

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345  
[www.casciac.org](http://www.casciac.org)

**2009 CIAC BOYS SWIMMING AND DIVING CHAMPIONSHIPS**

CIAC Boys Swimming Committee Chair

Thomas Moore, Principal  
Wethersfield High School  
Wethersfield, CT 06109  
School - (860) 571-8200

CIAC Boys Swimming Tournament Director

Bruce Jaffe  
Fairfield Prep. High School  
Fairfield, CT 06824  
School - (203) 254-4200 x 2506  
Home - (203) 335-5860  
Pool - (203) 254-4000 x 3949

Boys Swimming Coaches Chair

George Baldwin  
Middletown High School  
Middletown, CT 06457

CAAD Consultant - Boys Swimming

Craig Semple, Athletic Director  
Daniel Hand High School  
Madison, CT 06443

**IMPORTANT DATES**

December 1, 2008	First Practice Date
December 17, 2008	Date of First Contest
March 7, 2009	Last Date to Count
March 9, 2009	All entry information due by 4:00 p.m. Diving Proof Sheets faxed to CIAC by 4:00 p.m.

The Boys Swimming and Diving Tournament Information is arranged in twelve (12) sections.

- Alert Page
- National Federation Rule Changes
- 1.0 Divisions
- 2.0 Qualification Standards and Meet Procedures
- 3.0 Awards
- 4.0 Admission Fees and Supervising Personnel
- 5.0 Qualifying Meets – Dates / Times / Locations
- 6.0 Championship Finals – Dates / Times / Locations
- 7.0 Open Championship Meet – Date / Time / Location
  
- Appendix A 2008-09 Tournament Divisions
- Appendix B Entry Procedures
- Appendix C Conversion Factors

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CHANGES OR CLARIFICATIONS IN QUALIFYING OR ENTRY PROCEDURES FOR 2008-09

**SWIMMING ALERT**

1. Coaches should submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. Swimmers will be added after the automatic qualifiers until the 36<sup>th</sup> time is reached. The top 36 times in each swimming event will qualify to swim at trials including any ties for 36<sup>th</sup> place.  
  
Coaches can submit swimmers in a maximum of two individual events. Any swimmer entered in an individual event that does not make the top 36 seeding will be allowed to swim in up to three relay events. A coach may enter one relay team for each relay event.
2. THE CIAC REQUIRES ALL COACHES TO USE THE ELECTRONIC ENTRY FORM VIA THE PASSWORD-PROTECTED ONLINE ELIGIBILITY CENTER. YOUR PRINCIPAL HAS THE ENTRY CODE. SWIMMING AND DIVING ENTRIES MUST BE DONE ELECTRONICALLY. SWIMMING AND DIVING ENTRIES, DIVING FORMS AND THE OFFICIAL SWIMMING ENTRY FORM VERIFYING MEDICAL AND ACADEMIC ELIGIBILITY MUST BE DONE ELECTRONICALLY. ALL ENTRY INFORMATION MUST BE RECEIVED BY 4:00 P.M., MONDAY, MARCH 9, 2009.
3. At the divisional championships, there will be three (3) heats of eight (8) swimmers in the finals. Swimmers will be “locked” in their heats for the divisional finals.
4. The diving forms / score sheet must be completed electronically via the password-protected online eligibility center. The diving forms must be signed by both the diver (full name) and the coach at the time of the meet. In the divisional and Open championships, the six optional dives must have a total DD of 11.0. The diving proof sheet must be faxed to CIAC by 4:00 p.m. on Monday, March 9, 2009. The CIAC fax number is (203) 250-1345.
5. A coach or authorized individual must be present for the diving trials or the diver will not participate.
6. **AT ALL DIVISIONAL MEETS AND THE OPEN MEET, SWIMMERS, WHO ARE NOT PARTICIPANTS, ARE EXPECTED TO PAY AN ADMISSION FEE IN ORDER TO BE A SPECTATOR.**
7. The championships are considered one (1) meet from the trials through the Open Meet. A declared false start may be taken at the trials AND THE FINALS.
8. Schools may enter relays with a seed time but without swimmers’ names. Relay cards, listing the full names of the four swimmers designated to swim in the relay must be turned into the meet director, at the designated time, prior to the event.
9. **IN CASE OF INCLEMENT WEATHER – TO FIND OUT WHETHER THE EVENT HAS BEEN POSTPONED – CHECK OUR WEB SITE ADDRESS: [www.casciac.org](http://www.casciac.org)**
10. Participation in “outside” Meets – Swimmers of member schools may participate, as “unattached” individuals (not representing the school or on an outside team), in a maximum of four (4) “outside” meets per season (AAU, U.S., Boys & Girls Clubs, YMCA, etc.), choice of such outside meets to be made by swimmers with the approval of the swimmers school administration. Present weekly swimming limitations will be maintained (two meets per week, one of which may be one of the four allowable “outside” meets).

## 2008-09 NATIONAL FEDERATION SWIMMING RULE CHANGES

- Rule 2-4-3 When practical, the numbering of lanes should be from right to left as the swimmer stands facing the course.
- Rule 2-7-4 Requires a recall device be provided for recalling a race but no longer specifies a recall rope.
- Rule 3-3-4  
new penalty The penalty for a subsequent violation of the uniform/jewelry rules by the same competitor is disqualification in the heat/round and ineligibility for the remainder of the meet if not corrected. This is a change from the previous penalty of potential disqualification from the meet under unsporting conduct rules.
- Rule 4-2-2k Clarifies that when there is dual confirmation it is not the proper mechanic for the officials to raise their hand for a violation for relay takeoffs and the no-recall false start.
- Rule 6-3-4 In order to consider a potential timing system malfunction, there must now be a difference of more than 0.3 seconds between automatic and backup times.
- Rule 8-1-2 Clarifies on the backstroke start the competitor shall become stationary immediately after the starting command, "Take your mark," and is consistent with the starting procedure for the forward start.
- Rule 9-1-1f Clarifies the water depth for diving at any point 2 to 5 feet in front of the end of the board is 12 feet, with an exception for any pool constructed prior to January 1987 being 10 feet. This is just a reversal in order as new pools in which diving is conducted are to be 12 feet in depth.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2008-09 BOYS SWIMMING AND DIVING CHAMPIONSHIPS

1.0 DIVISIONS

The 2009 Boys Swimming and Diving Championships will be operated in four divisions. Placement of schools has been based on the boy enrollment in grades 9, 10, 11 and 12 as shown in 2007-2008 Membership. Only institutional members of the Conference may enter these championships.

LL Division - 860 and Over	M Division - 487 - 684
L Division - 685 - 859	S Division - Up to 486

2.0 QUALIFICATION STANDARDS

A. In order to qualify individuals must be members of a team which has had a minimum of four (4) dual meets with CIAC member schools and in addition must meet the following minimum standards. Individuals may compete in two (2) individual events and two (2) relays or in one (1) individual event and three (3) relays.

Qualifying standards for swimming and diving must be met in a CIAC or National Federation sanctioned meet.

B. Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. Swimmers will be added after the automatic qualifiers until the 36<sup>th</sup> time is reached. The top 36 times in each swimming event will qualify to swim at trials including any ties for 36<sup>th</sup> place.

Coaches can submit swimmers in a maximum of two individual events. Any swimmer entered in an individual event that does not make the top 36 seeding will be allowed to swim in up to three relay events. A coach may enter one relay team for each relay event.

2009 Championships – Automatic Qualification Times – All Divisions \*

	S	M	L	LL
200 Yd. Medley Relay	**	**	**	**
200 Yd. Freestyle	2:00.67	1:55.59	1:59.82	1:56.20
200 Yd. Ind. Medley	2:17.88	2:13.65	2:13.21	2:11.38
50 Yd. Freestyle	25.63	23.60	23.95	24.43
Diving (dual meets)	8.8 DD & 150 points			
100 Yd. Butterfly	1:03.79	58.71	58.43	1:02.84
100 Yd. Freestyle	55.62	52.54	52.47	53.08
500 Yd. Freestyle	5:38.46	5:18.10	5:15.51	5:19.74
200 Yd. Freestyle Relay	**	**	**	**
100 Yd. Backstroke	1:06.32	59.87	1:00.94	1:02.03
100 Yd. Breaststroke	1:14.37	1:07.91	1:08.97	1:08.53
400 Yd. Freestyle Relay	**	**	**	**

\* Automatic qualification times were derived by taking the average of the 16<sup>th</sup> place time in each divisional championship.

\*\* Indicates that each team is allowed one entry in the 200 Medley Relay, 200 Freestyle Relay and 400 Freestyle Relay without regard to a qualifying time.

\*\*\* The DD (degree of difficulty) stated above in the qualifying standards must be the total degree of difficulty for the five (5) optional dives done in a dual meet, that is in a six (6) dive program. The degree of difficulty of the voluntary dive is not to be counted. The required point total and the required DD must be done in the same meet.

A diver may also qualify for competition in the state championship using an 11 dive championship program. The diver must score at least 260 points.

Divers MUST prove that they have performed the combined DD and required points before they will be allowed to enter the championship trials.

*Proof of having met the requirements for entry into divisional competition must be submitted via fax by 4:00 p.m., Monday, March 9, 2009. The CIAC fax number is (203) 250-1345.*

- C. An individual or team may not compete in the championships unless accompanied by the coach or an authorized adult as noted on the principal's written authorization. If someone other than the coach accompanies the individual or team, he/she should indicate this to the meet director upon arrival at the site. This rule applies to the diving trials as well as the swimming trials.
- D. For both Class and Open meets, the total degree of difficulty for the six (6) optional dives on the 11 dive championship diving score sheet MUST meet the following requirements: LL -11.0; L - 11.0; M - 11.0; S - 11.0.
- E. The best twenty-four (24) performances in each event, at the trials, will qualify for Divisional Championships. Only the top four places in the first (slowest) heat will score. In divisional championship all heats are locked.
- F. The best twenty-four (24) swimming performances in each event from all the Divisional Championships combined will qualify for the Open Championship Meet. Any of the twenty-four (24) finalists can advance either by "scratches" or "better time" in the finals. The top twenty performances will score.
- G. FOR DIVING (STATE OPEN) THE TWENTY-FOUR (24) TOP SCORERS PLUS ANY DIVERS IN THE TOP THREE (3) OF EACH DIVISIONAL CHAMPIONSHIP MEET, NOT ALREADY INCLUDED IN THE TOP TWENTY-FOUR (24), WILL BE INVITED.
- H. A 25-minute break is scheduled between events #4 and #6 at the qualifying meets. A ten-minute break will occur between events #8 and #9.
- I. All meets shall be governed by the 2008-09 National Federation Swimming and Diving Rules.
- J. CIAC Interpretation of National Federation Rule on Championship and Consolation Heats: Open Meet -- "A finalist may advance."  
  
Declared false start: the championships are one (1) meet from the trials through the Open meet. A declared false start may be taken during the trials and finals. A competitor does not gain further eligibility once he has participated at any level of competition, cf rule 3-2-1. A competitor who declares a false start is considered to have participated in the event.
- K. Swimming warm-up will consist of both circle swimming and one-way sprints. There will be absolutely no diving into lanes designated for circle swimming.
- L. The decision of the Boys Swimming Committee relative to the operation of the Championships shall be final.

### 3.0 AWARDS

- A. Divisional Championship Meets -- Medals awarded for first SIX (6) places.
- B. Open Meet -- Medals awarded for first SIX (6) places.
- D. Team Award -- CIAC plaques will be given to each divisional and open team champion and runner-up.

#### 4.0 ADMISSION FEES FOR QUALIFYING, CLASS AND OPEN CHAMPIONSHIP MEETS

Children five (5) and under – Free; Senior Citizens (age 65 and older) – \$5.00;  
Students (grades 1-12) – \$5.00; Adults (All others not in the above categories) – \$7.00

Pre-sale tickets will be available for events which require advanced sales for proper management of the event. All pre-sale tickets will be sold at the above prices. There will be no discounting of pre-sale tickets.

**Supervision:** Team coaches (limit of two), athletic director, administrative personnel assigned to supervisory responsibilities and CIAC swimming officials with current membership card will be allowed free admission.

#### 5.0 QUALIFYING MEETS

**ALL FOUR DIVISIONS WILL HOLD THEIR DIVING TRIALS AND FINALS ON WEDNESDAY, MARCH 11, 2009 OR THURSDAY, MARCH 12, 2009. CLASS S AND CLASS M WILL HOLD THEIR COMPETITION ON MARCH 11. CLASS L AND CLASS LL WILL HOLD THEIR COMPETITION ON MARCH 12. CLASS LL, L AND S WILL BE HELD AT THE LOCATION OF THE DIVISIONAL SWIMMING TRIALS. THE CLASS M WILL BE HELD AT EAST LYME HIGH SCHOOL. THE WARM-UP WILL COMMENCE AT 3:30 P.M. AND THE COMPETITION WILL BEGIN AT 5:30 P.M. IF THERE IS A CANCELLATION OF THE DIVING BECAUSE OF INCLEMENT WEATHER ON EITHER MARCH 12 OR MARCH 13, 2009, DEPENDING ON THE DIVISION, THE COMPETITION WILL BE MOVED TO THE NEXT DAY.**

**IF THE SWIMMING TRIALS ARE CANCELED BECAUSE OF INCLEMENT WEATHER ON SATURDAY, MARCH 14, THE SWIMMING TRIALS WILL BE HELD ON SUNDAY, MARCH 15, 2009.**

LL -- March 14 -- Hamden High School, Hamden -- Swimming 3:30 p.m.  
Meet Director - Nate Hill, Hamden High School, Hamden 06514  
School: (203) 407-2040, Home: (203) 248-3232 Pool: (203) 407-2040 X 3005  
E-mail address is: [nhille210@sbcglobal.net](mailto:nhille210@sbcglobal.net)

L -- March 14 -- Yale University, New Haven -- Swimming 3:30 p.m.  
Meet Director - Todd Rainey, Amity Jr. High School, Orange  
School: (203) 397-4839 Home: (203) 539-0874  
E-mail address is: [j.rainey@snet.net](mailto:j.rainey@snet.net)

M -- March 14 -- Southern Connecticut State University -- Swimming 3:30 p.m.  
Meet Director - Jack Stabach, East Lyme High School 06333  
School: (860) 691-4681 Home (860) 443-8368  
E-mail address is: [jack.stabach@eastlymeschools.org](mailto:jack.stabach@eastlymeschools.org)

S -- March 14 -- Plainville High School, Plainville -- Swimming 3:30 p.m.  
Meet Director - Randy Doucette, Plainville High School  
School: (860) 793-3220, Home: (860) 675-3554 Pool: (860) 793-3220 X 523  
E-mail address is: [prdoucette@snet.net](mailto:prdoucette@snet.net)

All Divisions -- The warm-up for Swimming Trials will begin at 1:30 p.m.. THE DOORS TO THE POOLS WILL NOT OPEN BEFORE THAT TIME.

6.0 **CHAMPIONSHIP FINALS**

M - March 17 -- Wesleyan University - Freeman Center, Middletown  
Meet Director - Jack Stabach  
Warm-up 6:00 p.m. / Finals - 7:00 p.m.

S - March 17 -- Wesleyan University - Freeman Center , Middletown  
Meet Director - Randy Doucette  
Warm-up 2:00 p.m. / Finals - 3:00 p.m.

LL- March 17 -- Yale University - Kiputh Pool  
Meet Director -Nate Hill  
Warm-up 6:00 p.m. / Finals - 7:00 p.m.

L - March 17 -- Yale University - Kiputh Pool  
Meet Director - Todd Rainey  
Warm-up 2:00 p.m. / Finals - 3:00 p.m.

7.0 **OPEN CHAMPIONSHIP MEET**

March 19 -- Yale University - Kiputh Pool  
Meet Director - Bruce Jaffe, Fairfield Prep, Fairfield 06824  
School (203) 254-4200 ext. 2506 -- Home (203) 335-5860 --  
Pool: (203) 254-4000 ext. 3949

Swimming Warm-up 5:00 p.m. / Finals - 7:00 p.m.  
E-mail address is: [bjaffe@mail.fairfield.edu](mailto:bjaffe@mail.fairfield.edu)

**DIVING COMPETITION FOR THE OPEN WILL BE HELD AT YALE ON WEDNESDAY, MARCH 18, 2009. THE WARM-UP WILL BE HELD AT 4:00 p.m. AND COMPETITION WILL BEGIN AT 6:00 p.m. AT THE OPEN MEET ON THURSDAY, MARCH 19, 2009, THE TOP 6 DIVERS WILL DO THREE EXHIBITION DIVES.**

**THE DIVING WARM-UP FOR THE EXHIBITION DIVING AT THE OPEN WILL BEGIN AFTER THE COMPLETION OF THE 50 FREESTYLE.**

NOTE: Questions on swimming or diving rules should be referred to the CIAC Rules Interpreter -- Mr. George Ford  
(203) 374-1593.

APPENDIX A

2008-09 BOYS SWIMMING TOURNAMENT DIVISIONS

LL -- 860 and Over (20)

Bristol Central / Bristol Eastern **	1059
Danbury	1390
East Hartford	1014
Fairfield Prep.	893
Fairfield - Warde / Ludlowe **	888
Glastonbury	1022
Greenwich	1404
Hamden	1119
Manchester	1007
Meriden - Platt/Maloney **	942
Middletown - Xavier	897
Norwalk / Brien McMahon **	1545
Norwich Free Academy	1160
Shelton	895
Southington	1092
Stamford / Westhill **	1385
Trumbull	1001
West Haven	918
Westport - Staples	908
Windham / RHAM **	973

M Division --- 487 - 684 (20)

Avon	535
Berlin	566
Bethel	511
Branford	586
Brookfield	540
Darien	595
East Lyme	632
Groton - Fitch	684
Ledyard/Stonington **	672
Middletown	665
New Canaan	645
New Fairfield	501
Joel Barlow/Immaculate **	529
Torrington	664
Wallingford - Lyman Hall	553
Wallingford - Sheehan	496
Waterbury - Kennedy	630
West Haven - Notre Dame	671
Wethersfield	614
Wilton	650

L Division-- 685 - 859 (20)

Cheshire	859
Fermi/Enfield/Somers **	797
Farmington	718
Hartford - Bulkeley	763
Hartford Public	820
Monroe - Masuk	712
Naugatuck	755
New Milford	806
Newington	791
Newtown	857
North Haven/North Branford **	778
Ridgefield	854
Simsbury	841
Southbury - Pomperaug	715
Storrs - E.O. Smith/Tolland **	840
Stratford - Bunnell/Stratford	766
West Hartford - Conard	715
West Hartford - Wm. Hall	790
Windsor	816
Woodbridge - Amity Reg.	816

S -- Up to 486 (25)

Beacon Falls - Woodland Reg.	423
Burlington - Lewis Mills	389
Falls Village - Housatonic Valley	290
Granby Memorial	416
Hartford - Classical/University **	257
Higganum - Haddam-Killingworth	376
Litchfield	215
Litchfield - Wamogo Reg.	189
Milford - Foran	458
New London	448
Plainville	480
Rocky Hill	385
Seymour	421
Suffield	390
Uncasville - St. Bernard	198
Washington- Shepaug Valley	194
Waterbury - Sacred Heart	213
Waterbury - Holy Cross	396
Waterford	482
Watertown	486
West Hartford - N.W. Cath.	307
Weston	390
Winsted - Gilbert	202
Winsted - N.W. Reg.	307
Woodbury - Nonnewaug	383

Teams Less Than Four Members\*

South Windsor	861 (LL)
Madison - Daniel Hand	640 (M)
Guilford	563 (M)
Waterbury - Crosby	668 (M)
Windsor Locks	318 (S)
Cromwell	269 (S)
Canton	278 (S)
Manchester - East Catholic	394 (S)
East Granby	135 (S)

\*\* Cooperative Teams

\* Will compete in their respective division

## APPENDIX B

### CIAC BOYS SWIMMING CHAMPIONSHIPS

#### Entry Procedure

- A. Entry Fee: \$75.00 PER TEAM, PLUS \$7.00 per individual per event with a maximum of \$250.  
If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys swimming options in the password-protected online eligibility center.
- B. Entry forms and diving score sheets must be submitted via the password-protected online eligibility center NOT LATER THAN MONDAY, MARCH 9, 2009, 4:00 P.M.
- C. **LATE ENTRIES WILL NOT BE ACCEPTED.**

#### Entry Form Instructions

All names on the entry form must comply with the rules and regulations of the CIAC.

ALL DIVING ENTRIES WILL BE DONE ELECTRONICALLY via the password-protected online eligibility center. The diving information must be put on the diving score sheet. The diving form must be at CIAC headquarters by 4:00 p.m. on Monday, March 9, 2009. Confer with Rule 9-4-1 for order of dives and DD requirement. Entry forms for diving must be faxed to the CIAC (203) 250-1345) by Monday, March 9, 2009.

APPENDIX C

**25 YARD-METER AND 25 METER-YARD CONVERSION FACTORS**

MEN

	<u>Yard-Meter</u>	<u>Meter-Yard</u>
200 Medley Relay	1.115	0.8969
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.111	0.9001
50 Freestyle	1.119	0.8937
100 Butterfly	1.114	0.8977
100 Freestyle	1.111	0.9001
500 Yd/400 M Freestyle	0.8780	1.1391
500 Yd/500M Freestyle	1.100	0.9091
200 Free Relay	1.116	0.8961
100 Backstroke	1.111	0.9001
100 Breaststroke	1.110	0.9009
400 Freestyle Relay	1.114	0.8977

WOMEN

200 Medley Relay	1.116	0.8961
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.110	0.9009
50 Freestyle	1.115	0.8969
100 Butterfly	1.111	0.9001
100 Freestyle	1.112	0.8993
500 Yd/400 M Freestyle	0.877	1.1406
500 Yd/500 M Freestyle	1.100	0.9091
200 Free Relay	1.117	0.8953
100 Backstroke	1.111	0.9001
100 Breaststroke	1.112	0.8993
400 Freestyle Relay	1.114	0.8977

## **BOYS SWIMMING TOURNAMENT FORMS LISTING**

All tournament forms must be submitted via the online eligibility center section of the CIAC website located at <http://www.casciac.org/elig/eligibility.cgi>. This area of the site requires the school's username and password for entry.

Worksheets for collecting the information needed to submit the online forms can be found on the following pages. These worksheets are intended for giving to coaches to provide information for submission to the school officials who will be filing the information online. Under no circumstances will printed forms be accepted in lieu of submissions via the eligibility center.

The following forms must be submitted for the sport of boys swimming:

1. Entry List\*
2. Seeding Sheet\*
3. Diving Scoresheet

\* For these forms, you may find it easier to print out a copy of the actual web form, instead of using the worksheet, since the web form will be filled in with your eligible players and/or game schedule. Any form in the online eligibility center can be printed without being submitted.



# CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

**Athletic Director:**

**Home Phone:**

**Certifying Medical Official:**

**This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center.  
Under no circumstances will printed forms be accepted in lieu of online submissions.**



# CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

**Head Coach:**

**Home Phone:**

**This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center.  
Under no circumstances will printed forms be accepted in lieu of online submissions.**

# CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

**FORM:** Boys Swimming Diving Scoresheet

**MENU:** Swimming (Boys) → Submit Diving Form

## INFORMATION REQUIRED:

**Name:**

<b>Dive Order</b>	<b>Dive Number</b>	<b>Voluntary or Optional</b>	<b>Dive Description</b>	<b>D.D.</b>
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				

**Head Coach:**

**Home Phone:**

This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center. Under no circumstances will printed forms be accepted in lieu of online submissions.