) relay team per 800M relay event. "No-times" for relay events will not be accepted. Please estimate or use a composite.
- There will be a 5-minute break preceding all relay events that do not begin the session. This break will provide use of the pool for relay warm-up but will NOT include start or sprint only accommodations
- 12/Under Relay only swimmers may bonus a 50 on the day he or she is swimming their respective relay. 13/overs may bonus the 50 free or 100 on the day he or she is swimming their respective relay. You MUST email Henk in the Central Office, no later than the correction deadline.

TIME TRIALS: Time Trials will be considered by the Meet Ref if there is enough time between the Preliminary Sessions. Time trials will **NOT** count towards the event limit. If Time Trials occur, the swimmer needs their own timer/counter. An update regarding this will be posted closer to the meet.

BREAKS: The addition of any unpublished breaks in the competition schedule is at the discretion of the Meet Referee. Coaches and swimmers should note that entering and swimming "back to back" events, under normal circumstances of meet operation does not warrant an unscheduled break. Three (3) to five (5) heats should be anticipated in each preliminary event and relays. **ALL BREAKS ARE GENERAL WARM-UP AND WILL NOT INCLUDE START/SPRINT ACCOMMODATIONS.**

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 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
 - **All clubs 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: 40-34-32-30-28-26-24-22-28-14-12-10-8-6-4-2

WORK ASSIGNMENTS: Club entry in this meet constitutes acceptance of club responsibility to provide workers as assigned by the Meet Director. All clubs are required to provide workers (e.g. safety coordinators, timers, runners, marshals,

officials, etc.) in proportion to the size of their entry. All clubs and unattached groups, regardless of size, may be asked to produce a worker(s) for a session. Each club's work assignments will be posted on ctswim.org as soon as possible after the entry deadline. Clubs who would like to volunteer for specific jobs (computer, announcer, hospitality, office, awards, etc) should contact the Meet Director by Tuesday before the meet.

Work assignments for finals will be posted as soon as possible following the closing of finals scratches. Assignments will be based on the number of swimmers each club 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.

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

Work assignments are, unless otherwise stated in the Volunteer Assignment Schedule posted on www.ctswim.org, 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 Volunteer Assignment Schedule, workers must appear and sign in at the pool deck office prior to the second session 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 LC meet bids are due or offending clubs jeopardize their right to participate in future CSI- sponsored events.

Failure to supply worker	\$100 per worker per session
Leaving assignment early	\$60 per worker per session
Arriving late for assignment	\$60 per worker per session

Each club shall submit the name and telephone number of a club liaison responsible for that club's work assignments. If no representative is shown, the club coach shall be responsible for performing the function of the liaison.

MISCELLANEOUS

SAFETY:

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

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

OVERSUBSCRIPTION: In the event of over subscription, the **Age Group** Committee and meet management reserve the right to make adjustments to the meet. These may include, but are not limited to, conducting all events in split sessions.

MEET JURY: The Meet Jury shall be announced by the Meet Referee at the Coaches Meeting. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone and that fee is refundable if the protest is upheld.

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

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

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.

PARKING: Please adhere to any posting prohibiting parking.

EVENT LINE-UP AND CUTS:

PRELIMINARY		
THURSDAY EVENING		
GIRLS	EVENT	BOYS
1	13/14 1500 Freestyle	2
	30 minute warm-up	
3	13/14 800 Free Relay	4
5	11/12 400 Freestyle	6
7	10/U 400 Freestyle	8

FINALS		
GIRLS	EVENT	BOYS

FRIDAY MORNING		
9	13/14 200 IM	10
11	13/14 100 Freestyle	12
13	13/14 200 Breaststroke	14
15	13/14 400 Freestyle	16
17	13/14 400 Medley Relay	18
FRIDAY MORNING		
19	11/12 200 IM	20
21	11/12 50 Backstroke	22
23	11/12 100 Freestyle	24
25	11/12 200 Breaststroke	26
27	11/12 50 Butterfly	28
29	11/12 400 Medley Relay	30
FRIDAY AFTERNOON		
31	10/U 200 IM	32
33	10/U 100 Backstroke	34
35	10/U 50 Breaststroke	36
37	10/U 100 Freestyle	38
39	10/U 400 Medley Relay	40
10 Minute Break after each boys' event		
SATURDAY MORNING		
41	13/14 200 Medley Relay	42
43	13/14 400 IM	44
45	13/14 100 Backstroke	46
47	13/14 200 Freestyle	48
49	13/14 100 Butterfly	50
51	13/14 200 Free Relay	52
SATURDAY MORNING		
53	11/12 200 Medley Relay	54
55	11/12 100 Backstroke	56
57	11/12 50 Breaststroke	58
59	11/12 200 Freestyle	60
61	11/12 100 Butterfly	62
63	11/12 200 Free Relay	64
SATURDAY AFTERNOON		
65	10/U 200 Medley Relay	66
67	10/U 100 Butterfly	68
69	10/U 50 Freestyle	70
71	10/U 100 Breaststroke	72
73	10/U 200 Free Relay	74
10 Minute Break after each boys' event		

FRIDAY FINALS		
19	11/12 200Y IM	20
9	13/14 200Y IM	10
21	11/12 50 Backstroke	22
11	13/14 100Y Freestyle	12
23	11/12 100Y Freestyle	24
13	13/14 200Y Breaststroke	14
25	11/12 200Y Breaststroke	26
15	13/14 500Y Freestyle	16
27	11/12 50Y Butterfly	28
17	13/14 400Y Medley Relay*	18
29	11/12 400Y Medley Relay*	30
Top 8 relays at night		

SATURDAY FINALS		
41	13/14 200Y Medley Relay*	42
53	11/12 200Y Medley Relay*	54
43	13/14 400 IM	44
55	11/12 100Y Backstroke	56
45	13/14 100Y Backstroke	46
57	11/12 50Y Breaststroke	58
47	13/14 200 Freestyle	48
59	11/12 200 Freestyle	60
49	13/14 100 Butterfly	50
61	11/12 100Y Butterfly	62
51	13/14 200Y Free Relay*	52
63	11/12 200Y Free Relay*	64
Top 8 relays at night		

SUNDAY MORNING		
75	13/14 200 Backstroke	76
77	13/14 100 Breaststroke	78
79	13/14 200 Butterfly	80
81	13/14 50 Freestyle	82
83	13/14 400 Freestyle Relay	84
85	13/14 800 Freestyle*	86
*Top heat of 800 will swim as the 1st event at finals		
SUNDAY MORNING		
87	11/12 200 Backstroke	88
89	11/12 100 Breaststroke	90
91	11/12 200 Butterfly	92
93	11/12 50 Freestyle	94
95	11/12 400 Freestyle Relay	96
SUNDAY AFTERNOON		
97	10/U 50 Backstroke	98
99	10/U 200 Freestyle	100
101	10/U 50 Butterfly	102
103	10/U 400 Freestyle Relay	104
10 Minute Break after each boys' event		

SUNDAY FINALS		
85	13/14 800 Freestyle	86
87	11/12 200 Backstroke	88
75	13/14 200 Backstroke	76
89	11/12 100 Breaststroke	90
77	13/14 100 Breaststroke	78
91	11/12 200 Butterfly	92
79	13/14 200 Butterfly	80
93	11/12 50 Freestyle	94
81	13/14 50 Freestyle	82
95	11/12 400 Freestyle Relay*	96
83	13/14 400 Freestyle Relay*	84
Top 8 relays at night		

2024 LC Age Groups Time Standards

10/U GIRLS			10/U BOYS	
SCY	LCM	Event	LCM	SCY
32.89	35.99	50 Free	36.59	33.19
1:13.39	1:21.19	100 Free	1:21.99	1:13.99
2:44.79	2:57.39	200 Free	2:58.39	2:44.79
7:12.99	6:30.49	400/500 Free	6:30.19	7:12.99
38.69	43.09	50 Back	44.49	38.89
1:24.29	1:34.69	100 Back	1:36.49	1:25.49
43.99	49.49	50 Breast	51.89	45.49
1:36.29	1:49.39	100 Breast	1:53.79	1:40.69
37.99	41.99	50 Fly	42.49	38.79
1:30.59	1:43.09	100 Fly	1:45.89	1:31.49
1:23.99	N/A	100 IM	N/A	1:25.49
3:05.99	3:24.79	200 IM	3:24.79	3:05.99

Bonus Ratios

Make 1 - Bonus 3
 Make 2 - Bonus 2
 Make 3 - Bonus 1
 Make 4 or more - NO
 Bonus

Relay Only Swimmers may
 bonus 1x50 per day only
 on the days they are
 swimming a relay. Email
 Henk by the Tuesday
 before the meet begins.

11-12 Girls			11-12 Boys	
SCY	LCM	Event	LCM	SCY
28.73	32.69	50 Free	32.59	28.56
1:03.09	1:11.69	100 Free	1:11.59	1:02.99
2:17.49	2:35.89	200 Free	2:35.89	2:17.49
6:07.59	5:29.09	400/500 Free	5:29.09	6:07.59
33.09	37.39	50 Back	37.79	33.49
1:11.39	1:20.49	100 Back	1:21.79	1:12.59
2:36.29	2:55.89	200 Back	2:58.49	2:38.59
37.39	42.59	50 Breast	43.19	37.99
1:21.89	1:32.99	100 Breast	1:34.49	1:23.29
2:57.59	3:21.19	200 Breast	3:26.59	3:02.49
31.29	35.49	50 Fly	37.39	32.99
1:12.69	1:22.09	100 Fly	1:23.69	1:14.09
2:54.19	3:15.09	200 Fly	3:21.99	2:59.49
1:12.09	N/A	100 IM	N/A	1:13.09
2:35.99	2:56.39	200 IM	2:55.49	2:36.99

13-14 Girls			13-14 Boys	
SCY	LCM	Event	LCM	SCY
26.69	30.49	50 Free	29.69	25.29
57.99	1:05.99	100 Free	1:04.09	56.29
2:07.09	2:25.89	200 Free	2:15.39	1:59.09
5:45.99	5:08.79	400/500 Free	4:55.79	5:31.39
12:01.69	10:47.99	800/1000 Free	10:22.19	11:26.69
20:02.99	20:39.79	1500/1650 Free	19:48.39	19:07.59
1:05.19	1:13.59	100 Back	1:11.09	1:02.89
2:21.29	2:40.09	200 Back	2:33.39	2:15.29
1:15.49	1:26.99	100 Breast	1:21.19	1:11.29
2:44.59	3:06.69	200 Breast	2:56.49	2:36.09
1:05.49	1:14.09	100 Fly	1:09.89	1:01.69
2:33.29	2:52.99	200 Fly	2:47.99	2:28.79
2:22.69	2:41.59	200 IM	2:35.39	2:17.09
5:11.69	5:52.39	400 IM	5:44.99	4:53.09

AGE GROUP CHAMPIONSHIP - ADAPTIVE CUTS

P3				P2				P1				
13/14	Girls		Boys		Girls		Boys		Girls		Boys	
EVENTS	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
50 Free	0:35.50	0:40.55	0:33.64	0:39.49	0:45.37	0:51.83	0:42.99	0:50.47	1:24.07	1:36.04	1:19.66	1:33.52
100 Free	1:17.13	1:27.77	1:14.87	1:25.24	1:38.58	1:52.18	1:35.69	1:48.95	3:02.67	3:27.87	2:57.31	3:21.88
200 Free	2:49.03	3:14.03	2:38.39	3:00.07	3:36.05	4:08.01	3:22.45	3:50.16	6:40.33	7:39.55	6:15.13	7:06.48
500 Free	7:40.17	6:50.69	7:20.75	6:33.40	9:48.18	8:44.94	9:23.36	8:22.84	18:09.87	16:12.69	17:23.88	15:31.74
1000 Fr	15:59.85	14:21.83	15:13.30	13:47.51	20:26.87	18:21.58	19:27.37	17:37.72	37:53.32	34:01.17	36:03.07	32:39.90
1650 Fr	26:39.98	27:28.92	25:26.29	26:20.56	34:05.08	35:07.64	32:30.90	33:40.26	63:09.42	65:05.34	60:14.91	62:23.43
100 Back	1:26.70	1:37.87	1:23.64	1:34.55	1:50.82	2:05.10	1:46.91	2:00.85	3:25.35	3:51.81	3:18.10	3:43.93
200 Back	3:07.92	3:32.92	2:59.94	3:24.01	4:00.19	4:32.15	3:49.99	4:20.76	7:25.06	8:24.28	7:06.16	8:03.18
100 Brst	1:40.40	1:55.70	1:34.82	1:47.98	2:08.33	2:27.88	2:01.19	2:18.02	3:57.79	4:34.02	3:44.56	4:15.75
200 Brst	3:38.90	4:08.30	3:27.60	3:54.73	4:39.80	5:17.37	4:25.35	5:00.03	8:38.46	9:48.07	8:11.68	9:15.94
100 Fly	1:27.10	1:38.54	1:22.05	1:32.95	1:51.33	2:05.95	1:44.87	1:58.81	3:26.29	3:53.38	3:14.32	3:40.15
200 Fly	3:23.88	3:50.08	3:17.89	3:43.43	4:20.59	4:54.08	4:12.94	4:45.58	8:02.86	9:04.92	7:48.69	8:49.17
200 IM	3:09.78	3:34.91	3:02.33	3:26.67	4:02.57	4:34.70	3:53.05	4:24.16	7:29.47	8:29.01	7:11.83	8:09.48
400 IM	12:06.24	13:41.07	11:22.90	13:23.83	8:49.87	9:59.06	8:18.25	9:46.48	16:21.82	18:30.03	15:23.23	18:06.72
11/12												
50 Free	0:38.21	0:43.48	0:37.98	0:43.34	0:48.84	0:55.57	0:48.55	0:55.40	1:30.50	1:42.97	1:29.96	1:42.66
100 Free	1:23.91	1:35.35	1:23.78	1:35.21	1:47.25	2:01.87	1:47.08	2:01.70	3:18.73	3:45.82	3:18.42	3:45.51
200 Free	3:02.86	3:27.33	3:02.86	3:27.33	3:53.73	4:25.01	3:53.73	4:25.01	7:13.09	8:11.05	7:13.09	8:11.05
500 Free	8:08.89	7:17.69	8:08.89	7:17.69	10:24.90	9:19.45	10:24.90	9:19.45	19:17.91	17:16.63	19:17.91	17:16.63
50 Back	0:44.01	0:49.73	0:44.54	0:50.26	0:56.25	1:03.56	0:56.93	1:04.24	1:44.23	1:57.78	1:45.49	1:59.04
100 Back	1:34.95	1:47.05	1:36.54	1:48.78	2:01.36	2:16.83	2:03.40	2:19.04	3:44.88	4:13.54	3:48.66	4:17.64
200 Back	3:27.87	3:53.93	3:30.92	3:57.39	4:25.69	4:59.01	4:29.60	5:03.43	8:12.31	9:14.05	8:19.56	9:22.24
50 Brst	0:49.73	0:56.64	0:50.53	0:57.44	1:03.56	1:12.40	1:04.58	1:13.42	1:57.78	2:14.16	1:59.67	2:16.05
100 Brst	1:48.91	2:03.68	1:50.78	2:05.67	2:19.21	2:38.08	2:21.59	2:40.63	4:17.95	4:52.92	4:22.36	4:57.64
200 Brst	3:56.19	4:27.58	4:02.71	4:34.76	5:01.90	5:42.02	5:10.23	5:51.20	9:19.41	10:33.75	9:34.84	10:50.76
50 Fly	0:41.62	0:47.20	0:43.88	0:49.73	0:53.19	1:00.33	0:56.08	1:03.56	1:38.56	1:51.79	1:43.92	1:57.78
100 Fly	1:36.68	1:49.18	1:38.54	1:51.31	2:03.57	2:19.55	2:05.95	2:22.27	3:48.97	4:18.58	3:53.38	4:23.62
200 Fly	3:51.67	4:19.47	3:58.72	4:28.65	4:56.12	5:31.65	5:05.13	5:43.38	9:08.70	10:14.53	9:25.39	10:36.27
100 IM	1:35.88	N/A	1:37.21	N/A	2:02.55	N/A	2:04.25	N/A	3:47.08	N/A	3:50.23	N/A
200 IM	3:27.47	3:54.60	3:28.80	3:53.40	4:25.18	4:59.86	4:26.88	4:58.33	8:11.37	9:15.63	8:14.52	9:12.79
10/Under												
50 Free	0:43.74	0:47.87	0:44.14	0:48.66	0:55.91	1:01.18	0:56.42	1:02.20	1:43.60	1:53.37	1:44.55	1:55.26
100 Free	1:37.61	1:47.98	1:38.41	1:49.05	2:04.76	2:18.02	2:05.78	2:19.38	3:51.18	4:15.75	3:53.07	4:18.27
200 Free	3:39.17	3:55.93	3:39.17	3:57.26	4:40.14	5:01.56	4:40.14	5:03.26	8:39.09	9:18.78	8:39.09	9:21.93
500 Free	9:35.88	8:39.35	9:35.88	8:38.95	12:16.08	11:03.83	12:16.08	11:03.32	22:43.92	20:30.04	22:43.92	20:29.10
50 Back	0:51.46	0:57.31	0:51.72	0:59.17	1:05.77	1:13.25	1:06.11	1:15.63	2:01.87	2:15.73	2:02.50	2:20.14
100 Back	1:52.11	2:05.94	1:53.70	2:08.33	2:23.29	2:40.97	2:25.33	2:44.03	4:25.51	4:58.27	4:29.29	5:03.94
50 Brst	0:58.51	1:05.82	1:00.50	1:09.01	1:14.78	1:24.13	1:17.33	1:28.21	2:18.57	2:35.89	2:23.29	2:43.45
100 Brst	2:08.07	2:25.49	2:13.92	2:31.34	2:43.69	3:05.96	2:51.17	3:13.44	5:03.31	5:44.58	5:17.17	5:58.44
50 Fly	0:50.53	0:55.85	0:51.59	0:56.51	1:04.58	1:11.38	1:05.94	1:12.23	1:59.67	2:12.27	2:02.19	2:13.84
100 Fly	2:00.48	2:17.11	2:01.68	2:20.83	2:34.00	2:55.25	2:35.53	3:00.01	4:45.36	5:24.73	4:48.19	5:33.55
100 IM	1:51.71	N/A	1:53.70	N/A	2:22.78	N/A	2:25.33	N/A	4:24.57	N/A	4:29.29	N/A
200 IM	4:07.37	4:32.37	4:07.37	4:32.37	5:16.18	5:48.14	5:16.18	5:48.14	9:45.87	10:45.09	9:45.87	10:45.09