

2004 Women's and Men's Long Course
CONNECTICUT SENIOR OPEN CHAMPIONSHIPS

Connecticut Swimming, Inc.

July 8-11, 2004

Held under the sanction of USA Swimming and Connecticut Swimming, Inc., #L04-27. Sponsored by Connecticut Swimming, Inc. and the Senior Committee.

The Connecticut Senior Open is to be held at Wesleyan University, 8 lane, 50 Meter Pool with automatic timing system and ample deck space. The meet will be open to 2004 USA Swimming registered clubs and swimmers who have swum the attached time standards.

The meet will be run in accordance with USA Swimming rules unless otherwise noted. Fly-over starts may be used in the event of over-subscription as determined by the meet referee and meet director.

MEET DIRECTOR: Sara Roberts saravrob@aol.com 203-834-8874

MEET REFEREE: Ed Doernberger eld@sdlvaw.com 203-387-2119

INFORMATION: Nan Cooper
Connecticut Swimming
27 Cortland Lane
Glastonbury, CT 06033
860-657-1164 (Phone) 860-657-1167 (Fax) office@ctswim.org (Email)

WEBSITE: <http://ctswim.org>

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 left of front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

SAFETY CHAIRMAN Ann Hughes hughes4@cox.net

EMERGENCY NO: Facility Monitor: 860-685-2690 Pool Deck: 860-685-2915

SCHEDULE:		<u>Warm-up</u>	<u>Start</u>
	Thursday Evening	5:00 p.m.	6:00 p.m.
	Trials-Fri-Sat-Sun	6:30 a.m.	8:45 a.m.
	Finals-Fri-Sat-Sun	4:30 p.m.	6:00 p.m.

Three heats (Top 24) will return for the evening session - A Final, B Final and C Final. All heats of relays will be swum at evening finals.

COACHES' MEETING: A brief coaches' meeting will be held at 8:00 a.m. on Friday and as necessary on Saturday and Sunday.

CHAMPIONSHIP FINALS: Biography forms will be available at the announcer's desk for all championship finalists. Please try to fill them out for each finalist. The Top 8 championship finalists will be required to parade to the awards area from a designated staging point, wearing team warm-ups or appropriate team apparel.

ELIGIBILITY: Clubs and swimmers must be 2004 registered members of USA Swimming and **all out-of-state teams must**

submit a team roster signed by the LSC Registration Chairman. Coaches will be required to display USA Swimming registration card and a coaches deck pass in order to be on deck.

FEES: Splash fees: \$5.00 per individual event, \$10.00 per relay. Please make checks payable to **Connecticut Swimming**. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer.

TEAM SCORING: Team scores will be kept for the Men's, Women's and Combined Teams through 16th place as per USA Swimming rule 102.7.3.

AWARDS: Awards will be presented throughout the meet, including a distance high-point award (400 IM, 400, 800 and 1500 Free). Individual awards will be presented for 1st through 3rd and the top 3 relays in each event at finals each evening. Team awards and high point awards will be awarded following Sunday finals.

ENTRIES: Swimmers may enter any individual event for which they qualify, but may only compete in three (3) individual events per day and a maximum of **seven (7)** individual events for the meet. **Clubs may enter a maximum of two relay entries per relay event. At least one swimmer per relay must be entered in an individual event.** Swimmers entered in relay events only must be listed on the MEET ENTRY FORM and their USA numbers and ages must be included. **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.

ENTRY INFORMATION:

Swimmers must have equaled or bettered their entry times since January 1, 2003, and before the entry deadline. Swimmers entered at SCY/SCM must indicate such entry times on the entry form by writing SCY/SCM in red on the entry form.

CONNECTICUT SWIMMERS ONLY: A swimmer who has not entered the maximum number of events for a day (3) or the meet (7) is eligible to enter bonus events. For each qualifying event entered, a swimmer may enter one bonus event of 200M or less, up to a maximum of three (3) bonus events for the meet. The ratio of one qualifying event to one bonus event (1:1) must be maintained. The bonus event and the qualifying event need not be adjacent. The 400M/500Y freestyle and the 400IM are excluded and cannot be entered as bonus events. These bonus events must be entered with an official time, marked with the letter B or NQ.

Swimmers meeting the eligibility requirements for bonus events, may enter two (2) distance bonus events (800M and 1500M freestyle) in addition to three (3) bonus events listed above, **but may only compete in three (3) bonus events. The 800/1500M bonus events must be entered with pre-proven times.**

In the event that the meet is oversubscribed, the bonus events will be cut first.

Any team may submit a computer disk entry using the LSA SwimMeet/SwimTeam program or Hytek (or other program) in USA Standard Data Interchange Format (USA SDIF). A disk must accompany all computer-generated entries. An original computer-generated paper copy of the entry with all pertinent team information, entry totals must be included. Information contained on the original computer generated paper copy will be considered the official document of entry and supersedes any information contained on electronic disk with respect to resolution of errors/discrepancies. All manual entry forms must be typed or legibly printed and must include all swimmers' names, USA numbers, ages and club affiliation. **The name and phone number of a club official and the club's mailing address and email address must be included on the entry**

If any swimmers are swimming in the meet unattached, please mark this clearly in **RED** alongside the swimmer's name on the entry forms. Hytek users: do not create an "UN" club. Instead mark unattached swimmers on the hardcopy.

Swimmers entered in relay events only must be listed on the meet entry form; their USA Swimming numbers and ages must be included. **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.

PROOF OF TIMES: All entry times must be pre-proven. List the date, meet and location where times were achieved on the summary sheet of the entry form. The results of any USA-sanctioned meet or a meet attested by a USA Referee or CIAC/Independent Referee will be acceptable as proof of time. Indicate the reference number of the proof beside each entry time to which it applies. Copies of the meet results from other than *Regularly Scheduled CSI meets* must be included with entry (see USA Rule 102.24). Failure to pre-prove an entry time will prevent the swimmer from being entered in that event. Out-of-state meet entries may be proven by sending a copy of the cover page and relevant results. You should also bring out-of-state results to the meet.

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.

Relay times must be submitted with the team entry. The time for each relay may be submitted as a composite.

SCRATCHES: Coaches will receive a scratch envelope containing scratch sheets for each day's events. These scratch sheets must be turned in by 7:00pm on Thursday for Friday's events. For Saturday and Sunday's preliminary session the scratch sheets must be turned in prior to the start of finals of the preceding day. Swimmers who are not scratched and fail to compete in preliminary heats will be barred from their next individual event. **Coaches should plan to pick up their scratch sheets for the meet on Thursday evening. If this is not possible you must contact Nan Cooper (see page one) and make arrangements.**

Positive check-in is required for the 800M and 1500M freestyle by 5:15 p.m. on Thursday July 8th.

A swimmer qualifying for a final, consolation or bonus heat who fails to compete and who has not scratched shall be barred from all further competition in the meet and shall be fined **\$50.00** for each event not swum. Fines must be paid before October 1, 2004. A swimmer will not be allowed to participate in any further meets sanctioned by Connecticut Swimming until all fines have been paid.

No penalty will apply, if:

- A. The referee is notified in the event of illness or injury and accepts the proof.
- B. A swimmer qualifying for finals based on the results of preliminaries notified the Clerk of Course within 30 minutes of the announcement of qualifiers that he/she may not intend to compete and confirm his/her final intention within 30 minutes following his/her last preliminary event.
- C. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

DISTANCE FREE: The 800M and 1500M freestyles will be swum as timed finals. The men's 800M and women's 1500M heats will be swum fastest to slowest alternating women and men Thursday evening. The fastest heat of women's 800M and men's 1500M freestyle will be swum as the first event in Sunday's finals. The remaining heats of the women's 800M and men's 1500M freestyle will be swum in preliminaries fastest to slowest alternating women and men. Non-qualifying times will be considered for both the 800M and 1500M freestyle and swimmers are encouraged to enter even though they may not have a qualifying time. All swimmers achieving the times indicated on the order of events are guaranteed to swim (automatic times). If fewer than 24 swimmers achieve the automatic COTs, the fastest 24 swimmers qualify, though over-cut entries will be considered bonus events and are subject to restrictions.

Swimmers meeting the eligibility requirements for bonus events (see CONNECTICUT SWIMMERS ONLY), may enter two (2) distance bonus events (800M and 1500M freestyle) in addition to three (3) bonus non-distance events, **but may only compete in three (3) bonus events. The 800/1500M bonus events must be entered with pre-proven times.**

Please submit a copy or summary all meets not on the regular CSI schedule. Long Course Meter times will take precedence over SCM and SCY times. Conversions will not be accepted. Swimmers must provide their own counters for all heats and must provide their own timers for all heats except those swum during finals.

ENTRY DEADLINE: Connecticut teams whose entries are received by **9:00 p.m. on Saturday June 26, 2004** will be guaranteed entry into the meet.

All other entries are due by **9:00 p.m. on Tuesday June 29, 2004.** Entries will be accepted on a first-come, first-served basis. Teams will be notified by **Saturday July 3rd 2004**, in the case of oversubscription.

Entries may be mailed or hand delivered to:

Nan Cooper
27 Cortland Lane
Glastonbury, CT 06033
860-657-1164

If FedEx, the US Postal Service Express Mail or any other messenger/delivery service is used, please ensure that the release is signed so the package will be left at the door if no one is home.

LATE QUALIFIERS: Any entered team that has a swimmer achieve an initial qualifying time during the period of June 26-July 4, 2004, may fax or email that entry no later than 12 noon, Monday July 5, 2004. No telephone entries, please.

CORRECTIONS: Designated team contacts will receive the preliminary program, in PDF, via email attachment and will be given until 9 PM on Monday July 5th to notify Nan Cooper of any entry errors. No improvements in seedtime will be accepted. Corrections will be accepted by email or fax only. \$5 will be assessed for each correction.

TIME TRIALS: Time trials will be conducted for those swimmers participating in individual events in the meet in accordance with USA Swimming rules. Each individual time trial will count as one of the seven individual swims allowed each swimmer. Time trials in the 800M and 1500M freestyles will only be permitted if time is available after all other time trials are completed. Fees: \$5.00/individual event; \$10.00/relay.

Swimmers entered in time trials must provide their own timers and lap counters.

WORK ASSIGNMENTS:

1. All clubs are required to provide workers (e.g. timers, runners, marshals, officials, etc.) in proportion to the size of their entry. Club contacts will be notified of their team's work assignments as soon as possible after the entries are received. Please include the name, phone number and address of the team contact for work assignments.

Those interested in officiating should contact Ed Doernberger as soon as possible if your officials are to be counted in your work assignment.

2. Any club which fails to provide its workers or whose workers do not work for the entire session will be fined by Connecticut Swimming, Inc. Clubs will be fined \$50 per each worker that fails to show and \$35 for each worker that is late or leaves early.

3. **NOTE WELL** that a work assignment is for the duration of the session. It is up to the team to provide a backup worker in case the team's worker for any reason is unable to perform or complete the work assignment.

4. Each team is to submit the name of the team liaison responsible for that team's workers each day of the meet. Workers must report in a timely manner. If no representative is shown on the summary sheet, the team coach will be responsible for performing the function of liaison.

WARM-UP: All teams must warm-up under the supervision of a coach or marshal. Coaches should register in the office when they arrive in order for their teams to begin warm-up. All athletes must have a coach in attendance. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify Nan Cooper. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets and on the CT website. **No diving will be permitted, except in the sprint lanes.** Pace lanes will be reserved for swimmers who are being timed by their coaches. Entry into pool is feet-first from the end of the pool. No entry from the side of the pool is permitted.

REFRESHMENTS: Beverages and light snacks will be provided for coaches and officials.

DIRECTIONS: 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.

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.

LODGING: A block of rooms at a room rate of \$79 has been set aside at the Courtyard by Marriott- Cromwell (formerly the Holiday Inn) located at Exit 21 Interstate 91, the Hampton Inn- Rocky Hill located at Exit 24 Interstate 91 and the Inn at Middletown (walking distance). To secure these rates identify yourself as a member of Connecticut Swimming. Individuals must confirm the availability of late checkout.

Marriott Courtyard
4 Sebethe Dr
Cromwell, CT 06416
860-635-1001
Room Rate: \$79 until 6/29/04

Hampton Inn
Contact: Melroy D'Costa
20 Waterchase Dr.
Rocky Hill, CT 06067
860-563-7877
Room Rate: \$69

*Inn at Middletown
Contact: Beth Pruchnic
70 Main Street
Middletown, CT 06457
860-854-6300
Room Rate: \$89.00
www.innatmiddletown.com
* walking distance to pool

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

2004 Long Course Senior Championships

ORDER OF EVENTS

July 8-11, 2004

THURSDAY, JULY 8, 2004

WOMEN

<u>NO.</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO</u>
1	19:31.99	18:29.99	18:29.99	1500M/1650Y Freestyle*				
				800M/1000Y Freestyle*	10:47.49	9:31.99	9:36.99	2
3				800M Free Relay				4

MEN

FRIDAY, JULY 9, 2004

5				200M Medley Relay				6
7	2:38.99	2:32.99	2:18.99	200M IM	2:14.99	2:28.49	2:32.99	8
9	29.99	28.49	25.99	50M Freestyle	24.49	26.99	27.49	10
11	3:03.99	2:51.49	2:39.99	200M Breaststroke	2:33.49	2:48.99	3:00.99	12
13	4:54.99	4:47.49	5:26.49	400M/500Y Freestyle	5:19.99	4:44.49	4:46.49	14
15				200M Freestyle Relay				16

SATURDAY, JULY 10, 2004

17	1:04.49	1:02.49	56.49	100M Freestyle	52.99	58.49	1:00.49	18
19	2:46.49	2:34.99	2:23.49	200M Butterfly	2:16.99	2:30.49	2:39.99	20
21	1:15.49	1:09.99	1:04.49	100M Backstroke	1:03.49	1:09.49	1:12.49	22
23	5:42.99	5:23.99	4:56.49	400M IM	4:52.99	5:22.49	5:38.99	24
25				400M Freestyle Relay				26

SUNDAY, JULY 11, 2004

27	1:12.49	1:09.99	1:03.49	100M Butterfly	59.99	1:05.99	1:08.99	28
29	2:44.49	2:34.49	2:20.99	200M Backstroke	2:14.99	2:28.99	2:37.99	30
31	1:25.49	1:19.49	1:13.49	100M Breaststroke	1:10.99	1:17.99	1:21.99	32
33	2:20.49	2:14.49	2:02.49	200M Freestyle	1:56.99	2:08.49	2:11.49	34
35				400M Medley Relay				36
37	10:10.99	9:42.99	10:59.99	800M/1000Y Freestyle*				
				1500M/1650Y Freestyle*	18:14.99	18:14.99	18:49.99	38

NOTE: The fastest heat the Women's 800M and Men's 1500M Free will swim in finals.

*These time standards are automatic times. Any swimmer achieving the COT is guaranteed to swim the event. Those swimmers who have not achieved the time standard are encouraged to enter and will be seeded until the maximum of 24 swimmers is achieved.

The referee reserves the right to add breaks (but is not obligated) if the time schedule permits.