

# 2004 LONG COURSE REGIONAL CHAMPIONSHIP SWIM MEET

SANCTIONED BY CONNECTICUT SWIMMING, INC.  
AND USA SWIMMING, INC. - SANCTION L04-29A, 29B and 29C.

SPONSORED BY

AQUABEARS  
WESTPORT/WESTON WATER RATS  
WINDSOR WATER RAT EXPRESS

**Date:** July 23-25, 2004

Morning Session  
BEAR

Morning Session  
WWRX

Afternoon Session  
WRAT

**Location:** Univ. of Connecticut  
Storrs, CT

Wesleyan University  
Middletown, CT

Wesleyan University  
Middletown, CT

**Meet Director:** Jon Levine  
aquabears@cox.net  
860-653-9135

Mark Johnston  
mark-johnston@snet.net  
860-688-5794

Felicia Watson  
kipflea@aol.com  
203-254-3215

**Entry Chair:** Jon Levine  
aquabears@cox.net  
860-653-9135

Mark Johnston  
mark-johnston@snet.net  
860-688-5794

Bill Krumm  
bkrumm@westportymca.org  
203-226-8981 x117

**Safety Chair:** Ann Levine

Sharon Johnston

Lisa Smoragiewicz

**Referee:** George Bolduc  
georgebolduc@hotmail.com

Jan Murtha  
Jan\_Murtha@hotmail.com  
860-282-2239

Ed Dunn c/o Monica Prangley  
mhprangley@aol.com  
203-334-2249

**Emergency Phone:** 860-486-3155 (Facility Monitor)  
860-486-1555 (Pool Office)

860-685-2690 (Facility Monitor)  
860-685-2915 (Pool Deck)

860-685-2690 (Facility Monitor)  
860-685-2915 (Pool Deck)

**Facilities:** 6-lane, 50 meter pool;  
Colorado Timing System;  
ample spectator seating

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

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

**Disabled Access:** Wesleyan University: 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.

Univ. of Connecticut: Spectator area, pool deck and locker rooms are accessible. If athletes, coaches or spectators require special assistance, please contact the Meet Director.

<b>SCHEDULE:</b>	<b>Univ. of Connecticut BEAR</b>		<b>Wesleyan University WWRX</b>		<b>Wesleyan University WRAT</b>	
Friday Evening	All Age Groups		All Age Groups		All Age Groups	
	5:15 pm	Warm-up	5:15 pm	Warm-up	5:15 pm	Warm-up
	6:00 pm	Start	6:00 pm	Start	6:00 pm	Start
Saturday/Sunday Morning	<b>Univ. of Connecticut BEAR</b>		<b>Wesleyan University WWRX</b>		<b>Wesleyan University WRAT</b>	
	All Age Groups		All Age Groups			
	9:00 am	Warm-up	7:30 am	Warm-up		
	10:15 am	Start	8:45 am	Start		
Saturday/Sunday Afternoon					All Age Groups	
					1:00 pm	Warm-up
					2:15 pm	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. In the event of any change in time, teams will be contacted no later than Monday July 19, 2004.)

**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.

**ELIGIBILITY:** Swimmers and coaches must be 2004 CSI registered members of USA Swimming. **EVENTS MUST NOT BE SWUM FOR THE FIRST TIME AT THIS MEET.** Proof of times may be required for all events. **Swimmers may not compete in any event in which they have achieved a 2004 Long Course Age Group Championships COT. (See Order of Events for Max COT.)** Age for the meet **will be the swimmer's age as of July 23,2004, 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.

**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 using the LSA Swim Meet/Swim Team program or Hytek (or other program) in USA Swimming Standard Data Interchange Format. **A disk must accompany all computer-generated entries.** DECK ENTRIES WILL ABSOLUTELY NOT BE ACCEPTED.

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, **but in no case may a swimmer have equaled or exceeded either the meter or yard COT for the event entered since May 1, 2003.** *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.*

**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, 2004, to the Connecticut Swimming office. No swimmer will be eligible to compete in another Connecticut Swimming sanctioned meet until the fine is paid.

**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 NOON, TUESDAY, JULY 13, 2004.** **NOTE: THE NOON DEADLINE IS ABSOLUTE AND INCLUDES HAND CARRIED ENTRIES. 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.

**Sorry! No email entries. This is a central entry.**  
**\*\*\* SUMMARY SHEETS MUST BE INCLUDED WITH THE ENTRY! \*\*\***

**FESS:** 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: **Connecticut Swimming Inc.**

Send entries to:

Connecticut Swimming  
Nan Cooper  
27 Cortland Lane  
Glastonbury, CT 06033-3305

**LATE QUALIFIERS:** Any swimmer achieving an initial qualifying time the weekend of July 17-18 must fax or email that entry no later than **9PM Monday, July 19, 2004** to the meet entry chair. No updating of times will be accepted. (These entries may not appear in the program.)

**OVERSUBSCRIPTION: THIS MEET IS CENTRAL ENTRY.** You will be notified of your session assignment no later than Saturday, July 17, 2004. In the event of oversubscription, relays will be cut. The sponsor reserves the right to make adjustments based on the time study and other factors. Teams will be notified of any changes no later than Monday July 19, 2004.

**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 10/U and 11/12 400M Freestyle and 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 10/U, 11/12, 13/14 and 15/18 categories. Swimmers must provide their own timers and counters.

**SCRATCHES:** Scratch sheets will be provided in coach's packets. These sheets MUST be returned 30 minutes before the session begins 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 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](http://ctswim.org). Violations of the policy will subject offending teams to fines as described therein.

**DIRECTIONS:**

Univ. of Connecticut: Take I-84 East/West to Exit 68. Travel south on Route 195 for about 6 miles. Proceed through the 195/44 intersection and travel approximately 1 mile to the Storrs campus. Take a right onto North Eagleville Road. Take your next left onto Glenbrook Road. At the next stop sign take a left onto Hillside Road; the pool will be approximately one block up on the right. Parking is located in the parking garage just past the pool and Gampel Pavilion. All cars parked on Hillside Road will be ticketed and towed at the owner's expense.

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

### **University of Connecticut:**

Quality Inn & Conference Center  
Route 83  
Vernon, CT  
860-646-5700

Comfort Inn  
425 Hartford Turnpike  
Vernon, CT  
860-871-2432

Sleep Inn  
327 Ruby Road  
Willington, CT 06279  
860-684-1400

### **Wesleyan University:**

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  
[www.innatmiddletown.com](http://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

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

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

**ORDER OF EVENTS**  
2004 LONG COURSE REGIONAL CHAMPIONSHIPS

**FRIDAY, JULY 23, 2004**

<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	11:40.00	10:14.00	11:00.00	14/U 800M/1000Y Free	11:50.00	10:24.00	11:30.00	2
3	11:10.00	9:45.00	10:51.00	18/U 800M/1000Y Free	10:50.00	9:25.00	10:15.00	4
5	19:20.00	19:20.00	21:30.00	14/U 1500M/1650Y Free	19:27.50	19:27.50	22:00.00	6
7	18:52.50	18:52.50	20:40.00	18/U 1500M/1650Y Free	18:25.00	18:25.00	19:45.00	8
9	6:02.00	5:17.00	5:37.50	12/U 400M/500Y Free*	6:05.00	5:20.00	5:56.00	10
11	7:07.50	6:15.50	6:15.00	10/U 400M/500Y Free*	7:12.50	6:20.50	6:31.00	12

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

**SATURDAY, JULY 24, 2004**

<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>
13	2:26.50	2:42.50	2:56.90	18/U 200M Butterfly	2:26.50	2:41.00	2:48.00	14
15	2:33.00	2:48.00	2:55.50	14/U 200M Butterfly	2:37.50	2:53.50	2:56.50	16
17	1:11.50	1:18.50	1:25.00	12/U 100M Butterfly	1:15.50	1:23.00	1:31.00	18
19	1:30.00	1:39.50	1:50.50	10/U 100M Butterfly	1:34.00	1:43.50	1:54.50	20
21	2:55.00	3:12.50	3:22.50	12/U 200M Breast	3:02.00	3:19.50	3:42.00	22
23	1:14.00	1:21.50	1:29.00	18/U 100M Breast	1:12.50	1:20.00	1:26.50	24
25	1:16.00	1:23.50	1:31.00	14/U 100M Breast	1:16.50	1:24.00	1:32.00	26
27	37.00	40.50	43.60	12/U 50M Breast	38.50	42.00	46.50	28
29	43.00	47.50	51.00	10/U 50M Breast	44.00	48.00	54.80	30
31	26.10	28.50	30.20	18/U 50M Free	24.50	27.00	29.00	32
33	26.75	29.25	30.70	14/U 50M Free	26.00	28.50	30.50	34
35	28.25	30.75	32.25	12/U 50M Free	28.25	31.00	33.50	36
37	32.25	35.75	36.50	10/U 50M Free	32.00	35.50	38.70	38
39	2:20.50	2:36.00	2:46.00	18/U 200M IM	2:17.00	2:31.00	2:41.00	40
41	2:24.00	2:38.50	2:48.50	14/U 200M IM	2:24.00	2:38.50	2:48.01	42
43	2:34.00	2:49.50	2:59.00	12/U 200M IM	2:39.00	2:55.00	3:05.00	44
45	2:59.00	3:16.00	3:32.50	10/U 200M IM	3:05.00	3:23.50	3:46.00	46
47	2:20.50	2:35.00	2:50.00	18/U 200M Back	2:23.00	2:38.00	2:46.50	48
49	2:25.00	2:39.50	2:50.80	14/U 200M Back	2:28.00	2:42.50	2:54.01	50
51	1:11.00	1:18.00	1:25.00	12/U 100M Back	1:12.50	1:19.50	1:28.00	52
53	1:22.00	1:30.00	1:38.00	10/U 100M Back	1:24.00	1:33.50	1:40.10	54
55				15/18 200M Medley Relay				56
57				13/14 200M Medley Relay				58
59				11-12 200M Medley Relay				60
61				10/U 200M Medley Relay				62
63	5:30.00	4:49.00	5:03.30	18/U 400M/500Y Free*	5:17.50	4:40.00	4:56.00	64
65	5:38.00	4:57.50	5:12.50	14/U 400M/500Y Free*	5:42.00	5:01.00	5:16.00	66

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

# ORDER OF EVENTS

## 2004 LONG COURSE REGIONAL CHAMPIONSHIPS

### SUNDAY, JULY 25, 2004

<u>GIRLS</u>	<u>SCY</u> <u>MAX</u>	<u>SCM</u> <u>MAX</u>	<u>LCM</u> <u>MAX</u>	<u>EVENT</u>	<u>SCY</u> <u>MAX</u>	<u>SCM</u> <u>MAX</u>	<u>LCM</u> <u>MAX</u>	<u>BOYS</u>
67	2:35.00	2:49.50	3:05.00	12/U 200M Back	2:39.00	2:54.50	3:19.00	68
69	1:04.50	1:11.50	1:18.60	18/U 100M Back	1:04.00	1:10.50	1:15.00	70
71	1:06.50	1:13.50	1:19.30	14/U 100M Back	1:07.50	1:14.50	1:20.50	72
73	33.25	36.75	39.00	12/U 50M Back	33.50	37.00	41.00	74
75	38.00	42.00	45.00	10/U 50M Back	38.25	42.25	45.50	76
77	56.75	1:02.75	1:07.00	18/U 100M Free	53.50	59.00	1:03.00	78
79	58.25	1:04.25	1:08.00	14/U 100M Free	57.00	1:03.00	1:07.00	80
81	1:02.00	1:07.50	1:12.00	12/U 100M Free	1:02.50	1:09.00	1:14.50	82
83	1:12.00	1:19.50	1:24.00	10/U 100M Free	1:12.00	1:19.50	1:26.70	84
85	2:41.00	2:57.50	3:10.00	12/U 200M Butterfly	2:51.00	3:08.50	3:24.00	86
87	1:03.50	1:10.50	1:17.50	18/U 100M Butterfly	1:00.00	1:06.50	1:12.50	88
89	1:06.00	1:13.00	1:17.10	14/U 100M Butterfly	1:07.50	1:14.50	1:19.50	90
91	31.50	34.00	35.75	12/U 50M Butterfly	32.50	36.00	39.00	92
93	36.50	40.00	45.50	10/U 50M Butterfly	38.00	42.00	47.50	94
95	2:42.00	2:57.50	3:14.50	18/U 200M Breast	2:36.50	2:52.00	3:06.50	96
97	2:44.50	3:01.00	3:11.80	14/U 200M Breast	2:47.00	3:03.50	3:21.00	98
99	1:21.00	1:28.50	1:35.50	12/U 100M Breast	1:24.00	1:32.50	1:42.50	100
101	1:32.00	1:41.50	1:52.00	10/U 100M Breast	1:37.00	1:46.50	1:59.50	102
103	2:02.50	2:17.00	2:22.50	18/U 200M Free	1:58.00	2:10.00	2:20.50	104
105	2:06.00	2:18.50	2:27.40	14/U 200M Free	2:05.00	2:17.50	2:28.00	106
107	2:15.00	2:28.50	2:38.50	12/U 200M Free	2:18.00	2:32.00	2:39.50	108
109	2:39.50	2:56.00	3:07.50	10/U 200M Free	2:41.00	2:58.50	3:14.00	110
111				15/18 200M Free Relay				112
113				13/14 200M Free Relay				114
115				11/12 200M Free Relay				116
117				10/U 200M Free Relay				118
119	5:00.00	5:30.00	6:00.00	18/U 400M IM*	4:57.50	5:30.00	5:54.00	120
121	5:04.50	5:34.00	6:01.80	14/U 400M IM*	5:10.00	5:40.50	6:20.00	122

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