

**2005 LONG COURSE
13-18 Year Old
REGIONAL CHAMPIONSHIP SWIM MEET
July 22-24, 2005**

SANCTIONED BY CONNECTICUT SWIMMING, INC.
AND USA SWIMMING, INC. - SANCTION # L05-26.

SPONSORED BY

WILTON Y WAHOOS SWIM CLUB

Date: July 22-24, 2005

Location: Wesleyan University, Middletown, CT

Meet Director: Sara Roberts
saravrob@aol.com
203-834-8874

Entry Chair: Barb Prue
404 Danbury Rd
Wilton, CT 06897
203-762-8384 x290
wywahoos@msn.com

Safety Chair: Patti Rappa

Referee: Chris Prue
johnprue@earthlink.net
203-459-9057

Emergency 860-685-2690 (Facility Monitor)

Phone: 860-685-2915 (Pool Deck)

Facilities: 8-lane, 50 meter pool; Colorado Timing System; limited spectator seating

Disabled 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 left of front lobby. If athletes, coaches or spectators require special assistance, please contact the Meet Director.

SCHEDULE:	Wesleyan University CDEV and WYW					
Friday Evening	All Age Groups 12/U and 13-18					
			5:15 pm	Warm-up		
			6:00 pm	Start		
Saturday/Sunday Morning	Wesleyan University WYW					
	13 & Over					
			7:30 am	Warm-up		
			8:45 am	Start		

Any questions regarding the meet, prior to competition, should be directed to the contacts listed above. USA Swimming Rules will govern this meet. The meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. Fly-over starts may be used in the event of over-subscription as determined by the meet referee and meet director.

(The sponsors reserve the right to make adjustments based on the time study and/or other factors, including dividing the meet into two sessions. In the event of any change in time, teams will be contacted no later than Monday July 18, 2005.)

RULES OF CONDUCT: Swimmers on deck must be supervised by a USA-registered coach. Coaches will be required to display USA Swimming registration card and a coaches deck pass in order to be on deck. Only swimmers entered in this meet shall be allowed in the pool during warm-ups/warm-downs. Children not participating in the meet must be supervised at all times by an adult and may not be on the pool deck for any reason. CSI Rules of Conduct will be strictly enforced. No locks may be left on Wesleyan lockers. No shaving on premises is permitted.

ADAPTED SWIMMING: Any CSI-registered swimmer with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy and CSI time standards available on ctswim.org.

ELIGIBILITY: All the following criteria must be met.

1. Swimmers must be 2005 CSI registered members of USA Swimming.
2. A participating swimmer must have swum in at least one CSI regularly-scheduled sanctioned meet in the 2005 Long Course season.
3. Events must not be swum for the first time at this meet.
4. Swimmers must not have bettered the maximum time standards (attached) since May 1, 2004. Proof of times is required for all events.
5. Swimmers may not compete in any event in which they have achieved a 2005 Long Course Age Group Championship qualifying time (COT). This includes SCY and SCM times (attached).

PROOF OF TIME: Proof of time is the responsibility of each coach. In accordance with CSI policy, (Integrity Statement 1/25/94), the Club from which a swimmer's time cannot be proven, shall be fined the sum of \$100 per event and the swimmer will be barred from the rest of the meet (including relays). The \$100.00 fine must be paid by October 1, 2005, to the Connecticut Swimming office. No swimmer will be eligible to compete in another Connecticut Swimming sanctioned meet until the fine is paid.

ENTRIES: Swimmers may enter up to one individual event on Friday night and a maximum of three (3) individual events on Saturday and Sunday. Swimmers may compete in a maximum of six (6) events for the meet. Entries must be sent on standard Connecticut Swimming entry sheets or a computer generated facsimile. All teams are encouraged to send their entry on disk or email using LSA, Hytek, or other program in USA Swimming Standard Data Interchange Format (*.sd3). **An electronic file must accompany all computer-generated entries. If file is emailed, paper copies and payment must be received by entry deadline. Entry must include contact information and email address. Hytek users: Please include meet entry report. DECK ENTRIES WILL ABSOLUTELY NOT BE ACCEPTED.**

Age for the meet **will be the swimmer's age as of July 22, 2005, with the following directive:**

Swimmers shall not be denied the opportunity to attempt to qualify for Long Course Connecticut Age Group Championships because of a birthday occurring within the time frame defined as the "Championship Period". The Championship Period is defined as the first day of the Regional Championships through and including the first day of the CT Age Group Championships for the Long Course season. He/she may compete in the next higher age group if:

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

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

Swimmers whose birthdays do not occur during the Championship Period shall be required to swim their appropriate age group and shall not be permitted to swim in a higher age group under any circumstances, even though the age groups are defined as 10/U, 12/U, 14/U, etc. These classifications exist only for those swimmers whose birthdays fall within the Championship Period.

If any of your swimmers are swimming in the meet UNattached, please mark this clearly in red alongside the swimmer's name on the entry form. Entry times may be submitted in LCM, SCM or SCY. *All times done in other than a 50 meter course, must be marked on the entry form by writing SCM or SCY in **red** at the entry time. Computer entry files should be coded to indicate the course in which the time was achieved.*

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

OFFICIALS: Certified USA Swimming officials are welcome and needed to work on deck. Please list names and areas of certification and attach to entry form, or contact the referee listed.

DEADLINE AND FEES: All entries must be received **NO LATER THAN 9 PM, TUESDAY, JULY 12, 2005. LATE ENTRIES WILL NOT BE ACCEPTED. WAIVE SIGNATURE** for overnight, priority, etc. mail. **Entries will NOT be picked up at the post office.** In order to avoid any problems that may arise with the mail, please send materials in such a way that you have proof of the date the packet was sent/hand delivered.

***** DO NOT SEND ENTRY TO THE CSI OFFICE*****

FEES: Splash fees: \$5/individual event; \$10/relay. A \$2 per swimmer entry fee applies to relay-only swimmers. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Make checks payable: **Wahoo Swim Club.**

Send entries to:

Barb Prue
404 Danbury Rd
Wilton, CT 06897
203-762-8384 x290
wywahoos@msn.com

LATE QUALIFIERS: Any swimmer achieving an initial qualifying time the weekend of July 16-17 must fax or email that entry no later than **9PM Monday, July 18, 2005** to the meet entry chair. No updating of times will be accepted, including improvements in seed time and changes in course. (These entries may not appear in the program.)

OVERSUBSCRIPTION: In the event of over-subscription, the meet will be divided into 2 sessions. Fly-over starts may be used at the discretion of the Referee". The sponsor reserves the right to make adjustments based on the time study and other factors with approval from Program Operations. Teams will be notified of any changes no later than Monday July 18, 2005.

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

DISTANCE EVENTS: The 13/14 and 15/18 800M and 1500M Freestyle events shall be swum fastest to slowest alternating girls and boys. These events will have distinct qualifying times, but the events shall be combined seeded as single, alternating girls' and boys' events. Awards shall be determined in 13/14 and 15/18 categories. Swimmers must provide their own timers and counters. The 400M Freestyle and IM events (Friday Evening) will be conducted fastest to slowest alternating girls and boys. The 12/U 400M Freestyle events will be conducted after the 13/18 400 M IM and before the 13/18 400M Freestyle events. Swimmers must provide their own timers.

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

Packets will only be given to an USA Swimming member with a coach's card. All coaches on deck must be prepared to show their current coaches ID card. Swimmers without a coach will be assigned to a club.

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

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

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

REFRESHMENTS: Concessions will be available.

WESLEYAN UNIVERSITY 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.

DIRECTIONS:

Wesleyan Univ.: From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left. From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left. No parking will be permitted on the street directly in front of the Athletic Center or on any practice field. Wesleyan will tow illegally parked cars. Please plan to park in the lot next to the tennis courts on Vine Street.

HOTELS

Wesleyan University:

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

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

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

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

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

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

ORDER OF EVENTS 2005 LONG COURSE REGIONAL CHAMPIONSHIPS

FRIDAY, JULY 22, 2005 Wesleyan University 13-18

<u>GIRLS</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>EVENT</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>BOYS</u>
1	5:04.50	5:34.00	6:01.80	14/U 400M IM*	5:10.00	5:40.50	6:20.00	2
3	4:59.00	5:29.00	6:00.00	18/U 400M IM*	4:57.50	5:30.00	5:54.00	4
5	5:38.00	4:57.50	5:12.00	14/U 400M/500Y Free*	5:38.00	4:57.00	5:16.00	6
7	5:30.00	4:49.00	5:03.30	18/U 400M/500Y Free*	5:17.50	4:40.00	4:56.00	8

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

The 12/U 400 Freestyle events will be conducted after the 13/18 400 IM events and prior to the 13/18 400 Freestyle events.

SATURDAY, JULY 23, 2005 Wesleyan University 13-18

<u>GIRLS</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>EVENT</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>BOYS</u>
9	2:26.00	2:42.00	2:52.50	18/U 200M Butterfly	2:26.50	2:41.00	2:48.00	10
11	2:32.00	2:47.00	2:55.50	14/U 200M Butterfly	2:37.50	2:53.50	2:56.50	12
13	1:14.00	1:21.50	1:29.00	18/U 100M Breast	1:12.50	1:20.00	1:24.50	14
15	1:15.50	1:23.00	1:28.50	14/U 100M Breast	1:16.50	1:24.00	1:32.00	16
17	26.10	28.50	30.00	18/U 50M Free	24.50	27.00	28.50	18
19	26.75	29.25	30.70	14/U 50M Free	26.00	28.50	29.50	20
21	2:20.00	2:35.50	2:43.00	18/U 200M IM	2:17.00	2:31.00	2:41.00	22
23	2:24.00	2:38.50	2:48.50	14/U 200M IM	2:23.00	2:37.50	2:44.50	24
25	2:20.50	2:35.00	2:50.00	18/U 200M Back	2:23.00	2:38.00	2:42.50	26
27	2:25.00	2:39.50	2:50.80	14/U 200M Back	2:26.00	2:40.50	2:49.00	28
29				15/18 200M Medley Relay				30
31				13/14 200M Medley Relay				32
33	11:10.00	9:45.00	10:51.00	18/U 800M/1000Y Free	10:50.00	9:25.00	10:15.00	34
35	11:40.00	10:14.00	11:00.00	14/U 800M/1000Y Free	11:40.00	10:14.00	11:30.00	36

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

ORDER OF EVENTS 2005 LONG COURSE REGIONAL CHAMPIONSHIPS

**SUNDAY, JULY 24, 2005
Wesleyan University
13-18**

<u>GIRLS</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>EVENT</u>	<u>SCY MAX</u>	<u>SCM MAX</u>	<u>LCM MAX</u>	<u>BOYS</u>
37	1:04.50	1:11.50	1:17.50	18/U 100M Back	1:04.00	1:10.50	1:15.00	38
39	1:06.50	1:13.50	1:19.30	14/U 100M Back	1:06.50	1:13.50	1:18.00	40
41	56.50	1:02.51	1:05.50	18/U 100M Free	53.50	59.00	1:01.50	42
43	58.25	1:04.25	1:08.00	14/U 100M Free	57.00	1:03.00	1:05.50	44
45	1:03.00	1:10.00	1:14.00	18/U 100M Butterfly	1:00.00	1:06.50	1:12.50	46
47	1:06.00	1:13.00	1:17.10	14/U 100M Butterfly	1:07.00	1:14.00	1:17.00	48
49	2:42.00	2:57.50	3:08.50	18/U 200M Breast	2:36.50	2:52.00	3:06.50	50
51	2:44.00	3:00.50	3:11.80	14/U 200M Breast	2:47.00	3:03.50	3:21.00	52
53	2:02.50	2:17.00	2:22.00	18/U 200M Free	1:58.00	2:10.00	2:19.00	54
55	2:06.00	2:18.50	2:27.40	14/U 200M Free	2:03.50	2:16.00	2:23.50	56
57				15/18 200M Free Relay				58
59				13/14 200M Free Relay				60
61	18:52.50	18:52.50	20:00.00	18/U 1500M/1650Y Free	18:25.00	18:25.00	19:45.00	62
63	19:20.00	19:20.00	21:30.00	14/U 1500M/1650Y Free	19:27.50	19:27.50	22:00.00	64

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