

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345  
www.ciacsports.com



**2016 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  
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**Boys Swimming Coaches Chair**

Rick Lewis  
Westhill High School  
Stamford, CT 06902  
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**CAAD Consultant - Boys Swimming**

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

**IMPORTANT DATES**

December 5, 2015	First Practice Date
December 19, 2015	Date of First Contest
March 5, 2016	Last Date to Count
March 7, 2016	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 2015-16

#### 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 received on time at CIAC by fax (203) 250-1345 or emailed to [results@casciac.org](mailto:results@casciac.org). 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 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.
- 1.11 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.
- 1.15 **There will be two alternates for the qualifying meets, the divisional championships and the Open championships.**

**Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practices before the date of the first scheduled competition. No team/athlete shall practice more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays and holidays may be used as practice days unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.

**Signs, Noisemakers, Balloons Forbidden** – The use of confetti, signs, banners, placards, balloons and streamers are definitely not allowed at tournament games. No **musical instruments, electronic sound equipment or artificial noisemakers are permitted prior to or during the trials, finals or the Open Meet. Anyone responsible for such an annoyance will be asked to leave the game.**

**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.

### 2015-16 Swimming and Diving Rule Changes

- 3-3-5, 6 The prohibition of wearing jewelry has been removed from the swimming and diving rules. The wearing of a medical alert with the alert visible is still encouraged for purposes of risk minimization.
- 4-1-7 Officials are required to dress in the same uniform attire as approved by the state association, and white is no longer the default uniform.
- 4-3-1a, b The starter may designate another individual to sound a device for the lead swimmer during the 500-yard/400-meter freestyle when the lead swimmer has two lengths plus 5 yards remaining in the race.
- 9-6-1 The judging panel in diving may or may not include the diving referee.

### 2015-16 Editorial Changes

Suggested Meet Warm-up Procedures, 2-NOTES, 2-4-5, 2-7-3, NOTE, 3-2-2, 3-3-2d, 9-4-1b, 9-6-1

### 2015-16 Points of Emphasis

- Uniform responsibilities – making sure you have it right
- Focus on risk minimization in development of warm-up procedures
- Coaching starts and turns can prevent injuries
- Ensuring the 15-meter mark is clearly visible
- Preparing the lap counter

## 3.0 TOURNAMENT RULES AND PROCEDURES

- 3.1 **Rules** – All meets shall be governed by the 2015-16 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 trials, finals or Open when there is a declared false start or scratch an alternate will be added. 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 the trials, finals and Open. Reseeding will be done at the finals and the 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 must 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](http://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** -- \$85 per team, plus \$8 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 -- \$10.00

**Passes** – During the championships only the following passes will be honored at each site.

4.3

a. Principal (or designee) of participating schools with CAS membership card.

b. Press Card.

c. CIAC swimming officials membership card.

d. Athletic Directors with CAAD 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 and the State Open**

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

9<sup>th</sup>-16<sup>th</sup> – 19-17-16-15-14-13-12-11

17<sup>th</sup>-24<sup>th</sup> – 9-7-6-5-4-3-2-1

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 4-18, 2016. 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 (475) 202-7020 – email – [gymagli@yahoo.com](mailto: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 7, 2016. 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 7, 2016.

- 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 7, 2016. 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 (203) 250-1345 or emailed to [results@casciac.org](mailto:results@casciac.org) by 4:00 p.m., Monday, March 7, 2016.**

**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 the Monday, March 7, 2016, 4:00 p.m. deadline will be assessed a \$50 fine.

**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 2014-15 boy enrollment in grades 9-12. A listing of tournament divisions is available on the boys swimming page at [ciacsports.com](http://ciacsports.com).

LL – 773 and over;      L – 625 - 772      M – 418 - 624      S – Up to 417

## 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	1:59.96	1:57.29	1:53.84
200 Yd. Ind. Medley	2:22	2:13.65	2:13.21	2:10:32
50 Yd. Freestyle	24.99	23.60	23.95	23.6
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	1:01.17	58.43	58.02
100 Yd. Freestyle	55.62	52.54	52.47	51.1
500 Yd. Freestyle	5:38.46	5:18.10	5:16.13	5:10.2
200 Yd. Freestyle Relay		Automatic		
100 Yd. Backstroke	1:05.85	1:01.81	1:01.66	1:00.05
100 Yd. Breaststroke	1:12.13	1:08.5	1:06.63	1:06.62
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 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 the trials, divisional finals and the Open championship meet.

## 11.0 DATES / SITES / TIMES / MEET DIRECTORS

- 11.1 Member schools may start practice on but not before December 5, 2015.
- 11.2 Member schools may hold the first meet on but not before December 19, 2015.
- 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 5, 2016.

### 11.5 Diving Trials and Finals

S	March 9	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 – <a href="mailto:-zagorski.chris@gmail.com">-zagorski.chris@gmail.com</a>
LL	March 9	Hamden High School – Warm-up 4:00 p.m. / Competition 5:30 p.m. Meet Director – Tom Dyer, Hamden High School School – (203) 407-2040 x 3001 Email – <a href="mailto:tdyer@hamden.org">tdyer@hamden.org</a>
M	March 10	Bulkeley High School, Hartford – Warm-up 4:00 p.m. / Competition 5:30 p.m. Meet Director – Diane Callis, Bulkeley High School, Hartford School – (860) 695-1038 / Cell – (860) 250-0126 Email – <a href="mailto:calld001@hartfordschools.org">calld001@hartfordschools.org</a>
L	March 10	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 – <a href="mailto:charlest@mpsct.org">charlest@mpsct.org</a>

**If there is a cancellation of the diving because of inclement weather on either March 9 or March 10, 2016, depending on the division, the competition will be moved to the next day.**

## 11.6 Swimming Trials

- |    |          |  |
|----|----------|--|
| LL | March 12 | Hamden High School, Hamden – Warm-up 1:30 p.m. / Swimming 3:30 p.m.<br>Meet Directors – Rick Lewis<br>Work (203) 977-4696 / Home (203) 698-1281<br>Email – <a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>  |
| L  | March 12 | Kennedy High School, Waterbury – Warm-up 2:30 p.m. /Swimming 4:30 p.m.<br>Meet Director – John Smachetti, Conard High School, West Hartford<br>Home (860) 675-7622 / Cell (860) 712-8824<br>Email address – <a href="mailto:johnsmachetti@gmail.com">johnsmachetti@gmail.com</a> |
| M  | March 12 | Masuk High School, Monroe – Warm-up 1:30 p.m. / Swimming 3:30 p.m.<br>Meet Director – Scott Butler, Walsh Intermediate School, Branford<br>School (203) 488-8317<br>Email address – <a href="mailto:scbutler@branford.k12.ct.us">scbutler@branford.k12.ct.us</a>                 |
| S  | March 12 | Plainville High School, Plainville – Warm-up 1:30 p.m. / Swimming 3:30 p.m.<br>Meet Director – Chris Zagorski, Plainville High School<br>Telephone (860) 716-2879<br>Email address – <a href="mailto:zagorski.chris@gmail.com">zagorski.chris@gmail.com</a>                      |

**If the swimming trials are cancelled because of inclement weather on Saturday, March 12, the swimming trials will be held on Sunday, March 13, 2016.**

## 11.7 Swimming Championship Finals

- |    |          |  |
|----|----------|--|
| M  | March 15 | Wesleyan University – Freeman Center, Middletown<br>Meet Director – Scott Butler<br>Warm-up 12:45 p.m. / Finals 1:30 p.m.  |
| S  | March 15 | Wesleyan University – Freeman Center, Middletown<br>Meet Director – Chris Zagorski<br>Warm-up 5:15 p.m. / Finals 6:00 p.m. |
| LL | March 16 | Wesleyan University – Freeman Center, Middletown<br>Meet Director -- Rick Lewis<br>Warm-up 12:45 p.m. / Finals 1:30 p.m.   |
| L  | March 16 | Wesleyan University – Freeman Center, Middletown<br>Meet Director – John Smachetti<br>Warm-up 5:15 p.m. / Finals 6:00 p.m. |

## 11.8 Open Diving Championships

- |          |  |
|----------|--|
| March 17 | Bulkeley High School -- Warm-up 4:00 p.m. / Competition 5:30 p.m.<br>Meet Director – Diane Callis<br>School (860) 695-1038 / Cell (860) 250-0126<br>Email address – <a href="mailto:calld001@hartfordschools.org">calld001@hartfordschools.org</a> |
|----------|--|

## 11.9 Open Swimming Championships

March 19      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](mailto: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 State Department of Education and the  
Connecticut Interscholastic Athletic Conference  
Concussion and Head Injury  
Annual Review 2015-16  
Required for ALL School Coaches in Connecticut**

**NOTE:** This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. In addition to reviewing this form, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up Concussion in Youth Sports training course or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at: <http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by their associated school district annually to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education.*

**What is a Concussion?**

**Centers for Disease Control and Prevention (CDC)** - *"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth."* -CDC, Heads Up: Concussion  
[http://www.cdc.gov/headsup/basics/concussion\\_what.html](http://www.cdc.gov/headsup/basics/concussion_what.html)

*Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious"* -CDC, Heads Up: Concussion Fact Sheet for Coaches [http://www.cdc.gov/concussion/HeadsUp/pdf/Fact\\_Sheet\\_Coaches-a.pdf](http://www.cdc.gov/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.pdf)

**Section 1. Concussion Education Plan Summary**

The [Concussion Education Plan and Guidelines for Connecticut Schools](http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. The recognition of signs or symptoms of concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

**Section 2. Signs and Symptoms of a Concussion: Overview**

**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, following an impact or suspected impact as described in the CDC definition above.**

**Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):**

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

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

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

State law 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.

**Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

### Section 3. Return to Play (RTP) Protocol Overview

Currently, it is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. 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 (APRN), athletic trainer) trained in the evaluation and management of concussions.

#### Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of concussion.
2. If there is 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. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms 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 identified above for the athlete 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 exercise	Walking, swimming or stationary cycling maintaining intensity ,<70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact sport drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

\* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, she/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 her/his medical provider.

### Section 4. Local/Regional Board of Education Policies Regarding Concussions

*****	Attach local or regional board of education concussion policies	*****
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- References:**
1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. <http://www.nfhs.org>.  
[http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus\\_Statement\\_on\\_Concussion\\_in\\_Sport\\_3rd.1.aspx](http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx).
  2. 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).
  3. CIAC Concussion Central - <http://concussioncentral.ciacsports.com/>

**Resources:**

Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. <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, 2014.