

CONNECTICUT SWIMMING

2024 SC REGIONAL CHAMPIONSHIPS

SATURDAY, and SUNDAY

March 1-3, 2024

Hosts: BULL, CDOG, GRYM, HHAC, LEHY, RST, and WYW

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S23-97A-G. 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.

Any questions regarding the meet, prior to competition, should be directed to the contacts listed below. The sponsors reserve the right to make adjustments based on the time study and/or other factors, with approval from Program Operations. In the event of any change, teams will be contacted no later than Monday before the meet.

DIVISION: All clubs will enter using FAST Online Entries. Program Operations will divide the teams into divisions to ensure balanced meets. Clubs will be notified of their division assignment no later than Friday the week before the meet.

	BULL	CDOG	GRYM	HHAC	LEHY	RST	WYW
Meet Director	Adriana Schack 480-307-4813 adriana.marmolejo@olympian.org	Kyle Shadeck 203-903-3452 kshadeck@scycmca.org	Bill Walsh 203-869-1630 wwalsh@gwymca.org	Amy Bugge 203-415-9372 abugge@milforded.org	Laura McLaughlin 860-798-8946 lehyswimreg@gmail.com	Chuck Clark 203-556-5580 Chuckclark32@hotmail.com	JoAnn McCaffrey 203-762-8384 249 jmccaffrey@riverbrookymca.org
Entry Chair	Adriana Schack 480-307-4813 adriana.marmolejo@olympian.org	Matt Traub 860-782-1560 mtraub@bu.edu	Bill Walsh 203-869-1630 grymentries@gmail.com	Jen Lyman 203-464-6903 coachlyman@hotmail.com	Joann Bresnahan 860-402-5797 lehyswimreg@gmail.com	Chuck Clark 203-556-5580 mailto:Chuckclark32@hotmail.com	JoAnn McCaffrey 203-762-8384 249 jmccaffrey@riverbrookymca.org
Referee	Walter Carroll wandjcarroll@comcast.net	Gretchen Cahill gretchen.cahill@gmail.com	Yolanda Jahan yoli.jahan1@gmail.com	Bill Hawkins willishawkins@comcast.net	Dylan Lee dylantlee@gmail.com	Rob Cristiano robertcristiano@gmail.com	Liza Heller liza.j.heller@gmail.com
Website	www.bulldogswimming.org	www.seadogswim.org	www.greenwichmarlins.org	https://www.teamunify.com/team/cthhac/page/home	www.ghymca.org/page.cfm?p=25	www.smstrapids.org	www.wywohos.org
Location	Hutchinson Natatorium 125 Wintergreen Ave. New Haven, CT 06515.	Cheshire Community Pool, 520 South Main St, Cheshire, CT 06410	YMCA of Greenwich 50 E Putnam Ave Greenwich, CT 06830	Beckerman Athletic Center 225 Skiff Street Hamden, CT 06517	East Hartford High School 869 Forbes Street East Hartford 06118	Masuk High School 1014 Monroe Tpke, Monroe, CT 06468	Wilton Family YMCA. 404 Danbury Rd, Wilton, CT 06897
Safety Chair	Tim Quill	Kyle Shadeck	Patrick Kennedy	Molly Meka	Joe Guenther	Kyle Barber	Eric Holden
Emerg. Phone	203-392-6026	203-271-3208	203-869-1630	(203) 464-6903	860-622-5684	203-556-5580	203-762-8384
Facilities	8 lane, 25 yard pool. Water depth at start end is 5ft and at the turning end is 13 ft.	10-lane, 25-yard pool. Daktronics Timing. Water depth at start end is: 6-8 ft. Water depth at turn end is: 6-8 ft.	8-lane, 25-yard pool. Omega Timing. Water depth at start end is 13' Water depth at turn end is 6.7'.	6-lane, 25-yard pool. Colorado Timing. Water depth at start end is 12 ft. Water depth at turn end is 3.5 ft.	6-lane, 25-yard pool. Colorado Timing. Water depth at start end is 10 ft. Water depth at turn end is 3.5 ft.	6-lane, 25-yard pool. Colorado Timing. Water depth at start end is 9 ft. Water depth at turn end is 4 ft.	(2) 6 lane pools with Daktronics Timing System the North course is 6 .7 Ft. at the dive end and 6 .7 ft at turn end. The South Course is 6 .7 ft at the dive end and 4.7 ft at the turn end.
Medical Supervision	Lifeguards on duty at all times. AED on site.	Lifeguards on duty at all times. AED on site.	Lifeguards on duty at all times. AED available on deck	Lifeguards on duty at all times. AED available in pool office	Lifeguards on duty at all times. AED available	Lifeguard on duty at all times AED on site.	Lifeguards on duty at all times. AED available

WiFi	WiFi in unavailable	WiFi is available	Wifi is available in the YMCA.	WiFi in unavailable	WiFi in unavailable	Wifi is available	Wifi is available
Disability Contact	Adriana Schack 480-307-4813 adriana.marmolejo@olympian.org	Kyle Shadeck 203-903-3452 kshadeck@scymca.org	Yolanda Jahan 203-278-6712 yoli.jahan1@gmail.com	Jen Lyman 203-464-6903 jlyman@hamdenhall.org	Laura McLaughlin, 860-798-8946	Chuck Clark 203-556-5580 mailto:Chuckclark32@hotmail.com	JoAnn McCaffrey 203-762-8384 x 249
Send Payment to	Adriana Schack 573 Hill Street Hamden CT 06514	Sean Farrell Cheshire Y 967 S. Main St, Cheshire, CT 06410	Greenwich Marlins 50 E Putnam Ave Greenwich, CT 06830	Jen Lyman PO Box 185051 Hamden, CT 06518	Joann Bresnahan 11 Woodycrest Rd Wethersfield, CT 06109	Chuck Clark 18 Ward Place Trumbull, CT 06611	Jo Ann McCaffrey 404 Danbury Rd Wilton CT 06897
Payable to	Bulldog Swimming	STPA	YMCA of Greenwich	Hamden Hall	LEHY E.Hartford YMCA	Rapids Swim Team	Wilton Y Wahoos
Official's Contact	Walter Carroll wandjcarroll@comcast.net	Gretchen Cahill gretchen.cahill@gmail.com	Yolanda Jahan yoli.jahan1@gmail.com	Bill Hawkins willishawkins@comcast.net	Dylan Lee dylantlee@gmail.com	Chris Lieby chris.lieby@gmail.com	Liza Heller liza.j.heller@gmail.com
Schedule							
Saturday & Sunday	12/U Girls & 13/O Boys Warm up 8a	12/U Girls & 13/O Boys Warm up 8a	12/U Girls and 13/O Boys Warm-up 7:15a	12/U Girls and 13/O Boys Warm up 7:00a	12/U Girls and 13/O Boys Warm up 7:15a	12/U Girls & 13/O Boys Warm up 7:00a	12/U Girls and 13/O Boys Warm up 7:00a
Saturday & Sunday	12/U Boys & 13/O Girls Warm up 12:30p	12/U Boys & 13/O Girls Warm up 1:15p	12/U Boys and 13/O Girls Warm up 12:30p	12/U Boys and 13/O Girls Warm up 11:00am	12/U Boys and 13/O Girls Warm up 1:00p	12/U Boys & 13/O Girls Warm up 12:30p	12/U Boys and 13/O Girls Warm up 1:30p

FACILITIES: The competition courses listed above have not been certified in accordance with 104.2.2C (4).

SAFE SPORT POLICIES: Spectators will be allowed all facilities.

HANDICAPPED/DISABLED ACCESS

- Hutchinson Natatorium Handicapped accessibility is available at the Moore Field House and the Hutchinson Natatorium. Handicapped parking is located in the main parking lot between the Moore Field House and the Wintergreen Building. Handicapped entrance, with automatic door, is located in the front of the Moore Field House. Please follow walk-way around the front of the main lobby to the entrance
- East Hartford High School East Hartford High School handicapped parking and ramp access to the pool are located on the south side of the facility. An area has been set aside on the pool deck for limited handicapped seating. Access to this area is obtained through the men/women locker rooms. In order that we may better prepare to assist individuals with special needs, we ask that you contact the Meet Manager, Laura McLaughlin, at 860-798-8946 prior to the meet.
- Cheshire Community Pool The Cheshire Community Pool is handicap accessible in all facets including parking, entrance/exit, and a ramp into/out of the pool. For further accommodations, please contact the Safety Chair, Kyle Shadeck at kshadeck@scymca.org.
- Beckerman Athletic Center Beckerman Athletic Center is accessible to the disabled. Handicapped parking and ramp access to the Athletic facility. An area has been set aside on the pool deck for limited handicapped seating. Access to this area is obtained through the main entrance to the pool. In order that we may better prepare to assist individuals with special needs, we ask that you contact the Aquatic Director, Jen Lyman, at 203-464-6903 prior to the meet.
- Masuk High School Masuk High school is accessible to the disabled. Handicapped access to the pool deck is through the back doors and the spectator seating area is on the same level as the entrance doors. Contact the meet manager Chuck Clark for further directions.
- Wilton YMCA Wilton Family YMCA is Handicapped-accessible. Pool deck and spectator area are accessible through men's and women's locker rooms and are also handicapped-accessible.
- YMCA of Greenwich YMCA of Greenwich handicap parking is located in the Mason Street lot and will lead to elevator access to the pool on the first floor. Anyone needing access should contact the Meet Director for assistance before the meet.

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

OUTREACH: CSI has adopted an outreach policy as of October 18, 2007 to enable Outreach athletes to enter this championship meet with their entry fees waived. Further information is set forth in the Entry Fee Section.

ELIGIBILITY: All the following criteria must be met:

1. Swimmers must be 2024 CT-registered members of USA Swimming and 18/Unders.
2. FLEX memberships are not permitted.
3. A participating swimmer needs to have swum in two (2) CSI regularly-scheduled sanctioned meet since January 1, 2022
4. NO 14/Under Swimmers may compete in any event in which he/she has achieved a 2024 Short Course Age Group.
5. NO 15-18 yr old swimmer may compete in any event in which he/she has achieved a 2024 Short Course CT Sr Champs cut.
6. A swimmer MUST have swum the event legally and have a reportable time since January 1, 2023.
7. No times (NT) will NOT be permitted at this meet. All entries MUST be made with a reportable time. All events have Maximum time standard and some have Minimum time standards.
8. Each multi-age group event will have separate MAX cutoff times and in some cases MIN time standards as well.
9. Championship Qualifying Time (COT). This includes LCM and SCY times (attached).

Age for the meet will be swimmer's age as of the first day of the meet, although swimmers shall not be denied the opportunity to attempt to qualify for Short Course 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 Age Group Championships for the Short Course season. He/she may compete in the next higher age group if:

- o 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 Short Course Age Group Championships in that Championship Period, and
- o he/she has exceeded the maximum COT for his/her current age, and
- o he/she has not exceeded the maximum COT for the higher age group.
- o The meet director and the referee must be notified prior to the meet. Please email office@ctswim.org for entry instructions. All championship birthday entries are due by the published deadline.
- o 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.

SCHEDULE: The table ABOVE lists warm-up times only. Start times will be posted on ctswim.org after clubs are assigned a venue. Schedule is subject to change.

TIME STANDARDS: Some events will have minimum time standards. All events will have MAX time standards. 14/Under max time standards are 2024 SC Age Group cuts and 15-18 year old max time standards are 2024 SC Sr Championships. Swimmers MUST have swum the event legally and have a reportable time since January 1, 2023, and may not have bettered the maximum time standards. No Time (NT) will be permitted for any event this year.

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 per event. The \$100.00 fine must be paid by April 29 to the Connecticut Swimming office.

ENTRIES: Swimmers may enter a maximum of three (3) individual events plus two (2) relays each day. **Swimmers may compete in a maximum of six (6) individual events for the meet (Sat-Sun).** DECK ENTRIES WILL BE ACCEPTED, see correction header for details.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION : Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) 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 USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) 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 the 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 to the Meet Director with the entry.

SEEDING: Swimmers may qualify with times from 25 yard or 50 meter courses. Qualifying times shall be seeded as follows: All conforming times (SCY) shall be arranged from fastest to slowest. Then non-conforming long course meter times (LCM) will be arranged in time order.

DISTANCE EVENT: The 500Y Freestyle events will be swum fastest to slowest. Swimmers must supply their own timers and lap counters. The 13/14 and 15/18 500Y Freestyle events have distinct qualifying times, but the events shall be seeded as single women's and men's events and swum as timed finals. Awards and points shall be determined in separate age categories.

SCRATCHES: Scratch sheet system will be used. Coaches will receive a packet containing scratch sheets at the beginning of each session. These sheets must be returned 30 minutes before session begins OR as indicated in the packet, with scratched swimmers clearly identified. Referee must be able to read the event and name of the swimmer being scratched.

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 WARMUP AND WILL NOT INCLUDE START/SPRINT ACCOMMODATIONS.

Packets will only be given to USA Swimming coach members. 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.

DEADLINE AND FEES: Deadline is **9 PM February 21, 2024**. CSI clubs will enter using [Connecticut FAST Online Entries](#). Contact office@ctswim.org by this deadline to enter adapted athletes, championship birthday athletes (see Eligibility section). 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 (Extra fees apply to manual entries). Please review the Proof of Entry Times section for acceptable proof of times.

Club divisions will be posted on ctswim.org on no later than Friday the week before the meet. Clubs will send entry fee payment to their assigned host postmarked by 5 PM the Thursday before the meet. Host clubs have the right to remove unpaid club entries, with approval from Program Operations. PAYMENT IS BY CHECK TO MEET HOST. DO NOT MAKE CREDIT CARD PAYMENTS.

FEES: Meet entry fee: Splash fees: \$12/individual event; \$24/relay and \$12 relay-only swimmer. If no electronic entry is provided, there is a \$12 manual entry fee per swimmer. OUTREACH ATHLETE: Individual event 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.

LATE QUALIFIERS: Any swimmer achieving an initial qualifying time after the initial deadline must be entered no later than **9 PM, Wednesday, February 28, 2024** by email to the meet Entry Chair. After this deadline, you may enter via “deck entry”, see below for explanation. No improvements in seed time will be accepted and swimmers may not enter additional Regional events as late qualifiers if they are entered in the maximum number of events, with the following exception: Swimmers who achieve an Age Group Championship qualifying time for an event(s) on their entry, must scratch or substitute that event(s) for another Regional qualifying event. Late qualifying entries may not be included in meet program.

CORRECTIONS: Meet entry corrections will be accepted until **9 PM, Wednesday, February 28, 2024** by email to the meet Entry Chair. After this deadline, you may enter via “deck entry” deadline, see below for explanation. For each correction clubs will be assessed \$12.00 in addition to the published splash fee. Only email corrections will be accepted.

- If John Doe is omitted from a team’s entry and he wants to swim in six (3) events, adding John Doe is a \$12 charge, adding 3 events is a \$36 charge in addition to the cost of his entry. Total for John Doe \$84.
- If John Doe is entered in the 100 backstroke, but should have been entered in the 100 breaststroke, taking John out of the back is \$12, entering him into the breaststroke is \$24 (correction charge plus entry free) – total is \$36.
- If a relay team is added, the charge will be \$24.00 plus splash fee. Total for additional relay \$48.00.
- A “deck entry” is any addition or correction after the correction deadline has passed until the end of Sunday warm-ups. A deck entry must be made before warm-ups end each day. The coach MUST provide all the necessary information and proof of time and APT if applicable. A \$50 flat fee per addition/correction will apply. If Jimmy was omitted from the entry and he wants to swim two events, adding Jimmy is \$50, each event is \$50 (\$100) – total to add Jimmy \$150.

OVERSUBSCRIPTION: In the event of oversubscription, relays will be cut. We reserve the right to adjust the schedule. Teams will be notified of any change no later than Monday before the meet.

TIME TRIALS: There will be no time trials.

AWARDS & SCORING:

- Medals will be awarded for 1-6 places for individual events and 1-3 places for relays.
- Events will be scored to 6 places. Individual Events: 7-5-4-3-2-1 Relays: 14-10-8-6-4-2
- Friday night’s scores will be combined with Saturday and Sunday Team scores.
- Team Champions will be awarded to the women's, men's and combined team that earn the most points across all ages.

REFRESHMENTS: Refreshments will be available. Coaches and officials will have complimentary lunch.

TIMERS: Teams will be required to supply timers based on the size of their entry. Teams will be notified of the number of timers they will need to supply per session by Monday before the meet. Please note that timers are required for entire session. It is the responsibility of each team and its coaching staff to organize its assigned timers and make sure they are signed in and present at the timers' meeting for each session. Please consider this well in advance and do not delay the start of the meet. Swimmers must provide their own timers and counters for the 500Y Freestyle.

OFFICIALS: Certified USA Swimming officials are welcome and needed to work on deck. Please email contact listed on page 1.

WARM-UPS: 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. Any swimmers who do not have a coach in attendance **MUST** report to the Meet Director and have a supervisor assigned. The following warm-up procedures will be in effect: 12/Unders and 13/18 will have their own separate warm-up lanes, assigned by teams. 12/Under lanes will have a maximum of 15 swimmers assigned per lane. 13/18 will have a maximum of 12 swimmers assigned per lane. 12/Unders will be provided with 20 minutes of general warm-up, 13/18 will be provided with 25 minutes of general warm-up. General warm-up will be followed by 10 minutes of sprint lanes and pace and circle lanes. Warm-up assignments are to be submitted to Program Operations no later than Monday before the meet for approval.

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 Coach and Athlete Members 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 immediately behind 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.

EVENT LINE-UP & MAX CUTOFF TIMES see below:

