

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

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

www.ciacsports.com



CIAC Committee Chairman

Jeffrey Schumann
Enfield

CIAC Coaches Committee Chairman

Garry Smith
Watertown
Home (860) 945-9412
Work (860) 945-5246

Tournament Director

John O'Connor
Branford
Home (203) 488-5683

IMPORTANT DATES

First Practice Date	August 24, 2013
Date of First Contest	September 10, 2013
Last Date to Count	November 2, 2013
Date all Entry Information Due	November 4, 2013
Diving Proof Sheets Faxed to CIAC by 4:00 p.m.	November 4, 2013

CIAC GIRLS SWIMMING AND DIVING TOURNAMENT INFORMATION
IS ARRANGED IN ELEVEN 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
30 Realty Drive, Cheshire, Connecticut 06410

2013 CIAC GIRLS SWIMMING AND DIVING CHAMPIONSHIPS

1.0 **SWIMMING ALERTS**

- 1.1 **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 season 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.
- 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.
- 1.3 Admission will be charged for all tournament meets including diving.
- 1.4 In diving the twenty-four (24) top divers plus any divers in the top three (3) of each divisional championships not already included in the top twenty-four (24) will automatically qualify for the state Open championship meet.
- 1.5 The signed diving sheet (diver, coach, official) that proves the diving score and D.D. must be faxed to CIAC by 4:00 p.m. on Monday, November 4, 2013. Schools will be fined \$50 for each 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.
- 1.6 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.
- 1.7 **Diving – Location and starting times for diving have been changed.** There is now a coaches meeting for diving 30 minutes before the start of the meet.
- 1.8 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.

2.0 **2013-14 NATIONAL FEDERATION SWIMMING RULE CHANGES**

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

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

2013-14 Swimming and Diving Major Editorial Changes

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

2013-14 Swimming and Diving Editorial Changes

- 3-3-4 Note, 4-2-1, 9-5-4

2013-14 Points of Emphasis

1. General supervision and coaching
2. Breaststroke starts/turns
3. Electronic devices
4. Manufacturer's logo on suits
5. 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.)
- 3.2 **Coaches** – An individual or team may not compete in the championships unless accompanied by the coach or an authorized certified coach as noted on the principal's or his/her designee's written authorization. (The written authorization must be presented to the meet director upon arrival.) This rule applies to diving and swimming trials, finals and Open.
- 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 (rule 3-2-1). A competitor who declares a false start is considered to have participated in that event for the duration of the championship meets.
- 3.4 **Declared False Starts** – Declared false starts are permitted in trials, finals and Open. At Finals or Open when there is a declared false start or scratch the alternate will be added and the event will be re-seeded. When possible, meet directors should be advised prior to the seed meeting that a swimmer, diver or relay will not compete in order to enter alternates at Finals and Open.
- 3.5 **CIAC Swimming Committee** – The decision of the CIAC 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 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.
- 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 for **swimming and diving**.
- 3.9 **Warm-up Procedure for All CIAC Meets** – Teams will be assigned by the meet director to specific lanes at specific times depending on the number of participants in the meet and the number of lanes available. Every attempt will be made to follow the National Federation guidelines for warm-ups.
- 3.10 **Swim Down** – 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.
- 3.11 **Breaks** – At all state meets (divisional trials, finals and Open) there will be a fifteen (15) minute break between events #4 and #6 and a ten (10) minute break between events #8 and #9.
- 3.12 **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.
- 3.13 **Participation in “Outside” Meets** – Swimmers of member schools may participate as “unattached” individuals (not representing the school or outside team), in a maximum of four (4) “outside” meets per season (AAU, U.S., Boys and Girls Clubs, YMCA, etc.). Choice of such outside meets to be made by swimmers with approval of the swimmers school administration. Present weekly swimming limitation will be maintained (three meets per week except for first and last week of the season one of which may be one of the our allowable “outside” meets).
- 3.14 **Inclement Weather** – In case of inclement weather check the CIAC web site – www.ciacsports.com – to find out if the event has been postponed.
- 3.15 **Spectator Expectations** – All electronic sound equipment such as radios, stereos and tape players are prohibited at all times. Also, no noisemakers are permitted at any CIAC tournament event.
- 3.16 **Designated Areas** – Coaches and athletes entered in the meet are to remain in the area designated for them by meet management or referee. Violators are subject to disqualification or ejection. This rule will be rigidly enforced.
- 3.17 **Swim Offs** – When swim offs are needed the National Federation rules will be followed.

4.0 ENTRY FEES AND ADMISSION FEES

- 4.1 **Entry Fee** -- \$75 per team, plus \$7 per entry (including relays) to a maximum of \$250 made payable to CIAC.
- 4.2 **Admission Fee** – Diving Meets, Qualifying Meets **
- Free Children five (5) and under
 - \$5.00 Students (grades 1-12 and Senior Citizens (age 65 and older)
 - \$8.00 Adults (all others not in the above categories)

Admission Fee – Championship Finals, Open Meet **

- \$5.00 Students (grades 1-12) and Senior Citizens (age 65 and older)
- \$10.00 Adults

**Subject to change depending on venue

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

- Principal (or designee) of participating schools with identification
- Press Card
- CIAC **Swimming officials only** membership card

4.4 **Team Members** – Team members not participating in a meet (trials, finals or Open) must pay an admission fee.

4.5 **Supervision** – Team coaches (limit of three), athletic director and administrative personnel assigned to supervisory responsibilities will be allowed free admission.

5.0 **SCORING AND AWARDS**

5.1 **Scoring – Divisional Championships** – 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. Relay points are double the individual points awarded.

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

5.2 **Scoring – Open Championships** – The top 24 individual finishers may move up or down the 24 places and will be awarded the following points. Relay points will be double the individual points.

1 st place – 28 points	9 th place – 18 points	17 th place – 8 points
2 nd place – 25 points	10 th place – 17 points	18 th place – 7 points
3 rd place – 24 points	11 th place – 16 points	19 th place – 6 points
4 th place – 23 points	12 th place – 15 points	20 th place – 5 points
5 th place – 22 points	13 th place – 13 points	21 st place – 4 points
6 th place – 21 points	14 th place – 11 points	22 nd place – 3 points
7 th place – 20 points	15 th place – 10 points	23 rd place – 2 points
8 th place – 19 points	16 th place -- 9 points	24 th place – 1 point

5.3 **Awards**

- Divisional 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 swimming championships and five (5) officials for the diving championships. Each coach may also list two officials for the swimming championships and two officials for the diving championships that they do not recommend to work those events. Those names may be filed on the CIAC online eligibility center starting three weeks before the competition begins. Those recommendations along with recommendations from various swimming boards will be utilized in the assignment of officials for the championships. The officials assigner will provide the listing of officials one week prior to the meet director.
- 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 – Dr. Jim Agli (475) 202-7020 – Email – gymagli@yahoo.com.

7.0 **PROTESTS**

- 7.1 **Tournament** – On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of the CIAC and the Chairman of the Tournament Committee in question, in consultation with the CIAC swimming/diving interpreter will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 7.2 **Decisions by Game Officials** – Protests arising from judgment calls by officials during the contests will not be allowed. Protests arising from misinterpretation or misapplication of the National Federation or CIAC rules by officials or others will be considered. The record of the official scorekeeper at the conclusion of the contest is final unless an administrative error is discovered. Such errors will be corrected as covered by specific contest rules.

8.0 **ENTRY PROCEDURES**

- 8.1 **Entry Form** – Entry form must be submitted via the password protected online eligibility center or the “Submit Scores / Forms” option under the “CIAC for Coaches” menu at ciacsports.com by 4:00 p.m. on Monday, November 4, 2013. Anyone not listed cannot compete. All problems must be resolved before the entry deadline. Late entries will not be accepted. Schools may put their entries on at any time before the deadline and do not have to wait until the deadline.

- 8.2 **Seeding and Event Sheet** – The seeding and event sheet must be presented before entries become official. It must indicate what events each swimmer is entered in and the seeding time and date for each event or highest score for diving. It must also insure that no swimmer is in more than two (2) individual events. (Diving is an individual event.) No swimmer may actually swim in more than four (4) events, no more than two of which may be individual events. No more than three (3) of which may be relay events.

Trials, finals and Open are considered one meet. Only names on the seeding and event sheet may compete. All names on the entry form must comply with the rules and regulations of the CIAC.

- 8.3 **Diving Entries** – All diving entries will be done electronically via the password protected online eligibility center. The diving information must be put on the diving score sheet. The diving form must be at CIAC headquarters by 4:00 p.m. on Monday, November 4, 2013. Confer with National Federation rule 9-4-1 for order of dives and DD requirement. Proof forms for diving must be faxed to the CIAC office by Monday, November 4. **The signature of the coach and diver certifies that the diver can perform all the dives listed on the diving entry score sheet and confirms the accuracy of the entry score sheet submitted. The diving entry form must have a minimum 10.8 DD for the six optional dives.**

- 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 tournament 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, November 4, 2013, 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 divisions. Placement of schools has been based on the 2012-13 girl enrollment in grades 9-12.

LL Division – 770 and Over
L Division – 619-769

M Division – 471-618
S Division – Up to 470

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.

One Person Teams

Clinton – Morgan 280 (S)
Colchester – Bacon 496 (M)
Cromwell 267 (S)
Danbury – Immaculate 199 (S)
East Hampton 283 (S)
Guilford 523 (M)
Montville 349 (S)

New Haven – Career 414 (S)
North Branford 328 (S)
Westbrook 138 (S)
Wolcott 439 (S)
Woodbury – Nonnewaug 452 (s)

2013 CIAC Girls Swimming Divisions

LL Division – 770 and over (20)

Danbury	1397
East Hartford	820
Fairfield Ludlowe	814
Glastonbury	1154
Greenwich	1300
Hamden	886
Hartford – Bulkeley/Public/Classical*	1100
Manchester	805
Meriden – Maloney/Platt*	852
Newtown	854
Norwalk – Norwalk/McMahon*	1263
Norwich Free Academy	1189
Ridgefield	865
Shelton	801
Southington	1011
Stamford – Westhill/Stamford*	1565
Trumbull	1142
West Haven	795
Westport – Staples	930
Woodbridge – Amity Reg.	778

M Division – 471-618 (20)

Branford	561
Bristol Eastern	608
Brookfield	477
East Lyme	580
Farmington	614
Hamden – Sacred Heart Academy	499
Ledyard	496
Milford – Foran	477
Milford – Jonathan Law	472
Monroe – Masuk	618
New Fairfield	497
Redding – Joel Barlow	525
Southbury – Pomperaug	614
Stratford	497
Stratford – Bunnell	599
Torrington	511
Wallingford – Sheehan	471
Wethersfield	554
Windsor	561
Windsor Locks/Ellington/E. Granby*	564

L Division – 619-769 (21)

Bristol Central	634
Cheshire	755
Darien	671
Enrico Fermi/Enfield/Somers*	695
Fairfield Warde	690
Fitch / St. Bernard *	632
Madison – Daniel Hand	645
Middletown	633
Middletown – Mercy	638
Naugatuck	622
New Canaan	647
New Milford	755
Newington	707
North Haven	633
South Windsor	688
Storrs – E.O. Smith	627
Wallingford – Lyman Hall	625
Waterbury – Kennedy	639
West Hartford – Conard	769
West Hartford – Wm. Hall	718
Wilton	621

S Division – Up to 470 (21)

Beacon Falls – Woodland	365
Berlin	469
Bristol – St. Paul	193
East Haven	458
Higganum – Haddam-Killingworth	324
Manchester – East Catholic	354
Milford – Luralton Hall	465
Old Lyme	191
Oxford	305
Plainville	379
Rocky Hill	390
Seymour	308
Suffield	452
Tolland	449
Trumbull – St. Joseph	388
Waterbury – Holy Cross	301
Waterbury – Sacred Heart	168
Waterford	405
Watertown	470
Weston	388
Windham/Lyman Memorial*	455

*Cooperative Team

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 following minimum standards. The last date to count is Saturday, November 2, 2013. All times indicated on entry forms must show times to the hundredths of a second and be times from CIAC or National Federation sanctioned meets. **The number of entries per school per event must be in accordance with National Federation Rules.**

10.2 <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	2:08.93	2:09.61	2:12.71	2:16.68
200 yd. I.M.	2:27.19	2:30.59	2:33.11	2:37.07
50 yd. Freestyle	27.32	27.32	27.45	27.74
Diving	Minimum 6 dive score of 160 and D.D. of 8.8 on 5 optional dives			
	Minimum 11 dive score of 240 and D.D. of 10.8 on 6 optional dives			
100 yd. Butterfly	1:07.00	1:07.62	1:10.06	1:12.00
100 yd. Freestyle	59.39	59.39	1:00.99	1:01.00
500 yd. Freestyle	5:41.43	5:50.45	5:58.68	6:15.03
200 yd. Freestyle Relay		Automatic		
100 yd. Backstroke	1:09.00	1:09.00	1:10.34	1:13.09
100 yd. Breaststroke	1:17.00	1:17.00	1:21.18	1:23.29
400 yd. Freestyle Relay		Automatic		

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.

Divers must have achieved the required score and D.D. at the same meet. For safety reasons only divers that have achieved the minimum score and D.D. will be allowed to dive.

- 10.3 **Relays** – Each team is allowed one entry in each relay event without regard to qualifying time.
- 10.4 **Swimmers that Do Not Meet Automatic Qualifying Time** – Coaches should submit four 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 qualify to swim at Trials including any ties for 36th place. Only those in the top 36 will be charged an entry fee.
- 10.5 **Number of Events Per Swimmer** – Coaches may submit swimmers/divers in a maximum of two individual events. Any swimmer/diver entered in an individual event that does not make the top 36 seeding in an event will be allowed to swim in up to three relay events. If a swimmer does make the top 36 seeding then they may not compete in more than two relays at Trials, Finals or Open.
- 10.6 **Divers Qualifying** – For safety reasons, divers may not compete unless they have met the minimum six dive score of 160 and D.D. of 8.8 or the minimum eleven dive score of 240 and a D.D. of 10.8 on the six optional dives.
- 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) performances in each swimming event at the Trials will qualify for Divisional Championships. In Divisional Championships all heats are locked.

- 10.9 **Open Championships** – The best twenty-four (24) performances in each event from the Divisional Championships combined will qualify for the Open Championship Meet. Any of the twenty-four (24) finalists can advance in the finals. (Alternates will be added when vacancies exist due to scratches or declared false starts.
- 10.10 **Open Diving Championships** – In diving the twenty-four (24) top divers plus any divers in the top three (3) of each Divisional Championships not already included in the top twenty-four (24) will automatically qualify for the state Open Championship 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 Saturday, August 24, 2013.
- 11.2 Member schools may hold the first meet on but not before Tuesday, September 10, 2013.
- 11.3 Weekly limitations – Teams may schedule three (3) contests in a week during the regular season.
- 11.4 Last date to count for the tournament – Saturday, November 2, 2013.

11.5 **Swimming Qualifying Meets – Saturday, November 9, 2013**

<u>Meet</u>	<u>Site</u>	<u>Meet Director</u>	<u>Site Director</u>
LL	East Hartford High School 869 Forbes Street East Hartford, CT 06118	Rick Lewis W (203) 977-4696 H (203) 698-1281 Email: lewissark@aol.com	Jillian Piedescalzo East Hartford HS (203) 980-8194 piedescalzo.jg@easthartford.org

Warm-up – 4:30 – 5:55 p.m. / Swimming – 6:00 p.m.

L	Cornerstone Pool West Hartford, CT	John Smachetti C (860) 712-8824 Email: johnsmachetti@gmail.com	John Smachetti
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Warm-up – 5:10 – 6:15 p.m. / Swimming – 6:15 p.m.

M	East Hartford High School 869 Forbes Street East Hartford, CT 06118	Scott Butler (203) 488-8317 Email: redsox98@sbcbglobal.net	Jillian Piedescalzo
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Warm-up – 10:00 – 11:25 a.m. / Swimming – 11:30 a.m.

S	Plainville High School 47 Robert Holcomb Way Plainville, CT 06062	Chris Zagorski Plainville High School (860) 716-2879 Email: zagorski.chris@gmail.com	Chris Zagorski
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Warm-up – 12:30 – 1:55 p.m. / Swimming – 2:00 p.m.

11.6 Diving Trials and Championships

DIVING WARM-UP – 4:00 – 5:25 P.M. / DIVING – 5:30 P.M.

S Division	Wednesday, November 6	Middletown High School
M Division	Thursday, November 7	Middletown High School

Meet Director

DIVING WARM-UP – 3:00 – 4:25 P.M. / DIVING – 4:30 P.M.

LL Division	Wednesday, November 6	Bulkeley High School, Hartford
L Division	Thursday, November 7	Bulkeley High School, Hartford

Meet Director

11.7 Divisional Swimming Championships

TUESDAY, NOVEMBER 12, 2013

<u>Meet</u>	<u>Site</u>	<u>Meet Director</u>	<u>Times</u>
LL	Southern CT State University Moore Fieldhouse 125 Wintergreen Avenue New Haven, CT 06515	Rick Lewis W (203) 977-4696	Warm-ups – 5:00 – 5:55 p.m. Swimming – 6:00 p.m.
L	Wesleyan University Freeman Athletic Center Middletown, CT 06457	John Smachetti C (860) 712-8824	Warm-ups – 6:00 – 6:55 p.m. Swimming 7:00 p.m.

WEDNESDAY, NOVEMBER 13, 2013

M	Southern CT State University Moore Fieldhouse 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.
S	Wesleyan University Freeman Athletic Center Middletown, CT 06457	Chris Zagorski (860) 716-2879	Warm-ups – 6:00 – 6:55 p.m. Swimming 7:00 p.m.

11.8 Open Diving Championships – Friday, November 15, 2013

Middletown High School Middletown, CT 06457	Trevor Charles	Warm-ups – 4:00 – 5:25 p.m. Diving – 5:30 p.m.
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11.9 **Open Swimming Championships – Saturday, November 16, 2013**

Yale University
New Haven, CT

Rick Lewis
W (203) 977-4696
H (203) 698-1281
C (203) 912-9385

Warm-ups – 10:00 – 11:55 a.m.
Swimming – 12:00 p.m.

APPENDIX A

25 YARD / METER AND 25 METER / YARD CONVERSION FACTORS

MEN

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

WOMEN

200 yd. Medley Relay	1.116	0.8961
200 yd. Freestyle	1.108	0.9025
200 yd. Ind. Medley	1.110	0.9009
50 yd. Freestyle	1.115	0.8969
100 yd. Butterfly	1.111	0.9001
100 yd. Freestyle	1.112	0.8993
500 yd. / 400m Freestyle	0.877	1.140
500 yd. / 500m Freestyle	1.100	0.9091
200 yd. Free Relay	1.117	0.8953
100 yd. Backstroke	1.111	0.9001
100 yd. Breaststroke	1.112	0.8993
400 yd. Freestyle Relay	1.114	0.8977

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

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

- | | |
|----------------------------|---|
| • Headache or dizziness | • Over sensitivity to sound / light / touch |
| • Nausea or vomiting | • Ringing in ears |
| • Blurred or double vision | • 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, Physician’s 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>
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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*.
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Resources:

- I** 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.