

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, CT 06410

***2009 GIRLS SWIMMING AND DIVING CHAMPIONSHIPS***

CIAC Committee Chairman

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THE GIRLS SWIMMING TOURNAMENT INFORMATION IS ARRANGED IN TEN (10) SECTIONS.

**1.0 DIVISIONS**

**2.0 DATES/SITES/TIMES/MEET DIRECTORS**

**3.0 ENTRY PROCEDURES**

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SEEDING & EVENT FORM**

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### Swimming & Diving Rule Change – 8.11.09

- 3-3-2 NEW** Suits worn by swimmers shall be limited to the following requirements:
- a. only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.)
  - b. the swimsuit shall be:
    1. constructed of a woven/knit textile material;
    2. permeable (100 percent to air and water);
    3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
    4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings); and
    5. constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

**Penalty (For ART. 2):** When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:

1. when reporting prior to the start of the heat, notify the competitor to make legal the swimsuit before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit;
2. when the competitor has stepped up on the starting platform but prior to the starting device being activated, direct the competitor to “Step down,” disqualify the competitor from that event and he/she shall not be eligible for further competition until in a legal swimsuit;
3. when the starting device has been activated, disqualify the competitor at the completion of the heat; nullify the competitor’s performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

**Rationale:** Technical swimsuits were introduced to the world of swimming approximately two years ago. The advanced technology fundamentally altered the sport, and swimwear became more of a piece of equipment as opposed to a uniform. The rules of swimming have always prohibited the wearing or use of an item that would aid in the swimmer’s speed or buoyancy. The technical suits have evolved with little or no regard for these basic rules. In order to preserve

the integrity, tradition and heritage of the sport, as well as protect and enhance the interscholastic swimming program, the new requirements and restrictions on swimwear are necessary to promote the educational values of high school athletics by promoting fair play. The immediate implementation date will guarantee fairness in competition throughout the high school swimming seasons and allow the meet officials to fairly and consistently enforce the rule.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410

2009 GIRLS SWIMMING & DIVING CHAMPIONSHIPS

TOURNAMENT ALERT

- There will be a swim down lap after each heat in all pools without separate warm-up and warm-down lanes.
- In facilities without warm-up and warm-down lanes, there will be a second 10 minute warm-up after the 500 yard freestyle.
- Note that entry fees will be charged for relay entrants. Entry fees will be refunded for individuals not accepted into a meet.
- The 2009 tournament (divisional and open meets) will be scored in 24 places:

Scoring for Girls Championships – 8 Lane Pools

1 <sup>st</sup> place – 30 points	9 <sup>th</sup> place – 19 points	17 <sup>th</sup> place – 9 points
2 <sup>nd</sup> place – 27 points	10 <sup>th</sup> place – 17 points	18 <sup>th</sup> place – 7 points
3 <sup>rd</sup> place – 26 points	11 <sup>th</sup> place – 16 points	19 <sup>th</sup> place – 6 points
4 <sup>th</sup> place – 25 points	12 <sup>th</sup> place – 15 points	20 <sup>th</sup> place – 5 points
5 <sup>th</sup> place – 24 points	13 <sup>th</sup> place – 14 points	21 <sup>st</sup> place – 4 points
6 <sup>th</sup> place – 23 points	14 <sup>th</sup> place – 13 points	22 <sup>nd</sup> place – 3 points
7 <sup>th</sup> place – 22 points	15 <sup>th</sup> place – 12 points	23 <sup>rd</sup> place – 2 points
8 <sup>th</sup> place – 21 points	16 <sup>th</sup> place – 11 points	24 <sup>th</sup> place – 1 point

Scoring for Girls Championships – 6 Lane Pools

1 <sup>st</sup> place – 32 points	7 <sup>th</sup> place – 23 points	13 <sup>th</sup> place – 15 points	19 <sup>th</sup> place – 7 points
2 <sup>nd</sup> place – 29 points	8 <sup>th</sup> place – 21 points	14 <sup>th</sup> place – 13 points	20 <sup>th</sup> place – 5 points
3 <sup>rd</sup> place – 28 points	9 <sup>th</sup> place – 20 points	15 <sup>th</sup> place – 12 points	21 <sup>st</sup> place – 4 points
4 <sup>th</sup> place – 27 points	10 <sup>th</sup> place – 19 points	16 <sup>th</sup> place – 11 points	22 <sup>nd</sup> place – 3 points
5 <sup>th</sup> place – 26 points	11 <sup>th</sup> place – 18 points	17 <sup>th</sup> place – 10 points	23 <sup>rd</sup> place – 2 points
6 <sup>th</sup> place – 25 points	12 <sup>th</sup> place – 17 points	18 <sup>th</sup> place – 9 points	24 <sup>th</sup> place – 1 point

NOTE: Relay event scoring is double that of individual events.

- There will be one length of swim down after each heat of an event during all tournament meet trials and finals.
- Since certain facilities do not have a warm-up, warm-down facility, there should be a second 10-minute warm-up between events #8 and #9.
- All procedures for tournament meets should be uniform across all divisions and stated clearly in the tournament packet.
- A team or one person team may not compete in the tournament unless accompanied by a certified coach. If a certified coach, other than the one on the official entry form, will represent a team or one person team then the newly designated certified coach must report to the meet director before the meet begins and present a letter from the school principal designating this certified coach as the school representative.

## 2009-10 NATIONAL FEDERATION SWIMMING RULE CHANGES

- 2-7-9 It is no longer required, but is recommended the meet score be posted and/or announced throughout the meet.
- 3-3-1 Requires the wearing of a one piece competitive suit.
- 4-1-5 Allows swimming and diving officials to dress uniformly in attire, other than all white, as approved by the state association.
- 4-3-1b New  
NOTE Prohibits the use of a pistol capable of discharging live ammunition for use as the sounding device.
- 8-1-2 Permits the competitor to place his/her feet on the end wall, out of the water at the backstroke start, as long as the feet, including the toes, are not above or curling over the lip of the gutter or pool edge.
- 8-1-7 Clarifies how a swimmer legally finishes a race when a touch pad has been dislodged and moved out of its proper position on the end wall.
- 8-3-5 New  
NOTE 2 Defines a legal start for the second, third and fourth swimmers of a relay team when an in-water start was used.
- 8-3 New 8 Establishes the requirements for the first leg of a relay to be recorded as an official time for an individual event.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, CT 06410

**2009 CIAC GIRLS SWIMMING CHAMPIONSHIPS**

1.0 **DIVISIONS**

1.1 Only institutional members of the Conference may enter this tournament which will be in four (4) divisions. Placement of schools has been based on the 2008-09 girl enrollment in grades 9-12.

LL – 756 and over                      M -- 497 - 640  
L -- 641 - 755                              S -- Up to 496

2.0 **DATES /SITES /MEET DIRECTORS**

2.1 Member school may start practice on, but not before, Saturday, August 29, 2009

2.2 Member schools may hold the first meet on, but not before, Tuesday, September 15, 2009

2.3 Weekly limitations -- Teams may schedule two (2) non-consecutive three (3) contest weeks during the regular season from weeks two through seven.

2.4 Last date to count for tournament – November 7, 2009.

2.5 **SATURDAY, NOVEMBER 14, 2009 --- SWIMMING QUALIFYING MEETS**

<u>Meet</u>	<u>Site</u>	<u>Meet Director</u>	<u>Site Director</u>
<b>LL</b>	Yale University New Haven	Ed Aston H - (203) 272-4666 C - (203) 558-9441	Ed Aston
	<b>Warm-up -- 10:30 - 11:55 p.m. / Swimming -- 12:00 p.m.</b>		
<b>L</b>	Yale University New Haven	John Smachetti H - (860) 582-7272 C - (860) 712-8824 E-mail: smachetti@sbcglobal.net	
	<b>Warm-up -- 4:30 - 5:55 p.m. / Swimming -- 6:00 p.m.</b>		
<b>M</b>	Walsh Intermediate School 185 Damascus Road Branford, CT 06405 (203) 783-3511 x 130	Scott Butler Walsh Intermediate School H - (203) 387-2852 C - E-mail: scbutler@branford.k12.ct.us	Scott Butler
	<b>Warm-up -- 12:30 - 1:55 p.m. / Swimming -- 2:00 p.m.</b>		
<b>S</b>	Plainville High School 47 Robert Holcomb Way Plainville, CT 06062 (860) 793-3220	Garry Smith Watertown High School W - (860) 945-5246 H - (860) 945-9412 Pool - (860) 945-4822 E-mail: gsmith32@snet.net	Randy Doucette Plainville High School W - (860) 793-3220
	<b>Warm-up -- 12:30 - 1:55 p.m. / Swimming -- 2:00 p.m.</b>		

2.6 **DIVING TRIALS AND CHAMPIONSHIPS**

**FOR ALL DIVISIONS – DIVING WARM-UP – 4:00 - 5:25 P.M. / DIVING – 5:30 P.M.**

M Division – Thursday, November 12 – Plainville High School  
S Division – Friday, November 13 – Plainville High School

Meet Director Randy Doucette  
Plainville High School  
S - (860) 793-3220

L Division -- Thursday, November 12 – Hamden High School  
LL Division – Monday, November 16 – Hamden High School

Meet Director Gil Cyr  
Hamden High School  
S - (203) 407-2040 / H - (203) 288-2967

2.7 **TUESDAY, NOVEMBER 17, 2009 -- DIVISIONAL SWIMMING CHAMPIONSHIPS**

<u>Meet</u>	<u>Site</u>	<u>Meet Director</u>	<u>Times</u>
S	Wesleyan University Freeman Athletic Center Middletown, CT 06457	Garry Smith Watertown High W - (860) 945-5246 H - (860) 945-9412	Warm-ups -- 6:00 - 6:55 p.m. Swimming -- 7:00 p.m.
M	Southern CT State University Moore Field House 125 Wintergreen Avenue New Haven, CT 06515	Scott Butler W - (203) 488-8317	Warm-ups -- 5:00 - 5:55 p.m. Swimming -- 6:00 p.m.

**WEDNESDAY, NOVEMBER 18, 2009 --DIVISIONAL SWIMMING CHAMPIONSHIPS**

L	Wesleyan University Freeman Athletic Center Middletown, CT 06457	John Smachetti H - (860) 582-7272 C - (860) 712-8824	Warm-ups – 6:00 - 6:55 p.m. Swimming – 7:00 p.m.
LL	Southern CT State University Moore Field House 125 Wintergreen Avenue New Haven, CT 06515	Ed Aston H - (203) 272-4666 C - (203) 558-9441	Warm-ups -- 5:00 - 5:55 p.m. Swimming -- 6:00 p.m.

2.8 **FRIDAY, NOVEMBER 20, 2009**

**OPEN CHAMPIONSHIP--DIVING COMPETITION**

<u>Site</u>	<u>Meet Director</u>	<u>Times</u>
Hamden High School Hamden, CT	Gil Cyr S - (203) 407-2040 H - (203) 288-2967	Warm-ups -- 4:00 - 5:55 p.m. Diving -- 6:00 p.m.

2.9 **SATURDAY, NOVEMBER 21, 2009**

**OPEN CHAMPIONSHIP-SWIMMING COMPETITION**

<u>Site</u>	<u>Meet Director</u>	<u>Times</u>
Yale University New Haven, CT	Ed Aston	Warm-ups -- 10:00- 11:55 a.m. Swimming -- 12:00 p.m.

- 2.10 Questions on swimming or diving rules should be referred to the CIAC Swim/Dive Rules Interpreter -- George Ford -- (203) 374-1593.

3.0 **ENTRY PROCEDURE**

- 3.1 **CIAC ENTRY FORM AND DIVING SCORE SHEET** -- The entry form and diving score sheet must be submitted via the password-protected online eligibility center by 3:00 p.m., Monday, November 9, 2009. ALL PROBLEMS MUST BE RESOLVED BEFORE THE ENTRY DEADLINE. ENTRIES WILL NOT BE HONORED AFTER THE DEADLINE. Schools may put their entries on at any time before deadline and do not have to wait until the deadline.

A swimmer may enter four event -- 3 of the four may be relay events -- two of the four may be individual events. Anyone not listed cannot compete.

- 3.2 **RELAY CARD** -- (Appendix B-1). Names of the four competing relay swimmers, designating the lead off swimmer, must be on a 3 x 5 card and turned in at the start of the specific relay (prior to the first heat).

- 3.3 **ENTRY FEE** -- \$75.00 per team, plus \$7.00 per entry (including relays) to a maximum of \$250 made payable to CIAC. Send check to CIAC office, 30 Realty Drive, Cheshire, CT 06410. **Entry fees will be refunded for individuals not accepted into a meet.** 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 girls swimming options in the password-protected online eligibility center.

- 3.4 **QUALIFYING STANDARDS** -- 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.

For safety reasons diving will have an automatic six dive qualifying score of 160 and a consideration score of 145 with a D.D. of 8.8. In addition any diver that has attained a score of 225.30 on 11 dives will be an automatic qualifier. Up to 36 places will be allowed in diving, but all participants must have achieved the automatic score of 160 with a D.D. of 8.8 or a minimum score of 145 and a D.D. of 8.8 on six dives or the automatic score of 225.30 on 11 dives to be entered in the meet.

The number of entries per school, per event must be in accordance with National Federation Rules. Teams **MUST** adhere to this regulation.

#### 4.0 **EXPENSES/TICKETS**

- 4.1 Schools will bear all traveling expenses.
- 4.2 Admission Charge - for Qualifying Meets, Class Championships and State Open \*\*  
\* Free -- Children five (5) and under  
\* \$5.00 -- Senior Citizens (Age 65 and older)  
\* \$5.00 -- Students (Grades 1-12)  
\* \$8.00 -- Adults (All others not in the above categories)
- \*\* Subject to change
- 4.3 During the Championships, only the following passes will be honored at all sites.
- a. Varsity swimming coaches may request one pass from CIAC. A returned self-addressed stamped envelope is required.
  - b. Principal (or designee) of participating schools with CAS membership card.
  - c. Press Card
  - d. CIAC Swimming Officials membership card.  
No other complimentary admissions will be permitted
- 4.4 All swimmers listed on the entry form (Appendix C) who did not qualify for any level of competition must arrive with their team and coach and sit in the stands unless notified otherwise by the meet director. If they arrive at any other time, they will be required to pay the admission fee.

#### 5.0 **FORFEITS**

- 5.1 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 his/her 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.

#### 6.0 **OFFICIALS**

- 6.1 Meet Directors are responsible for assigning timers, scorers, timing and computer operators, starters, inspectors, etc. in accordance with the numbers and types listed in the most current (date) CIAC Handbook. Assigners will provide the listing of officials one week prior to the meet to the meet director.

#### 7.0 **PROTESTS**

- 7.1 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 CIAC, and the Chairman of the Tournament Committee in question, in consultation with CIAC Swimming/Diving Rules 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 error will be corrected as covered by specific contest rules.

8.0 **QUALIFYING**

8.1 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. The last date to schedule a meet which will count toward qualifying is Saturday, November 7, 2009. All times indicated on entry forms must show times to the hundredths of a second. **THE NUMBER OF ENTRIES PER SCHOOL PER EVENT MUST BE IN ACCORDANCE WITH NATIONAL FEDERATION RULES.**

<u>Automatic Qualifying Times *</u>	<u>LL</u>	<u>L</u>	<u>M</u>	<u>S</u>
200 Yd. Medley Relay		Automatic		
200 Yd. Freestyle	2:09.00	2:14.91	2:10.00	2:12.28
200 Yd. Ind. Medley	2:26.00	2:32.79	2:32.81	2:31.57
50 Yd. Freestyle	27.14	27.12	27.34	27.51
Diving	All divisions 6 dives -- 160 Automatic -- 145 Consideration -- 8.8 DD 11 dives -- 225.30 Automatic			
100 Yd. Butterfly	1:08.00	1:11.95	1:08.00	1:09.45
100 Yd. Freestyle	59.25	1:00.97	59.25	1:01.43
500 Yd. Freestyle	5:40.00	6:06.10	5:46.00	5:59.37
200 Yard Freestyle Relay		Automatic		
100 Yd. Backstroke	1:07.50	1:09.00	1:07.50	1:09.00
100 Yd. Breaststroke	1:16.00	1:17.65	1:17.20	1:22.22
400 Yd. Freestyle Relay		Automatic		

\* 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. **Entry fees will be refunded for individual(s) not accepted into a meet.**

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.

For safety reasons diving will have an automatic six dive qualifying score of 160 and a consideration score of 145 with a D.D. of 8.8. In addition any diver that has attained a score of 225.30 on 11 dives will be an automatic qualifier. Up to 36 places will be allowed in diving, but all participants must have achieved the automatic score of 160 with a D.D. of 8.8 or a minimum score of 145 and a D.D. of 8.8 on six dives or the automatic score of 225.30 on 11 dives to be entered in the meet.

8.3 The best twenty-four (24) performances in each swimming event at the trials will qualify for Divisional Championships.

8.4 The best twenty-four (24) performances in each event from the Division 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.)

- 8.5 In diving, the twenty-eight (28) top divers plus any divers in the top four (4) of each Divisional Championship Meets not already included in the top twenty-eight (28) will be invited to the State Open Championship.
- 8.6 At least two alternates shall be identified for each championship swimming event.
- 8.7 At trials, there will be no alternates to the top 36.

## 9.0 **SUPERVISION/SPORTSMANSHIP**

- 9.1 A team or one person team may not compete unless accompanied by a certified coach. If a certified coach, other than the one on the official entry form, will represent a team or one person team then the newly designated certified coach must report to the meet director before the meet begins and present a letter from the principal designating the certified coach as the school representative.
- 9.2 ELECTRONIC SOUND EQUIPMENT such as radios, stereos and tape players are prohibited AT ALL TIMES.
- 9.3 COACHES AND ATHLETES ENTERED IN THE MEETS 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.
- 9.4 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 replaces 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.
- 9.5 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.

## 10.0 **TOURNAMENT RULES / PROCEDURES**

- 10.1 All meets shall be governed by the 2009-10 National Federation Swimming and Diving Rules. (Except in the State Open when all places will be determined by order of finish by collating the results of the heats in the event.)
- 10.2 Declared false starts are permitted in trials, finals and open. When possible meet director should be advised prior to the seed meeting that relay(s) will not compete in order to enter alternates at finals and open.
- 10.3 The decision of the Girls Swimming Committee relative to the operation of the Championships shall be final.
- 10.4 **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 Director will designate the only area where such substances may be applied. Substances applied must be dry before swimmer may leave application area.

10.5 **WARM-UP PROCEDURE FOR ALL DIVISIONAL MEETS AND OPEN MEET:** 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.

10.6 **TIMERS** -- In a meet where six lanes are used every team, with a relay team swimming in the meet, must supply a qualified timer with a watch for the duration of the meet. In a meet where eight lanes are used each team with three relays competing will have to supply a second qualified timer with a watch. The qualified timer with a watch must report 15 minutes before the scheduled start of the meet. After the 50 yard freestyle concludes the timers will have a 15-minute break before they must report back to their assigned lane. The meet director may assign teams to a specific lane.

Each school that enters a 400 yard freestyle relay must provide a QUALIFIED timer with a stop watch for the duration of the meet.

10.7 **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.

10.8 **CIAC LATE ENTRY POLICY**

- **No tournament entries will be accepted after the established 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 a fee of \$50 dollars per correction to a maximum of \$250 dollars.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**

#### **TOURNAMENT REGULATIONS VIOLATIONS**

If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or 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 fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

APPENDIX A

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
2009 CIAC GIRLS SWIMMING DIVISIONS

<u>LL Division -- 756 and Over</u>	(20)	<u>M Division -- 497 - 640</u>	(20)
Cheshire	775	Berlin	509
Danbury	1429	Branford	573
East Hartford	924	Brookfield	500
Glastonbury	1017	Darien	631
Greenwich	1253	East Haven	527
Hamden	1024	East Lyme	640
Hartford - Bulkeley/Hartford Public *	1292	Hamden - Sacred Heart Ac.	497
Manchester	1039	Ledyard	526
New Milford	767	Madison - Daniel Hand	600
Newtown	861	Meriden - Platt	595
Norwalk/Brien McMahon *	1452	Milford - Foran	525
Norwich Free Academy	1287	Milford - Jonathan Law	520
Ridgefield	902	New Canaan	605
Shelton	813	Storrs - E.O. Smith	598
Southington	1055	Torrington	594
Stamford / Westhill *	1314	Wallingford - Lyman Hall	631
Trumbull	1141	Waterford	510
West Haven	818	Wethersfield	614
Westport - Staples	861	Wilton	639
Woodbridge - Amity	813	Windsor Locks / Ellington *	521

<u>L Division -- 641 - 755</u>	(20)	<u>S Division -- Up to 496</u>	(20)
Bristol Central	670	Beacon Falls - Woodland Reg.	378
Bristol Eastern	651	Bristol - St. Paul	137
Enfield / Somers / Fermi *	709	Higganum - Haddam/Killingworth	346
Fairfield - Ludlowe	734	Manchester - East Catholic	364
Fairfield Warde	660	Milford - Luralton Hall	441
Farmington	672	New Fairfield	470
Groton - Fitch	712	New London	388
Meriden - Maloney	644	Plainville	417
Middletown	679	Redding - Joel Barlow	488
Middletown - Mercy	697	Rocky Hill	390
Monroe - Masuk	645	Seymour	408
Naugatuck	660	Stratford	487
Newington	697	Suffield	447
North Haven	659	Trumbull - St. Joseph	440
Southbury - Pomperaug	687	Wallingford - Sheehan	495
Stratford - Bunnell	656	Waterbury - Holy Cross	388
Waterbury - Kennedy	675	Waterbury - Sacred Heart	226
West Hartford - Conard	745	Watertown	482
West Hartford - Wm. Hall	755	Weston	430
Windsor	661	Windham	433

\* Cooperative Team

NOTE:

\*\*\* "One person" teams will be automatically placed into their respective divisions.

If you have a team and are not listed or if you have a team listed and no longer compete in girls swimming please notify the central office.

Teams with Less Than Four

Cromwell	306	South Windsor	772
Clinton - Morgan	299	Tolland	438
East Hampton	311	Wolcott	447
Guilford	597	Woodbury - Nonnewaug	452
Old Saybrook	265	Hebron - RHAM	523
Old Lyme	219		
Oxford	190		

APPENDIX B

**2009 CIAC GIRLS SWIMMING 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 point total 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.

1. Names of the four competing swimmers, designating the lead off swimmer, must be on a 3x5 card and turned in at the start of the specific relay event (prior to the first heat).
2. An individual does not become a relay participant until she swims in the event.
3. Submit this seeding and event sheet -- via the password-protected online eligibility center.
4. Include both date and time in block provided for each event. Relay times to be entered in space provided above relay event.
5. Only contestants listed on this sheet may participate.

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APPENDIX C

**2009 CIAC OFFICIAL GIRLS SWIMMING ENTRY FORM**

NOTE: Entry form must be submitted via the password-protected online eligibility center by 3:00 p.m., Monday, November 9, 2009. Anyone not listed cannot compete.

All problems must be resolved before the entry deadline. Entries will not be honored after the entry deadline.

ENTRY FEE: **\$75 PER TEAM, PLUS \$7 PER EACH INDIVIDUAL EVENT THAT EACH SWIMMER ENTERS, TO A MAXIMUM OF \$250, MADE PAYABLE TO CIAC. LIST YOUR ENTRIES BELOW.** Entry fee must be mailed to CIAC office, 30 Realty Drive, Cheshire, CT 06410. If your school needs an invoice in order to pay its tournament fee, one can be downloaded by using the "Generate Tournament Invoice" link under the girls swimming options in the password-protected online eligibility center.

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APPENDIX D

This diving entry form (score sheet), must be submitted via the password-protected online eligibility center by 3:00 p.m., Monday, November 9, 2009

NOTE: The last date to schedule and conduct a meet which will count toward qualifying is Saturday, November 7, 2009.

**DIVING QUALIFYING STANDARDS -- ALL DIVISIONS:**

Diving Score	Automatic	Consideration
(6 dives)	160	145 – 8.8 D.D.
(11 dives)	225.30	

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APPENDIX E

**SELECTION OF OFFICIALS**

Selection of officials for the swimming and diving events will be based on a proportional number from the officials' various geographical areas.