

2012 SHORT COURSE CHAMPIONSHIP MEET PACKET

Please read everything regarding the upcoming championship meets carefully. Included in this packet is the meet information for the following meets:

- ✓ Connecticut Regional Championships – February 25–27
Sign-up Deadline is Sunday, February 12th If you are unable to attend, then please email Ellen by 9pm with the Regionals in the Subject Heading.
- ✓ Connecticut Senior Open Championships – March 1-4
Sign-up Deadline is Friday, February 23rd
- ✓ Connecticut Age Group Championships – March 13-17
Sign-up Deadline is Friday, February 23rd

Meet Sign-up Procedures:

- **SWIMMERS** may sign up with Ellen on the deck prior to or after practice – NOT the water part of practice.
- **SWIMMERS** may email Ellen at EllenJ1@aol.com or ejohnston@westporty.org – This is the preferred method. Please reference meet in the subject heading
- **SWIMMERS** may call Ellen at the office at (203) 226-8981 ext. 110 or cellular at (203) 209-0198. Cellular is preferred.
- **Coach has final say in what events swimmers will swim in championship meets.**

High School Swimmers:

- ❖ It is VERY important that we communicate regarding what meets you will be swimming in as these meets are also during many of your high school championships.
- ❖ If any of you have achieved qualifying times in any of your high school meets, I need a copy of those reports ASAP so that they can be entered in the computer and sent to CT Swimming for approval.

Hotel Reservations:

We have a long standing history of staying at The Courtyard Marriott on Sebethe Drive in Cromwell. We get a team rate together and get that info out. The number is (860) 635-1001

Please adhere to the above deadlines. I will not be chasing down swimmers. It is the swimmers responsibility to discuss meet entries. If anyone has any questions, please feel free to contact me via email or phone as listed above.

The above meet deadlines are firm.

CONNECTICUT REGIONAL CHAMPIONSHIPS
February 24 - 26, 2012

SITE: TBA – After all the entries are sent into the Connecticut Swimming Office, teams will be assigned to the various host sites. Final start times will also be announced, however, we already know who will be swimming in what session.

MEET ELIGIBILITY: For the 50 and 100's, swimmers must be slower than the times listed. For events of 200 or more, the swimmer must fall within the time standards listed. ****Please Note:** The times listed below are for short course yards only. Anyone who qualifies for a higher level meet with another course time – short course meters or long course meters – will be notified if that affects participating in this meet.

SESSIONS: Friday Evening – All swimmers
 Saturday and Sunday Morning – 13/14 and 15/18 Boys
 Saturday and Sunday Afternoon – 13/14 and 15/18 Girls

**SIGN UP DEADLINE: VIA
 EMAIL – SUN, FEB. 12TH -9 PM**

ORDER OF EVENTS: (These are the same at all the sites.)

Friday, February 24:

GIRLS	EVENT	BOYS
536.00 – 604.49	13/14 500 Freestyle	531.00 – 608.49
525.80 – 557.49	15/18 500 Freestyle	517.50 – 539.99
505.00 – 534.99	13/14 400 Ind. Medley	502.00 – 538.99
455.00 – 529.99	15/18 400 Ind. Medley	457.50 – 520.99

Saturday, February 26:

223.00 – 239.99	13/14 200 Ind. Medley	219.50 – 242.49
218.50 – 239.99	15/18 200 Ind. Medley	215.50 – 234.99
114.00	13/14 100 Breaststroke	113.50
112.00	15/18 100 Breaststroke	111.00
230.00 – 259.99	13/14 200 Butterfly	231.00 – 300.99
222.50 – 249.99	15/18 200 Butterfly	226.50 – 244.99
57.50	13/14 100 Freestyle	56.00
56.10	15/18 100 Freestyle	53.25
223.00 – 243.49	13/14 200 Backstroke	221.20 – 253.24
217.80 – 241.49	15/18 200 Backstroke	216.00 – 238.99
	13/14 400 Freestyle Relay	
	15/18 400 Freestyle Relay	

Sunday, February 26:

241.90 – 304.99	13/14 200 Breaststroke	241.00 – 312.99
237.50 – 304.99	15/18 200 Breaststroke	236.50 – 255.99
26.75	13/14 50 Freestyle	25.75
25.90	15/18 50 Freestyle	24.50
105.75	13/14 100 Butterfly	104.00
101.70	15/18 100 Butterfly	100.00
205.50 – 222.99	13/14 200 Freestyle	203.25 – 224.74
201.70 – 220.49	15/18 200 Freestyle	158.00 – 215.99
106.25	13/14 100 Backstroke	105.50
103.40	15/18 100 Backstroke	104.00
	13/14 400 Medley Relay	
	15/18 400 Medley Relay	
1907.50 – 2129.99	13/14 1650 Freestyle	1900.00 – 2144.99
1846.00 – 2052.49	15/18 1650 Freestyle	1825.00 – 2054.99

CONNECTICUT SENIOR OPEN CHAMPIONSHIPS
March 1-4, 2012

SITE: Wesleyan University

SIGN-UP DEADLINE: FRIDAY, FEBRUARY 23RD

STARTING TIMES:

	WARM-UP	START
Thursday Evening	330pm	500pm
Friday – Saturday – Sunday Prelims	645am	830am
Friday – Saturday – Sunday Finals	330pm	500pm

ORDER of EVENTS and QUALIFYING TIMES:

WOMEN

MEN

Thursday, March 1:

LCM	SCM	SCY	EVENT	SCY	SCM	LCM
1931.99	1829.99	1839.99	1650 Freestyle			
			1000 Freestyle	1049.97	928.69	936.99

Friday, March 5:

LCM	SCM	SCY	EVENT	SCY	SCM	LCM
220.49	214.24	201.99	200 Freestyle	156.99	208.49	211.49
123.49	119.49	112.99	100 Breaststroke	110.99	117.99	121.99
112.49	108.74	102.49	100 Butterfly	59.99	105.99	108.49
542.99	523.99	455.99	400 Ind. Medley	452.99	522.49	533.99
			800 Freestyle Relay			

Saturday, March 6:

LCM	SCM	SCY	EVENT	SCY	SCM	LCM
			200 Medley Relay			
246.49	234.99	223.49	200 Butterfly	216.99	230.49	239.99
29.29	28.49	25.99	50 Freestyle	24.49	26.99	26.74
259.49	251.49	237.49	200 Breaststroke	233.49	248.99	259.99
115.49	109.99	104.49	100 Backstroke	103.49	109.49	111.99
454.99	447.49	526.49	500 Freestyle	517.49	439.49	442.49
			400 Freestyle Relay			

Sunday, March 7:

LCM	SCM	SCY	EVENT	SCY	SCM	LCM
			200 Freestyle Relay			
1010.99	942.99	1109.49	1000 Freestyle			
			1650 Freestyle	1823.99	1814.99	1849.99
239.99	233.49	219.49	200 Backstroke	214.99	228.99	236.49
104.49	101.74	56.49	100 Freestyle	52.99	58.49	59.49
238.99	232.99	218.49	200 Ind. Medley	214.99	228.49	229.99
			400 Medley Relay			

*** Swimmers with 1-4 qualifying times will be eligible for bonus swims.

- Top 24 = Finals
- We plan to have relays – ALL relays will be swum at finals.

THIS MEET WILL BE SWUM IN LONG COURSE METERS

CONNECTICUT AGE GROUP CHAMPIONSHIPS
March 15-18, 2012

SITE: Wesleyan University

SIGN-UP DEADLINE – FRIDAY, FEBRUARY 23RD
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STARTING TIMES:

	WARM-UP	START
Thursday Evening	400pm	500pm
Friday – Saturday – Sunday Prelims	715am	845am
Friday – Saturday – Sunday Finals	500pm	600pm

ORDER of EVENTS and QUALIFYING TIMES:

Thursday, March 15:

GIRLS

BOYS

LCM	SCM	SCY	EVENT	SCY	SCM	LCM
2006.99	1919.79	1907.49	13/14 1650 Freestyle	1859.99	1911.69	1915.99
1941.99	1857.59	1845.99	15/18 1650 Freestyle	1824.99	1836.49	1820.99
			800 Free Relay			

Friday, March 16:

LCM	SCM	SCY	EVENT	SCY	SCM	LCM
244.49	236.99	222.99	13/14 200 Ind. Medley	219.49	233.49	238.49
240.99	232.39	218.49	15/18 200 Ind. Medley	215.49	229.09	229.99
30.49	29.49	26.74	13/14 50 Freestyle	25.54	28.09	28.99
29.74	28.49	25.89	15/18 50 Freestyle	24.49	26.49	26.99
309.99	258.09	241.89	13/14 200 Breaststroke	240.89	256.99	303.99
303.49	253.09	237.49	15/18 200 Breaststroke	236.09	251.69	254.99
504.49	455.74	535.99	13/14 500 Freestyle	530.99	451.29	456.49
456.99	446.69	525.79	15/18 500 Freestyle	517.49	439.39	441.49
			400 Medley Relay			

Saturday, March 17:

LCM	SCM	SCY	EVENT	SCY	SCM	LCM
			200 Medley Relay			
106.49	103.24	57.49	13/14 100 Freestyle	55.89	101.49	102.99
105.24	101.77	56.09	15/18 100 Freestyle	53.24	58.59	59.74
255.49	244.99	229.99	13/14 200 Butterfly	230.99	246.09	252.99
251.49	236.79	222.49	15/18 200 Butterfly	226.49	241.19	240.49
117.49	112.89	106.24	13/14 100 Backstroke	105.49	112.09	115.49
115.49	109.79	103.39	15/18 100 Backstroke	103.99	110.39	111.49
554.99	535.49	504.99	13/14 400 Ind. Medley	501.99	532.19	554.99
549.49	524.49	454.99	15/18 400 Ind. Medley	457.49	527.29	532.99
			200 Free Relay			

Sunday, March 18:

LCM	SCM	SCY	EVENT	SCY	SCM	LCM
224.49	217.99	205.49	13/14 200 Freestyle	202.69	214.99	219.49
220.99	213.89	201.69	15/18 200 Freestyle	157.99	209.79	211.99
116.49	112.39	105.74	13/14 100 Butterfly	103.69	110.09	112.49
113.49	107.89	101.69	15/18 100 Butterfly	59.99	105.99	107.49
246.99	237.29	222.99	13/14 200 Backstroke	221.19	235.29	244.49
243.99	231.59	217.79	15/18 200 Backstroke	215.99	229.59	232.49
128.49	121.39	113.99	13/14 100 Breaststroke	113.49	120.89	124.99
125.49	119.19	111.99	15/18 100 Breaststroke	110.99	118.09	119.49
			400 Free Relay			
1028.99	1018.89	1139.99	13/14 1000 Freestyle	1139.99	1018.99	1005.99
1010.99	952.69	1109.99	15/18 1000 Freestyle	1049.99	935.19	927.99