

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
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www.ciacsports.com



2014 CIAC BOYS SWIMMING AND DIVING CHAMPIONSHIPS

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IMPORTANT DATES

December 2, 2013	First Practice Date
December 18, 2013	Date of First Contest
March 8, 2014	Last Date to Count
March 10, 2014	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 2013-14

1.0 SWIMMING ALERTS

- 1.1 Booklet has been rearranged and all coaches are advised to read it over carefully.
- 1.2 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. Swimmers, who have competed in the trials of a division, are considered members of the team for all subsequent competition, i.e. finals and Open. Those competitors will be admitted free of charge.
- 1.3 Admission will be charged for all tournament meets including diving.
- 1.4 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.
- 1.5 In diving the twenty-four (24) top divers will automatically qualify for the State Open Championship Meet. If any divers in the top three (3) of each divisional championship are not already included in the top twenty-four (24) divers, they will be added to the twenty-four (24) top divers.
- 1.6 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.
- 1.7 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. **NO WARM-DOWN LAPS PERMITTED WHEN POOL HAS LANES AVAILABLE FOR THAT PURPOSE.**
- 1.8 Entry fees will be returned for individuals not accepted into the meet.
- 1.9 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.
- 1.10 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 36th time is reached. The top 36 times in each swimming event will qualify to swim at trials including any ties for 36th place.
- 1.11 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.
- 1.12 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.
- 1.13 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.
- 1.14 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.

Scrimmages – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports **teams will have a minimum of fourteen (14) practice days** before the date of the first scheduled competition. Sundays do not count as a day of practice. Saturdays and holidays may be used as practice days unless prohibited by local board policy or the CIAC committee on seasons limitations. An **individual athlete must participate in a minimum of ten (10) practices** prior to competition unless the athlete has been participating in a sport – for example a football player in the CIAC championship series that overlaps with a winter sport would not be required to complete ten (10) practices prior to competition.

No musical instruments, electronic sound equipment or artificial noisemakers are permitted prior to or during the trials, finals or the Open Meet.

Reporting Scores – In order to ensure that standings and rankings on both the CIAC’s websites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online no more than 24 hours following the game’s completion. It is highly recommended that scores are entered from the site as soon as the game ends.

Scores may be entered via the Online Eligibility Center, the “Submit Scores/Forms” option of the “CIAC for Coaches” menu at CIACsports.com, or the “Submit Scores” button in our CIACmobile.com mobile site. Entering scores at CIACsports.com or CIACmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school’s athletic director.

Special Needs Students -- Coaches are reminded to inform contest officials prior to each competition of any special needs student who could be competing in the contest when his/her disability could impact the individual’s performance or the conduct of the competition.

CIAC Tournament Site Media Policy – The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet based) covering our events. The following are **minimum standards**, developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites:

1. A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.)
2. Access to electric power (shared power strip, etc.)
3. Access to wireless internet service

Site directors should communicate these requirements to any staff person who may be responsible for the administration of the event. If for some reason a site will not be able to provide these items for a contest, a site representative should inform the CIAC in advance and work with the media on-site before the game and work to provide a reasonable solution to the issue. Members of the media who will be covering events are directed to contact the appropriate site as far in advance as possible to inform them they will be at the event and discuss what arrangements will be made for working media at the site.

2.0 NATIONAL FEDERATION RULE CHANGES

Thoroughly read the national Federation rule book.

2013-14 Swimming and Diving Rule Changes

- | | |
|------------------|--|
| 2-7-2b | Track-style starting blocks with wedges are permitted. |
| 3-3-3
Penalty | No longer requires the field to “step down” if a swimmer in an illegal suit is observed, but will disqualify the swimmer in violation at completion of the heat. |
| 3-5 New | Electronic devices may be used as coaching tools/aids, but shall not be used during competition phase. |

- 8-2-2c Permits a single butterfly kick to follow the start or turn at any time prior to the first breaststroke kick.
9-7-4e Clarifies how long the diver must maintain the straight-body position for the flying one and one half somersault dives.

2013-14 Major Editorial Changes

- 9-5-4 Adds specific wording for back and inward take-off positions.

2013-14 Points of Emphasis

- General Supervision and Coaching
- Breaststroke Starts/Turns
- Electronic Devices
- Manufacturer's Logo on Suits
- Taping/Braces

3.0 TOURNAMENT RULES AND PROCEDURES

- 3.1 **Rules** – All meets shall be governed by the 2013-14 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 Rules 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, Finals, 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. 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 the 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 and 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 **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.
- 3.10 **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.
- 3.11 **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, US, 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 limitations will be maintained, one of which may be one of the four allowable “outside” meets). (See Section 10.0 of CIAC Handbook for weekly limitation regulation for two or three day meets.)
- 3.12 **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.
- 3.13 **Inclement Weather** – In case of inclement weather check the web site – www.ciacsports.com -- to find out if the event has been postponed.
- 3.14 **Electronic Sound Equipment or Other Noise Makers** – All electronic sound equipment such as radios, stereos, tape players, noisemakers and musical instruments are **prohibited at all times**.
- 3.15 **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)

Children – Five (5) and under – Free

Students (grades 1-12) and Senior Citizens (age 65 and older) -- \$5.00

Adults (all others not in the above categories -- \$8.00

Division Finals at Wesleyan and Open Meet at Yale – Adult tickets -- \$10 / Students and senior citizens - \$5.00

- 4.3 **Passes** – During the championships only the following passes will be honored at each site.
- 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. Team members, who have participated in the trials are admitted free to both the finals and the Open.
- 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. This scoring will be used whether competitions are held in six or eight lane pools.

For Individual Events in the Divisional Finals

1st – 8th – 30-27-26-25-24-23-22-21 (three point differential between 1 & 2)

9th-16th – 19-17-16-15-14-13-12-11

17th-24th – 9-7-6-5-4-3-2-1

Double for all Relays

Open Meet

1st-12th – 28-25-24-23-22-21-20-19-18-17-16-15

13th-24th – 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 6-20, 2014. 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 .

7.0 **PROTESTS**

- 7.1 **Tournament** – On the event 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 10, 2014. 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.

Tournament rosters, entry forms and officials names can be submitted on the eligibility center or the submit scores/forms option under the CIAC for coaches menu at CIACsports.com. Rosters must be submitted by March 10, 2014. Any request for changes after the initial roster is submitted must be made on a “support ticket” via the online eligibility center.

- 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 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 10, 2014. 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), the coach at the time of the meet and by the referee, as soon as the meet is over. 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 10, 2014. The CIAC fax number is (203) 250-1345.**

A coach or authorized individual must be present for the 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 Mon., March 4, 2013, 4:00 p.m. deadline will be assessed a \$50 fine.
- 8.5 **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 2012-13 boy enrollment in grades 9-12.

LL –798 and over; L – 629-797; M –433-628; S – Up to 432

NOTE: This listing of divisions is accurate based on information as of September 2013. The listing in the packet will not be updated throughout the year as schools add or delete teams. The current listing reflecting changes made after the packet was published can be found on the boys swimming page of the CIAC web site.

Teams with Less than Four Members (Will compete in their respective division)

Clinton – Morgan	308
Cromwell	270
Deep River – Valley Reg.	297
Derby	188
East Granby	151
Guilford	551
Manchester – Cheney Tech.	534
Manchester – East Catholic	339
Meriden – Wilcox Tech.	438
Milford – Jonathan Law	466
Oxford	289
Torrington – Wolcott Tech.	417
Waterbury – Crosby	746
Wolcott	427

LL – 798 and Over (22)

Bristol - Eastern / Central / St. Paul *	953
Cheshire	798
Danbury	1468
East Hartford	836
Fairfield Prep.	896
Glastonbury	1077
Greenwich	1366
Hamden	944
Manchester	889
Meriden – Platt / Maloney *	857
Middletown – Xavier	870
Newtown	905
Norwalk / McMahon *	1306
Norwich Free Academy	1071
Ridgefield	906
Simsbury	832
Southington	1009
Stamford – Westhill / Stamford *	1259
Trumbull	1049
Westport – Staples	953
Windham / RHAM / Coventry *	834
Woodbridge – Amity	844

L – 629 – 797 (23)

Darien	659
Fairfield Ludlowe	737
Fairfield Warde	726
Farmington	678
Hartford Public	750
Ledyard / Stonington *	697
Middletown	674
Naugatuck	683
New Canaan	629
New Milford	726
Newington	719
Shelton	779
South Windsor	723
Southbury – Pomperaug	652
Storrs – E.O. Smith / Tolland *	679
Stratford – Bunnell / Stratford *	744
Waterbury – Kennedy	717
Waterbury – Wilby	702
West Hartford – Conard	773
West Hartford – Wm. Hall	725
West Haven	794
Wilton	689
Windsor	637

M – 433 – 628 (24)

Avon	540
Berlin	497
Bethel	501
Branford	531
Brookfield	433
East Lyme	542
Groton – Fitch / St. Bernard *	593
Hartford – Bulkeley	549
Madison – Daniel Hand	617
Milford – Foran	491
Monroe – Masuk	620
New Fairfield	521
New London	536
North Haven	625
Redding – Joel Barlow	487
Torrington	590
Trumbull – St. Joseph	440
Vernon – Rockville	497
Wallingford – Lyman Hall	468
Wallingford – Sheehan	437
Waterford	440
Watertown	467
West Haven – Notre Dame	616
Wethersfield	617

S – Up to 432 (27)

Ansonia – O’Brien Tech.	386
Beacon Falls – Woodland	363
Bolton	182
Burlington – Lewis Mills	409
Danbury – Immaculate	184
East Windsor	192
Falls Village – Housatonic Valley	195
Granby Memorial	390
Hartford – Classical / University *	320
Higganum – Haddam Killingworth	309
Litchfield	164
Litchfield – Wamogo	196
No. Stonington – Wheeler	97
Plainville	370
Rocky Hill	345
Seymour	303
Stamford – Trinity Catholic	227
Suffield	410
Washington – Shepaug Valley	177
Waterbury – Holy Cross	325
Waterbury – Sacred Heart	181
West Hartford – N.W. Catholic	300
Weston	395
Windham Tech.	374
Winsted – Gilbert	170
Winsted – N.W. Reg.	372
Woodbury – Nonnewaug	353

*Cooperative Team (Calculated by CIAC formula)

10.1 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 20th 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	23.99
Diving – <u>Dual Meets</u> – 9.0 DD & 160 points. The DD of 9.0 is for the 5 optional dives in the 6 dive program.				
<u>Championship Meets</u> – 240 points on 11 dives and 11.0 DD. The 11.0 DD is for the 6 option dives in the 11 dive program				
100 Yd. Butterfly	1:03.79	58.71	58.43	1:00.26
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	1:14.21	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 36th time is reached, in which case the top 36 times, including any ties for 36th 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 swimmers 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. **Diving divisions may be combined if the total divers between two divisions is 28 or fewer.**
- 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 championships 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 Championship** – 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 December 2, 2013.
- 11.2 Member schools may hold the first meet on but not before December 18, 2013.
- 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 8, 2014.

11.5 Swimming Trials

- | | | |
|----|----------|--|
| LL | March 15 | Hamden High School, Hamden – Swimming 3:30 p.m. Meet
Directors – Megan McGorry – Telephone (203) 494-2864
Email – mmcgory1@fordham.edu
Rick Lewis – Work (203) 977-4696 / Home (203) 698-1281
Email – lewisshark@aol.com |
| L | March 15 | Cornerstone, West Hartford – Swimming 6:15 p.m.
Meet Director – John Smachetti, Conard High School, West Hartford
Home (860) 675-7622 / Cell (860) 712-8824
Email address – johnsmachetti@gmail.com |
| M | March 15 | Walsh Intermediate School, Branford – Swimming 3:30 p.m.
Meet Director – Scott Butler, Walsh Intermediate School, Branford
School (203) 488-8317
Email address – scbutler@branford.k12.ct.us |
| S | March 15 | Plainville High School, Plainville – Swimming 3:30 p.m.
Meet Director – Chris Zagorski, Plainville High School
Telephone (860) 716-2879
Email address – zagorski.chris@gmail.com |

LL – M - S 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.

L division – The warm-up for swimming trials will begin at 5:10 p.m.

11.6 Diving Trials and Finals

- S March 12 Plainville High School, Plainville – Warm-up 4:00 p.m./ Competition 5:30 p.m.
Meet Director – Chris Zagorski, Plainville High School
Telephone (860) 716-2879
Email – [zagorski.chris@gmail.com](mailto:-zagorski.chris@gmail.com)
- LL March 12 Hamden High School – Warm-up 4:00 p.m. / Competition 5:30 p.m.
Meet Director – Patty Conte
Cell – (203) 988-3182
Email – patty.contel@gmail.com
- M March 13 Bulkeley High School, Hartford – Warm-up 4:00 p.m. / Competition 5:30 p.m.
TBA
Meet Director – Diane Callis, Bulkeley High School, Hartford
School – (860) 695-1038 / Cell – (860) 250-0126
Email – calld001@hartfordschools.org
- L March 13 Middletown High School – Warm-up 4:00 p.m. / Competition 5:30 p.m.
Meet Director – Trevor Charles, Middletown
Home (860) 395-7852 / School (860) 704-4558 / Cell (860) 395-7852
Email – charlest@mpsct.org

If there is a cancellation of the diving because of inclement weather on either March 6 or March 7, 2013, 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 9, the swimming trials will be held on Sunday, March 10, 2013.

11.7 Swimming Championship Finals

- M March 18 Wesleyan University – Freeman Center, Middletown
Meet Director – Scott Butler
Warm-up 2:15 p.m. / Finals 3:00 p.m.
- S March 18 Wesleyan University – Freeman Center, Middletown
Meet Director – Chris Zagorski
Warm-up 6:30 p.m. / Finals 7:15 p.m.
- LL March 19 Wesleyan University – Freeman Center, Middletown
Meet Director -- Rick Lewis
Warm-up 2:15 p.m. / Finals 3:00 p.m.
- L March 19 Wesleyan University – Freeman Center, Middletown
Meet Director – John Smachetti
Warm-up 6:30 p.m. / Finals 7:15 p.m.

11.8 Open Diving Championships

- March 20 Middletown High School -- Warm-up 4:00 p.m. / Competition 5:30 p.m.
Meet Director – Trevor Charles, Middletown
Home (860) 395-7852 / School (860) 704-4558
Email address – charlest@mpsct.org

11.9 Open Swimming Championships

March 22 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
Email address – bjaffe@fairfieldprep.org
Warm-up – 12:30 p.m. / Competition 2:30 p.m.

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)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
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
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
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)

Resources:

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