

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

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



2017 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

Boys Swimming Coaches Chair

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

CAAD Consultant - Boys Swimming

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

IMPORTANT DATES

December 3, 2016	First Practice Date
December 17, 2016	Date of First Contest
March 4, 2017	Last Date to Count
March 6, 2017	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 2016-17

1.0 SWIMMING ALERTS

- 1.1 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.
- 1.2 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. Under no circumstances will divers be allowed to dive until the proof sheets are provided to officials.
- 1.3 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.
- 1.4 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.
- 1.5 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.
- 1.6 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.
- 1.7 **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 practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.

Sportsmanship -- Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the "Class Act" sportsmanship program as these standards will be used in all CIAC post-season contests.

CIAC Sportsmanship Guidelines

- The CIAC request that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC's expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.

- The CIAC sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.
- The CIAC sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC sportsmanship standards of conduct be prominently posted at all sports venues.
- When event programs are provided, the CIAC sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgement which would show that they have read the student-athlete handbook and understand the CIAC sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a “Class Act School” and provide them with the CIAC sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

The CIAC “Class Act” Sportsmanship Standards

ALL Spectators (including parents):

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school reference in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director’s approval and only be used during “dead ball” situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during “dead ball” situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

Game Personnel / Announcers:

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

Coaches

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgement of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

Players:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

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 on the day of the game as soon as possible following the game’s completion.

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.

Students With Special Needs -- Coaches are reminded to inform contest officials prior to each competition of any student with special needs 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.

Unmanned Aerial Systems at CIAC-Sanctioned Events – The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any person(s) at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

2.0 NATIONAL FEDERATION RULE CHANGES

2016-17 Swimming and Diving Rule Changes

- 1-5-2 (Definitions) Deck changes are defined as changing into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes.
- 3-6-1d (Conduct) Deck changes are prohibited, and will be penalized and considered as unsporting conduct.
- 6-4-1b (Timing and Judging) The protocol for determining an official time when a touch pad malfunctions on a lane was changed. Backup buttons and/or watch times, as outlined in the protocol, will now determine the official time. New subsections (1, 2, 3, 4) have been added.
1. If two of the three valid button or watch times agree, that shall be the time for that timing system.
 2. If three valid button or watch times disagree, the time of the intermediate button or watch shall be the time for the timing system;
 3. If only two valid button or watch times are available, the time shall be the average of those two buttons or the average of the two watch times. The digits representing thousandths of a second shall be dropped with no rounding.
 4. If only one valid button or watch time is available, the time of that button or watch shall be the time for that timing system provided it is supported by other information.
- 8-2-4c (Form of Events) The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick or propulsive motion.
- 9-4 Table (Diving) The Flying Back 1 SS (212) and the Flying Reverse 1 SS (312) have been removed from the NFHS Diving Table, while a new dive (5142) has been added.
- 9-5-5 (Diving) The balk has been more clearly defined and should be called when a diver assumes the starting position and he/she makes an obvious attempt to start the approach or press, and stops the continuous execution of the dive prior to the water entry.
- 9-7-5q (Diving) When using the forward approach, a dive is failed if, in the diving referee's opinion, the diver performs an additional bounce(s) on the end of the board after the culminating hurdle.

2016-17 Editorial Changes

3-3-2c, 3-5 Penalty, 3-6-1 Note, 4-1-7, 4-2-2c Note, 4-2-2n, 5-1-3, 9-2-4, 9-4-1c

2016-17 Points of Emphasis

- Backstroke ledge not permitted in high school swimming and diving
- Swimsuit fastening systems not allowed in competition
- Determine a designated area for photographers

3.0 TOURNAMENT RULES AND PROCEDURES

- 3.1 **Rules** – All meets shall be governed by the 2016-17 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 5.0 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** -- \$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
- 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.
 - 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

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

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 2-16, 2017. 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 – Chris Burns – (203) 785-8384 – chrisaburns@comcast.net .

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 6, 2017. 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 6, 2017.

- 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 6, 2017. 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 by 4:00 p.m., Monday, March 6, 2017.**

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 6, 2017, 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 2015-16 boy enrollment in grades 9-12. A listing of tournament divisions is available on the boys swimming page at ciacsports.com.

LL – 777 and over; L – 602-776 M – 434-601 S – Up to 433

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 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	1:59.96	1:57.29	1:53.84
200 Yd. Ind. Medley	2:22.00	2:13.65	2:13.21	2:10:32
50 Yd. Freestyle	24.99	23.60	23.95	23.60

Diving – Dual Meets – 9.0 DD & 160 points. The DD of 9.0 is for the 5 optional dives in the 6 dive program.

Championship Meets – 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	51.10
500 Yd. Freestyle	5:38.46	5:18.10	5:16.13	5:15.00
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 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 **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.
- 10.8 **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.)
- 10.9 **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.
- 10.10 **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 3, 2016.
- 11.2 Member schools may hold the first meet on but not before December 17, 2016.
- 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 4, 2017.

11.5 **Diving Trials and Finals**

M	March 8	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 – calld001@hartfordschools.org
L	March 8	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
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 – _zagorski.chris@gmail.com
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 – tdyer@hamden.org

If there is a cancellation of the diving because of inclement weather on either March 8 or March 9, 2017, depending on the division, the competition will be moved to the next day.

11.6 Swimming Trials

- LL March 11 East Hartford High School – Warm-up 1:30 p.m. / Swimming 3:30 p.m.
Meet Directors – Rick Lewis
Work (203) 977-4696 / Home (203) 698-1281
Email – lewisshark@aol.com
- L March 11 Kennedy High School, Waterbury – Warm-up 2:30 p.m. /Swimming 4:30 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 11 Masuk High School, Monroe – Warm-up 1:30 p.m. / 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 11 Plainville High School, Plainville – Warm-up 1:30 p.m. / Swimming 3:30 p.m.
Meet Director – Chris Zagorski, Plainville High School
Telephone (860) 716-2879
Email address – zagorski.chris@gmail.com

If the swimming trials are cancelled because of inclement weather on Saturday, March 11, the swimming trials will be held on Sunday, March 12, 2017.

11.7 Swimming Championship Finals

- L March 14 Wesleyan University – Freeman Center, Middletown
Meet Director – John Smachetti
Warm-up 12:45 p.m. / Finals 1:30 p.m.
- LL March 14 Wesleyan University – Freeman Center, Middletown
Meet Director -- Rick Lewis
Warm-up 5:15 p.m. / Finals 6:00 p.m.
- S March 15 Wesleyan University – Freeman Center, Middletown
Meet Director – Chris Zagorski
Warm-up 12:45 p.m. / Finals 1:30 p.m.
- M March 15 Wesleyan University – Freeman Center, Middletown
Meet Director – Scott Butler
Warm-up 5:15 p.m. / Finals 6:00 p.m.

11.8 Open Diving Championships

- March 16 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@mpsc.org

11.9 Open Swimming Championships

March 18 Yale University – Kiputh Pool
Meet Director – Rick Lewis
Work – (203) 977-4696 / Home (203) 698-1281
Email address – lewisshark@aol.com
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 2016-17
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

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

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) 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/combative/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 *****

- 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.
 2. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*. 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.