

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345  
www.casciac.org



**2012 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) 254-4200 x 3949

**Boys Swimming Coaches Chair**

Rick Lewis  
Westhill High School  
Stamford, CT 06902  
lewisshark@aol.com

**CAAD Consultant - Boys Swimming**

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

**IMPORTANT DATES**

November 28, 2011	First Practice Date
December 14, 2011	Date of First Contest
March 3, 2012	Last Date to Count
March 5, 2012	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 eleven (11) sections.

- 1.0 Alert Page
- 2.0 National Federation Rule Changes
- 3.0 Tournament Rules and Procedures
- 4.0 Team Entry Fees / Admission Fees
- 5.0 Scoring / Awards
- 6.0 Officials
- 7.0 Protests
- 8.0 Entry Procedures
- 9.0 Divisions
- 10.0 Qualifying Standards
- 11.0 Dates / Sites / Times / Meet Directors

Appendix A – Conversion Factors

Appendix B – Concussion Management and Return to Play Requirements

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

**QUALIFYING OR ENTRY PROCEDURES FOR 2011-12**

1.0 SWIMMING ALERTS

- 1.1 **Booklet has been rearranged and all coaches are advised to read it over carefully.**
- 1.2 Federation guidelines for warm-up procedure to be followed when practical.
- 1.3 Scoring for divisional championships/ Open has been altered.
- 1.4 At all meets (diving, trials, divisional finals and Open) team members who are not participants are expected to pay an admission fee in order to be a spectator.
- 1.5 Admission will be charged for all tournament meets including diving.
- 1.6 Schools will be fined \$50 for each signed diving proof sheet not faxed on time to CIAC (203) 250-1345. Under no circumstances will divers be allowed to dive until the proof sheets are provided to officials.
- 1.7 In diving the twenty-four (24) top divers plus any divers in the top three (3) of each divisional championship not already included in the top twenty-four (24) will automatically qualify for the State Open Championship Meet. Also, any diver whose score from the divisional championships exceeds the lowest automatic qualifying score will be added to the State Open Meet.
- 1.8 A team or one person team may not compete in the tournament unless accompanied by a certified coach. If a coach other than the one on the official entry form will represent a team or one person team then the newly designated coach must report to the meet director before the meet begins and present a letter from the school principal or principal's designee acting for the school administration, designating this certified coach as the school coach.
- 1.9 There will be one length of swim down after each heat of an event during all tournament meet trials, finals and Open except that there will be no swim down after the 50 free and relays.
- 1.10 Entry fees will be charged for relays.
- 1.11 Entry fees will be returned for individuals not accepted into the meet.
- 1.12 Coaches should bring proof of swimming entry times to the swimming trials. The proof may be requested at the discretion of the meet referee or meet committee.
- 1.13 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.
- 1.14 Coaches may 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.
- 1.15 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.
- 1.16 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.

- 1.17 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.
- 1.18 IN CASE OF INCLEMENT WEATHER – THE FIND OUT WHETHER THE EVENT HAS BEEN POSTPONED – CHECK OUR WEB SITE ADDRESS: [www.casciac.org](http://www.casciac.org)

## 2.0 NATIONAL FEDERATION RULE CHANGES

### **Thoroughly read the National Federation rule book.**

- 2-7-2b Chart: Only in-water starts may be used when the water depth is 3½ feet to less than 4 feet.
- 4-1- New 4: Once the meet competition is concluded, the referee continues to maintain clerical responsibilities through the completion of any required reports or correspondence related to action occurring during the meet. If necessary, the state association may intercede due to unusual incidents after officials' jurisdiction ends or the meet is terminated prior to conclusion of regulation competition.
- 9-2-2: The order of divers in meets conducted under championship format are determined by lot or by seeding based on the divers previous 11 diver score.
- 9-4 Diving Table: Changes the degree of difficulty for twisting dives 5126D – 2.8; 5136D – 3.1 and 5227D – 3.2
- 9-5-2: A diver's forward approach may contain steps, hops, leaps and/or jumps between the initial three steps and culminating hurdle.
- 9-5-6 Note: Flying dives demonstrating one and one half somersaults require the straight position to be maintained until the body has rotated to the vertical position.

### Editorial Changes

- 3-3 New 2: Defines the uniform as one suit and if worn, cap(s). Reorganizes the rules to a list format so easier to follow.
- 3-3-4 new Note: Clarifies the authority and criteria for the state association to authorize exceptions to the competition rules to provide a reasonable accommodation to individual participants.
- 3-3-5: Deletes the reference to illegal attire as it is covered under Rules 3-3-1 and 3-3-2.
- 4-1 new 2: Places the authority and responsibilities of the meet committee in its own article to make it easier to locate within the rules.
- 6-4-1: Eliminates unnecessary language and clarifies the process of time integration.

### 2011-12 Points of Emphasis

Pre-meet conference with coaches and captains  
Forward approach in diving

### 3.0 TOURNAMENT RULES AND PROCEDURES

- 3.1 **Rules** – All meets shall be governed by the 2011-12 National Federation Swimming and Diving Rules. (Exceptions – State Open meet where participants are not locked into heats and scoring system for divisional finals and open.)  
CIAC Interpretation of National Federation Rule on Championship and Consolation Heats – Open Meet – “A finalist may advance.”
- 3.2 **Coaches** – 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. (This must be presented to the meet director upon arrival.) If someone other than the coach accompanies the individual or team, he/she must indicate this to the meet director upon arrival at the site. This rule applies to the diving trials as well as the swimming trials.
- 3.3 **Trials, Final, Open – One Meet** – The championships are one (1) meet from the trials through the Open meet. A declared false start may be taken during trials, finals or Open. A competitor does not gain further eligibility once they have competed at any level of competition (rule 3-2-1). A competitor who declares a false start is considered to have participated in that event for the duration of the championship meets.
- 3.4 **Declared False Start** – Declared false starts are permitted in trials, finals and Open. At finals or Open when there is a declared false start or scratch the alternate will be added and the event will be re-seeded. When possible, meet directors should be advised prior to the seed meeting that a swimmer, diver or relay will not compete in order to enter alternates at finals and Open.
- 3.5 **CIAC Swimming Committee** – The decision of the Boys Swimming Committee relative to the operation of the Championships shall be final.
- 3.6 **Ineligible Competitor** – When it is discovered that an ineligible competitor participates in a CIAC individual type tournament / meet / match, the competitor will be disqualified from the competition and his/her last opponent will advance in his/her place. Teammates of the ineligible competitor, except relay teammates remain in the competition and score points for their team. Team points earned by the ineligible competitor will be subtracted from the team’s total score. Team rankings will be readjusted if warranted. Opponents eliminated prior to the last competition may not re-enter the tournament. This applies to the following CIAC sports: swimming, wrestling, indoor track, outdoor track, tennis, cross country, golf.
- 3.7 **Coach Ejection** – When a member school’s coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaced the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.
- 3.8 **Coaches Meeting** – At least one coach from each school must attend the coaches meeting which will be held 30 minutes before the scheduled start of the meet.
- 3.9 **Warm-up Procedure for All CIAC Meets** – Teams will be assigned by the meet director to specific lanes at specific times depending on the number of participants in the meet and the number of lanes available. Every attempt will be made to follow the National Federation Guidelines for warm-ups. 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.
- 3.10 **Breaks** – At all state meets, i.e. divisional trials and finals and the Open, there will be 25-minute break between events #4 and #6 and a ten-minute break between events #8 and #9.

- 3.11 **Shaving Down** – Shaving down at the meet sites is prohibited during regular season meets and CIAC Championship Meets. Violators will be disqualified from the meet. Application of substances to the body is never to be done on the pool deck. Meet directors will designate the only area where such substances may be applied. Substances applied must be dry before swimmer may leave the application area.
- 3.12 **Participation in “Outside” Meets** – Swimmers of member schools may participate as “unattached” individuals (not representing the school or 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 approval of the swimmers school administration. Present weekly swimming limitation will be maintained (three meets per week except for first and last week of the season one of which may be one of the four allowable “outside” meets).
- 3.13 **Use of Tobacco Products** – Use of tobacco products or possession of alcoholic beverages of any kind including champagne are not permitted on the field of competition, within the stands, or the parking lot at which a tournament game is scheduled.
- 3.14 **Inclement Weather** – In case of inclement weather check the web site – [www.casciac.org](http://www.casciac.org) – to find out if the event has been postponed.
- 3.15 **Electronic Sound Equipment** – All electronic sound equipment such as radios, stereos and tape players are prohibited at all times.
- 3.16 **Designated Areas** – Coaches and athletes entered in the meet are to remain in the area designated for them by meet management or referee. Violators are subject to disqualification or ejection. This rule will be rigidly enforced.

#### 4.0 ENTRY FEES AND ADMISSION FEES

- 4.1 **Entry Fee** -- \$75 per team, plus \$7 per event (including relays) with a maximum of \$250 made payable to CIAC. 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.
- 4.2 **Admission Fee** \* – Diving, Qualifying, Championship and Open Meets (\*Subject to change depending on venue)
- Child five (5) and under – Free;      \$5.00 Students (grades 1-12);      \$5.00 Senior Citizens (age 65 and older);      \$8.00 Adults (all others not in the above categories)
- 4.3 **Passes** – During the championships only the following passes will be honored at each site.
- Head varsity swimming coach may request one pass from CIAC. (A returned self-addressed stamped envelope is required.)
  - Principal (or designee) of participating schools with CAS membership card.
  - Press Card.
  - CIAC Swimming Officials membership card.
  - No other complimentary admissions will be permitted.
- 4.4 **Team Members** – Team members not participating in a meet (trials, finals or Open) must pay an admission fee.
- 4.5 **Supervision** – Team coaches (limit of three), athletic director and administrative personnel assigned to supervisory responsibilities will be allowed free admission.

## 5.0 SCORING AND AWARDS

- 5.1 **Divisional Finals and Open** – This is the scoring for all divisional finals and the Open. This scoring will be used whether competitions are held in six or eight lane pools.

**For Individual Events:**

1<sup>st</sup> – 12<sup>th</sup> -- 28, 25, 24, 23, 22, 21, 20, 19, 18, 17, 16, 15

13<sup>th</sup> – 24<sup>th</sup> -- 13, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Double for all Relays

5.2 **Awards**

**Division Championship Meets** – Medals awarded for first six (6) places.

**Open Meet** – Medals awarded for first six (6) places.

**Team Award** – CIAC plaques will be given to each divisional and Open meet champion and runner-up.

## 6.0 OFFICIALS

- 6.1 **Selection of Officials** – Coaches may recommend officials for both the swimming championships and the diving championships. Coaches may recommend up to ten (10) officials for the swimming championships and five (5) officials for the diving championships, and each coach may list two (2) officials for the swimming championships and two (2) for the diving championships that they do not recommend to work those events. Those names may be filed on the CIAC Eligibility Center from February 9-23, 2012. Those recommendations along with recommendations from the various swimming boards will be utilized in the assignment of officials for the championships.

- 6.2 **Meet Directors** – Meet directors are responsible for assigning timers, scorers and computer operators, etc. in accordance with the number and types listed in the most current CIAC handbook.

- 6.3 **Meet Committee** – A meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during the meet. Judgment calls are not subject to review by the committee. The decision of the meet committee is final.

- 6.4 **Timers** – In a meet where six lanes are used every team with a 400 yd. free relay team must supply a qualified timer for the entire meet. In a meet where eight lanes are used each team with three relays competing must supply a second qualified timer for the entire meet. The qualified timers with a watch must report 15 minutes before the scheduled start of the meet. The meet director may assign teams to a specific lane.

- 6.5 **CIAC Rules Interpreter** – Questions on Swimming or diving rules should be referred to the CIAC Rules Interpreter – Mr. Jim Agli (203) 758-5873 – email – [gymagli@yahoo.com](mailto:gymagli@yahoo.com)

## 7.0 PROTESTS

- 7.1 **Tournament** – On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of the CIAC and the Chairman of the Tournament Committee in question, in consultation with the CIAC Swimming/Diving Interpreter will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.

- 7.2 **Decisions by Game Officials** – Protests arising from judgment calls by officials during the contests will not be allowed. Protests arising from misinterpretation or misapplication of the National Federation or CIAC rules by officials or others will be considered. The record of the official scorekeeper at the conclusion of the contest is final unless an administrative error is discovered. Such errors will be corrected as covered by specific contest rules.

## 8.0 ENTRY PROCEDURES

- 8.1 **Entry Form** – All names on the entry form must comply with the rules and regulations of the CIAC. Entry forms and diving score sheets must be submitted via the password-protected online eligibility center NOT LATER THAN 4:00 P.M., MONDAY, MARCH 5, 2012. Anyone not listed cannot compete. All problems must be resolved before the entry deadline. Late entries will not be accepted. Schools may put their entries on at any time before the deadline and do not have to wait until the deadline.
- 8.2 **Seeding and Event Sheet** – The seeding and event sheet must be presented before entries become official. It must indicate what events each swimmer is entered in and the seeding time and date for each event or highest score for diving. It must also insure that no swimmer is in more than two (2) individual events. (Diving is an individual event.) No swimmer may actually swim in more than four (4) events, no more than two of which may be individual events. No more than three (3) of which may be relay events. Trials, finals and Open are considered one meet. Only names on the seeding and event sheet may compete. All names on the entry form must comply with the rules and regulations of the CIAC.
- 8.3 **Diving Entries** – 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 5, 2012. Confer with Rule 9-4-1 for order of dives and DD requirement.

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. 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 5, 2012. The CIAC fax number is (203) 250-1345.**

**A coach/authorized individual must be present for diving trials or the diver may not participate.**

- 8.4 **Names on Relays** – Names of the four competing swimmers, designating the lead off swimmer, must be on a 3 x 5 card and turned in at the start of the specific relay event. (Prior to the first heat.) An individual does not become a relay participant until they swim in the event.
- 8.5 **CIAC Late Entry Policy** – No entries will be accepted after the scheduled deadline except those approved by the CIAC Board of Control. Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed \$50 per correction to a maximum of \$250. All requests for corrections must be submitted on a support ticket via the online eligibility center. No phone requests will be considered. Diving proof sheets that arrive after the Monday, March 5, 2012, 4:00 p.m. deadline will be assessed a \$50 fine.
- 8.6 **Tournament Regulation Violations** – If a school fails to comply with tournament regulations and such failure to comply requires the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation of \$500 will be imposed upon the school before entry into the tournament will be allowed.

## 9.0 DIVISIONS

- 9.1 **Placement** – Only institutional members of the Conference may enter the tournament which will be in four (4) divisions. Placement of schools has been based on the boy enrollment in grades 9-12 as shown in the 2010-11 membership.

LL Division – 855 and over  
L Division – 669 – 854

M Division – 473 – 668  
S Division – Up to 472

**LL – 855 and over** (20)

Bristol Eastern / Central / St. Paul *	1098
Danbury	1471
East Hartford	882
Fairfield Prep.	907
Glastonbury	1081
Greenwich	1438
Hamden	1004
Manchester	958
Meriden – Platt / Maloney *	969
Middletown – Xavier	875
Newtown	866
Norwich Free Academy	1124
Ridgefield	893
Simsbury	855
Southington	1008
Stamford – Westhill / Stamford *	1561
Trumbull	1014
Westport – Staples	940
Windham / RHAM *	1018
Woodbridge – Amity	868

**L – 669 – 854** (21)

Cheshire	825
Darien	669
Fairfield – Ludlowe / Warde *	816
Farmington	674
Hartford – Bulkeley	697
Hartford Public	777
Middletown	699
Naugatuck	699
New Milford	761
Newington	749
Norwalk	749
Shelton	770
South Windsor	833
Southbury – Pomperaug	722
Storrs -E.O. Smith / Tolland *	702
Stratford – Bunnell / Stratford *	727
Waterbury – Kennedy	709
West Hartford – Conard	794
West Hartford – Wm. Hall	793
West Haven	802
Windsor	686

\*Cooperative Teams (Calculated by CIAC formula)

**Teams With Less than Four Members** (Will compete in respective division as indicated by enrollment)

Canton	270	East Catholic	309
Cheney	510	Brien McMahon	828
Cromwell	289	O'Brien Tech.	384
Derby	215	Oxford	324
East Granby	145	Crosby	748
Guilford	546	Windsor Locks	279
Jonathan Law	487	Wolcott	454

**M – 473 – 668** (22)

Avon	548
Berlin	503
Branford	552
Brookfield	500
East Lyme	589
Groton – Fitch	630
Ledyard / Stonington *	590
Madison – Daniel Hand	587
Milford – Foran	473
Monroe – Masuk	648
New Canaan	652
New Fairfield	482
New London	540
North Haven / North Branford *	657
Torrington	567
Wallingford – Lyman Hall	509
Wallingford – Sheehan	481
Waterford	494
Watertown	477
West Haven – Notre Dame	619
Wethersfield	593
Wilton	657

**S – Up to 472** (25)

Beacon Falls – Woodland	398
Bethel	465
Burlington – Lewis Mills	418
Danbury – Immaculate	169
East Windsor	194
Falls Village – Housatonic Valley	258
Granby Memorial	391
Hartford – Classical / University *	398
Higganum – Haddam Killingworth	360
Litchfield	170
Litchfield – Wamogo	169
Plainville	398
Redding – Joel Barlow	461
Rocky Hill	386
Seymour	322
Suffield	406
Uncasville – St. Bernard	161
Washington – Shepaug Valley	183
Waterbury – Holy Cross	378
Waterbury – Sacred Heart	186
West Hartford – N.W. Catholic	286
Weston	380
Winsted – Gilbert	146
Winsted – N.W. Reg.	377
Woodbury – Nonnewaug	405



## 10.0 QUALIFYING STANDARDS

10.1 **CIAC Member Schools** – 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 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.

10.2 **Automatic Qualifying Times** (Automatic qualification times were derived by taking the average of the 20<sup>th</sup> place time in each divisional trial, returning swimmers after divisions are adjusted.)

	<u>S</u>	<u>M</u>	<u>L</u>	<u>LL</u>
200 Yd. Medley Relay		Automatic		
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	24.99	23.60	23.95	24.43
Diving	--	<u>Dual Meets</u> – 9.0 DD & 160 points or <u>Championship Meets</u> – 240 points on 11 dives and 11.0 DD. The 11.0 DD is for the six optional dives in the 11 dive program.		
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		Automatic		
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		

10.3 **Relays** – Each team is allowed one entry in each relay event – 200 Medley, 200 Freestyle, 400 Freestyle Relay – without regard to qualifying time.

10.4 **Swimmers that Do Not Meet Automatic Qualifying Times** – Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. All swimmers who meet the automatic qualifying time will swim. If fewer than 36 swimmers meet the automatic qualifying time additional swimmers will be added until the 36<sup>th</sup> time is reached, in which case the top 36 times, including any ties for 36<sup>th</sup> place, will qualify to swim at trials. Only those in the top 36 will be charged an entry fee.

10.5 **Number of Events Per Swimmer** – Coaches may 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.

10.6 **Divers Qualifying** – 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 – All divisions – 11.0.

The DD (degree of difficulty) stated 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.

10.7 **Proof of Swimming Times** – Coaches must bring proof of the submitted swimming qualifying times to the swimming trials. The meet referee or meet committee may request this proof at these meets.

10.8 **Qualifying For Divisional Meet** – The best twenty-four (24) swimming performances in each event, at the trials, will qualify for Divisional Championships. In divisional championship all heats are locked.

- 10.9 **Open Championship** – 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. (Alternates will be added when vacancies exist due to scratches or declared false starts.)
- 10.10 **Open Diving Championships** – 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 automatically qualify for the State Open Meet.
- 10.11 **Alternates** – There will be two alternates for each divisional and Open championship meet. There will be no alternates for the top 36 at trials.

## 11.0 **DATES / SITES / TIMES / MEET DIRECTORS**

- 11.1 Member schools may start practice on but not before November 28, 2011.
- 11.2 Member schools may hold the first meet on but not before December 14, 2011.
- 11.3 Weekly limitations – 2 per week \* -- Exception – May schedule three (3) contests in a week three (3) times during the regular season, excluding the first and last weeks.
- 11.4 Last date to count for the tournament – March 3, 2012.

### 11.5 **Swimming Trials**

- |    |          |   |
|----|----------|---|
| LL | March 10 | Hamden High School, Hamden – Swimming 3:30 p.m.<br>Meet Director – Nate Hill, Hamden High School, Hamden 06514<br>School (203) 407-2040 / Home (203) 248-3232 / Pool (203) 407-2040 x 3005<br>E-mail address – <a href="mailto:nhill210@sbcglobal.net">nhill210@sbcglobal.net</a> |
| L  | March 10 | East Hartford High School, East Hartford – Swimming 3:30 p.m.<br>Meet Director – John Smachetti, Conard High School, West Hartford<br>Home (860) 582-7272 / Cell (860) 712-8824<br>E-mail address – <a href="mailto:smachetti@sbcglobal.net">smachetti@sbcglobal.net</a>          |
| M  | March 10 | Masuk High School, Monroe – Swimming 4:30 p.m.<br>Meet Director – Scott Butler, Branford<br>School: (203) 453-2741 Home: (203) 488-8317<br>E-mail address – <a href="mailto:redsox98@sbcglobal.net">redsox98@sbcglobal.net</a>  |
| S  | March 10 | Plainville High School, Plainville – Swimming 3:30 p.m.<br>Meet Director – Randy Doucette, Plainville High School<br>School (860) 793-3220 / Home (860) 675-3554 / Pool (860) 793-3220 x 523<br>E-mail address – <a href="mailto:prdoucette@snet.net">prdoucette@snet.net</a>     |

All Divisions – The warm-up for swimming trials will begin at 1:30 p.m. (2:30 p.m. for Class M).  
THE DOORS TO THE POOLS WILL NOT OPEN BEFORE THAT TIME.

## 11.6 Diving Trials and Finals

- S March 7 Plainville High School, Plainville – Warm-up 3:30 p.m. / Competition 5:30 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 – [prdoucette@snet.net](mailto:prdoucette@snet.net)
- M March 7 East Lyme High School, East Lyme – Warm-up 3:30 p.m. / Competition 5:30 p.m.  
Meet Director – Jack Stabach, East Lyme High School  
School (860) 691-4681 / Home (860) 443-8368  
E-mail – [jack.stabach@eastlymeschools.org](mailto:jack.stabach@eastlymeschools.org)
- L March 7 Hamden High School – Warm-up 3:30 p.m. / Competition 5:30 p.m.  
Meet Director – Gil Cyr, Hamden High School  
School (203) 407-2040 / Home (203) 288-2967  
E-mail – [gilmancyr@sbcglobal.net](mailto:gilmancyr@sbcglobal.net)
- LL March 8 Hamden High School, Hamden – Warm-up 3:30 p.m. / Competition 5:30 p.m.  
Meet Director – Gil Cyr, Hamden High School  
School (203) 407-2040 / Home (203) 288-2967  
E-mail – [gilmancyr@sbcglobal.net](mailto:gilmancyr@sbcglobal.net)

IF THERE IS A CANCELLATION OF THE DIVING BECAUSE OF INCLEMENT WEATHER ON EITHER MARCH 7 OR MARCH 8, 2012, DEPENDING ON THE DIVISION, THE COMPETITION WILL BE MOVED TO THE NEXT DAY.

IF THE SWIMMING TRIALS ARE CANCELLED BECAUSE OF INCLEMENT WEATHER ON SATURDAY, MARCH 10, THE SWIMMING TRIALS WILL BE HELD ON SUNDAY, MARCH 11, 2012.

## 1.7 Swimming Championship Finals

- M March 13 Wesleyan University – Freeman Center, Middletown  
Meet Director – Scott Butler  
Warm-up 2:15 p.m. / Finals 3:00 p.m.
- S March 13 Wesleyan University – Freeman Center, Middletown  
Meet Director – Randy Doucette  
Warm-up 6:30 p.m. / Finals 7:15 p.m.
- LL March 14 Wesleyan University – Freeman Center, Middletown  
Meet Director – Nate Hill  
Warm-up 2:15 p.m. / Finals 3:00 p.m.
- L March 14 Wesleyan University – Freeman Center, Middletown  
Meet Director – John Smachetti  
Warm-up 6:30 p.m. / Finals 7:15 p.m.

## 1.8 Open Diving Championship

- March 15 Hamden High School, Hamden  
Warm-up 4:00 p.m. / Competition 6:00 p.m.  
Meet Director – Gil Cyr, Hamden High School  
School (203) 407-2040 / Home (203) 288-2967  
E-mail – [gilmancyr@sbcglobal.net](mailto:gilmancyr@sbcglobal.net)

## 1.9 Open Swimming Championship

March 17      Yale University – Kiputh Pool  
Meet Director – Bruce Jaffe, Fairfield Prep. High School, Fairfield 06824  
School (203) 254-4200 x 2506    /    Home (203) 335-5860  
Pool (203) 254-4200 x 3949  
E-mail – [bjaffe@fairfieldprep.org](mailto:bjaffe@fairfieldprep.org)

### APPENDIX A

#### 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. / 400M 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. / 400M Freestyle	0.877	1.1406
500 Yd. / 500M 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

## CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

### CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

#### “WHEN IN DOUBT – SIT IT OUT”

*A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).*

#### **PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION**

**– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.**

**1. Signs of a concussion may include (what the athlete looks like):**

- Confusion / disorientation / irritability
- Trouble resting / getting comfortable
- Lack of concentration
- Slow response / drowsiness
- Incoherent / slurred speech
- Slow / clumsy movements
- Loss of consciousness
- Amnesia / memory problems
- Act silly / combative / aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless / irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate / inappropriate reactions
- Balance problems

**2. Symptoms of a concussion may include (what the athlete reports):**

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Over sensitivity to sound / light / touch
- Ringing in ears
- Feeling foggy or groggy

**Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.**

#### **PART II – RETURN TO PARTICIPATION (RTP)**

**– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.**

#### **Concussion management requirements:**

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well-defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity\*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

**Medical Clearance RTP Protocol (Recommended one full day between steps)**

<b>Rehabilitation stage</b>	<b>Functional exercise at each stage of rehabilitation</b>	<b>Objective of each stage</b>
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

\* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to their medical provider.

**References:**

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.  
<http://www.nfhs.org>
2. McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport held in Zurich, November 2008. *Clinical Journal of Sport Medicine*: May 2009 - Volume 19 - issue 3 - pp 185-200  
[http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus\\_Statement\\_on\\_Concussion\\_in\\_Sport\\_3rd.1.aspx](http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx)
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.  
[http://www.cdc.gov/NCIPC/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm).
4. U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches\\_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)
5. American Academy of Pediatrics – Healthychildren. *Symptom Check: Head Injury*. Retrieved on June 16, 2010. [Http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx](http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx)

**Resources:**

- ☛ Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010. <http://www.cdc.gov/TraumaticBrainInjury/index.html>
- ☛ Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.