

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

2021 CIAC GIRLS SWIMMING AND DIVING INFORMATION

CIAC Girls Swim Committee Chairman

Jeffrey Schumann
Enfield

CHSCA Representative

Scott Butler
Branford
(203) 623-9463

Tournament Director

Scott Butler
Branford
(203) 623-9463
Redsox98@sbcglobal.net

IMPORTANT DATES

First Practice Date	August 26, 2021
Date of First Contest	September 9, 2021
Last Date to Count	November 6, 2021
Date All Entry Information Due	November 8, 2021
Diving Proof Sheets Emailed/Faxed to CIAC by 4:00 p.m.	November 8, 2021
Class Diving	November 10, 11, 2021
Qualifying Meets	November 13, 2021
Class Championships	November 16, 17, 2021
Open Diving	November 18, 2021
Open Championship	November 21, 2021

Appendix A	Conversion Factors
Appendix B	Certifications / Coaching Certifications

2021 CIAC GIRLS SWIMMING AND DIVING CHAMPIONSHIPS

1.0 **ALERTS**

- 1.1 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.
- 1.2 **At CIAC state meets, coaches will be prohibited from being in the area directly behind the starting blocks without approval from the officials.**
- 1.3 Coaches who are ejected from meets may not coach for the next two meets.
- 1.4 **All ticket sales for CIAC tournament games will be sold and redeemed via digital ticketing.**

2.0 **REGULAR SEASON**

- 2.1 **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.
- 2.2 **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.
- 2.3 No warm down laps are permitted when the pool has lanes available for that purpose.
- 2.4 Weekly limitations – Teams may schedule three (3) contests in a week three times during the regular season.
- 2.5 **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 Standards for sportsmanship as defined in the Class Act program are found at http://ciacsports.com/site/?page_id=10438

- 2.6 **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.

Coaches who are ejected from a meet may not coach for the next two meets.

2.7 **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 swimmer’s school administration. Present weekly swimming limitations will be maintained, one of which may be one of the four allowable “outside” meets.

2.8 **Voluntary Dives**

Week of September 9-18	Forward
Week of September 19-25	Back
Week of September 26 – October 2	Inward
Week of October 3-9	Twist
Week of October 10-16	Reverse
Week of October 17-23	Forward
Week of October 24-30	Back
Week of October 31 – November 6	Inward

3.0 **2021-22 NATIONAL FEDERATION SWIMMING RULE CHANGES**

3-2-5 -- Changes protocol for declaration of the lead-off swimmer in a relay to be submitted prior to the start of the event.

3-3-5 -- Permits competitors to wear suits providing full body coverage for religious reasons.

3-3-5b, c, d -- Permits the application of temporary adhesives for divers.

5-4-3, 5-4-3 Note -- Clarifies protocol for conducting swim-offs and what purposes the time can be used.

9-2-1 -- During championship meets, new language establishes when diving boards should be open for practice if breaks between sessions extend longer than ten minutes.

9-3-7 Penalties, 9-5-2, 9-5-2 Note, 9-5-5, 9-7-4f, 9-7-5k thru p, 9-8-2c -- Permits standing forward takeoffs, clearly defining the proper procedure for performing a standing forward takeoff and the protocol for application of the mandatory two-point deduction.

9-5-4b -- Clarifies that only four oscillations are permitted before the diver leaves the board.

9-6-2i; 9-6-4a, b -- Defines process to rectify announcing errors that occur during diving competition.

2021-22 Swimming and Diving Editorial Changes

1-4-2, 3-3-2 Penalties 1 & 2, 4-1-1, 4-1-6, 4-4, 4-4-1, 4-4-2, 4-5-3, 4-7, 6-2-2, 6-4-1b(3), 8-3-3, 9-6-1, 9-6-5, 9-8-2d, State Association Adoption Chart

2021-22 Swimming and Diving Points of Emphasis

1. Suggested Meet Warm-up Procedures
2. Responsibility of Official, Competitor and Lap Counter in Distance Events
3. Updating Diving Rules

4.0 RULES FOR QUALIFYING FOR THE STATE MEETS

- 4.1 **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.
- 4.2 **Alternates** – There will be two alternates for each Qualifying Meet, Divisional Championship Meet and Open Championship Meet. At the qualifying meet the heats will not be reseeded when alternates are added.
- 4.3 **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. 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 D.D. for the six optional dives.
- 4.4 **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. Proofs can be emailed to Judy Sylvester at jsylvester@casciac.org.
- 4.5 **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.
- 4.6 **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.)
- 4.7 **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.

5.0 ENTRY PROCEDURES

- 5.1 Coaches are responsible for having the names of all swimmers that potentially could swim on a relay, on the school entry form.
- 5.2 **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 8, 2021. 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.
- 5.3 **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.

- 5.4 **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 8, 2021. Confer with National Federation rule 9-4-1 for order of dives and DD requirement. Proof forms for diving must be emailed/faxed to the CIAC office by Monday, November 8. **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.**

Coaches must follow these steps for diving entries:

- 1) Enter the diver on the eligibility list.
 - 2) Enter the proof with the meet qualifying score, D.D. and date achieved.
 - 3) Submit the 11 dive list.
 - 4) **Fax – (203) 250-1345 / Email – results@casciac.org or jsylvester@casciac.org** proof of qualifying score and D.D. with the officials, coaches and divers signature to CIAC by November 8.
 - 5) **Request confirmation email.**
 - 6) On the day of the meet the coach and diver must sign the diving sheet attesting that the diver can successfully complete the 11 dives listed.
- 5.5 **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.

- 5.6 **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 8, 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.

- 5.7 It is recommended that coaches advise their student-athletes to take SAT or ACT tests that are not in conflict with the CIAC swim championships.

6.0 **TOURNAMENT RULES AND PROCEDURES**

- 6.1 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.
- 6.2 At CIAC state meets, coaches will be prohibited from being the area directly behind the starting blocks without approval from the officials.
- 6.3 **Photography and Video Recording** – Meet management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) from the deck is prohibited by all individuals other than participating coach and athlete members unless prior authorization from the meet referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following “non-camera zones” shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups.
- Additional “non-camera zones” may be designated by meet management.

Any individual failing to abide by these rules may be ejected from the facility.

- 6.4 There will be a five minute break after the 200 Medley Relay and 200 Freestyle Relay at all trials, finals and open meets. This is in addition to the breaks after the 50 Freestyle, (15 minutes) and 500 Freestyle, (10 minutes). The pool is open during swim breaks.
- 6.5 **Rules** – All meets shall be governed by the 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.)
- 6.6 **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.
- 6.7 **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.
- 6.8 **Declared False Starts** – Declared false starts are permitted in Trials, Finals and Open. The event will be reseeded at finals and open but at trials the alternate will be placed in the lane and heat of the swimmer that scratched or declared a false start. 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.
- 6.9 **CIAC Swimming Committee** – The decision of the CIAC Swimming Committee relative to the operation of the championships shall be final.
- 6.10 **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 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. If the ineligible swimmer is part of a relay, that relay team is disqualified and their points are 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.
- 6.11 **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.

Coaches who are ejected from a meet are not allowed to coach for the next two meets.

- 6.12 **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**.
- 6.13 **Warm-up Procedure for All CIAC Tournament 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.
- 6.14 **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. **No warm down laps permitted when pool has lanes available for that purpose.**
- 6.15 **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.
- 6.16 **Inclement Weather** – In case of inclement weather check the CIAC web site – www.ciacsports.com – to find out if the event has been postponed.
- 6.17 **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.
- 6.18 **Swim-Offs** – When swim-offs are needed the National Federation rules will be followed. **Swim-offs must be completed the day of trials.**
- 6.19 **Open Diving** – 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.
- 6.20 At finals, starting wedges may not be used unless they are available at all final sites. At trials they may be used, if available, at any site.

7.0 **ENTRY FEES AND ADMISSION FEES**

- 7.1 **Entry Fee** - \$100 per team, plus \$10 per entry (including relays) to a maximum of \$250 made payable to CIAC.
- 7.2 **Admission Fee** - Diving Meets, Qualifying Meets, Championship Finals, Open Meet **
- Free – Children five (5) and under
 - Free – Military in uniform or with I.D.
 - \$5.00 - Students (grades 1-12 and Senior Citizens (age 65 and older)
 - \$10.00 – Adults (all others not in the above categories)

****All ticket sales for CIAC tournament games will be sold and redeemed via digital ticketing.** All tournament tickets are purchased online at casciac.org.

- 7.3 **Passes** – During the championships only the following passes will be honored at each site.
- Principal (or designee) of participating schools with identification
 - Press Card
 - CAAD (Athletic directors) membership card
 - CIAC **swimming officials ONLY** membership card

- 7.4 **Tickets for Team Members** – Team members not participating in a meet (trials, finals or Open) must pay an admission fee. Team members participating in the trials will be admitted at no charge for finals and the Open.
- 7.5 **Supervision** – Team coaches (limit of three), athletic director and administrative personnel assigned to supervisory responsibilities will be allowed free admission.

8.0 **SCORING AND AWARDS**

- 8.1 **Scoring – Divisional and Open 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. At the Open Championships the top 24 individual finishers may move up or down the 24 places.

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

8.2 **Awards**

- a. **Divisional Championship Meets** – Medals awarded for first six (6) places
- b. **Open Meet** – Medals awarded for first six (6) places.
- c. **Team Award** – CIAC plaques will be given to each Divisional and Open Meet champion and runner-up.

9.0 **OFFICIALS**

- 9.1 **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 must be filed on the CIAC online eligibility center by five 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.
- 9.2 **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.
- 9.3 **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. The meet director shall create a committee comprised of at least three coaches that will comprise the meet committee.

- 9.4 **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.
- 9.5 **CIAC Rules Interpreter** – Questions on swimming or diving rules should be referred to the CIAC rules interpreter – Chris Burns – chrisaburns@comcast.net – (203) 785-8384.

10.0 **PROTESTS**

- 10.1 **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.
- 10.2 **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.

11.0 **DIVISIONS**

- 11.1 **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 2020-21 girl enrollment in grades 9-12.
- 11.2 Reference 14.0 for divisions.

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.

12.0 **QUALIFYING STANDARDS**

- 12.1 **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 6, 2021. 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.**

12.2	<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	2:04.59	2:06.99	2:13.99	2:14.59
	200 yd. I.M.	2:21.79	2:28.79	2:36.99	2:33.89
	50 yd. Freestyle	26.09	26.69	27.49	27.79
	Diving -- All Divisions:	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	1:03.99	1:06.09	1:08.39	1:10.69
	100 yd. Freestyle	57.59	59.19	1:00.99	1:01.99
	500 yd. Freestyle	5:45.59	5:48.59	6:01.99	6:09.99
	200 yd. Freestyle Relay		Automatic		
	100 yd. Backstroke	1:04.19	1:06.99	1:09.99	1:12.39
	100 yd. Breaststroke	1:14.99	1:17.19	1:19.59	1:20.99
	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.

12.3 **Relays** – Each team is allowed one entry in each relay event without regard to qualifying time.

12.4 **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.

13.0 **DATES / SITES / TIMES / MEET DIRECTORS**

13.1 **SWIMMING QUALIFYING MEETS – SATURDAY, NOVEMBER 13, 2021**

<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: lewisshark@aol.com	

Warm-up – 10:00 a.m. / Swimming – 11:30 a.m.

L	Cornerstone Pool 55 Buena Vista Road West Hartford, CT 06107	John Smachetti C (860) 712-8824 Email: johnsmachetti@gmail.com	
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Warm-up – 2:00 p.m. / Swimming – 3:15 p.m.

M	East Hartford High School 869 Forbes Street East Hartford, CT 06118	Rob Bouchey C (860) 451-9541 Email: Coach.rob.bouchey@gmail.com	
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Warm-up – 4:00 p.m. / Swimming – 5:30 p.m.

S **Cheshire Community Pool** Brett Arnold Sheila Adams
520 South Main Street C (860) 367-6067
Cheshire, CT 06410 Email: barnold@waterfordschools.org

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

13.2 **DIVING TRIALS AND CHAMPIONSHIPS**

L Division Wednesday, November 10 Middletown High School
Diving Warm-Up – 4:00 – 5:25 p.m. / Diving – 5:30 p.m.
Meet Director: Trevor Charles

S Division Wednesday, November 10 Sheehan High School, Wallingford
Diving Warm-Up – 4: 00 – 5:25 p.m. / Diving – 5:30 p.m.
Meet Director: Dan Wostbrock

LL Division Thursday, November 11 Middletown High School
Diving Warm-Up – 4:00 – 5:25 p.m. / Diving – 5:30 p.m.
Meet Director: Trevor Charles

M Division Thursday, November 11 Sheehan High School, Wallingford
Diving Warm-Up – 4:00 – 5:25 p.m. / Diving – 5:30 p.m.
Meet Director: Dan Wostbrock

Trevor Charles
Email – charlest@mpsct.org
Home (860) 395-7852 / School (860) 704-4558

Dan Wostbrock
Email – dwostbrock@wallingfordschools.org
(203) 376-5954

13.3 **DIVISIONAL SWIMMING CHAMPIONSHIPS**

Tuesday, November 16, 2021

<u>Meet</u>	<u>Site</u>	<u>Meet Director</u>	<u>Times</u>
L	Southern CT State University Moore Fieldhouse 125 Wintergreen Avenue New Haven, CT 06515	John Smachetti (860) 712-8824	Warm-ups – 5:00 – 5:55 p.m. Swimming – 6:00 p.m.
M	Cornerstone Pool 55 Buena Vista Road West Hartford, CT 06107	Rob Bouchey (860) 451-9541	Warm-ups – 5:00 – 5:55 p.m. Swimming – 6:00 p.m.

Wednesday, November 17, 2021

LL	Southern CT State University Moore Fieldhouse 125 Wintergreen Avenue New Haven, CT 06515	Rick Lewis (203) 977-4969	Warm-ups – 5:00 – 5:55 p.m. Swimming – 6:00 p.m.
S	Cornerstone Pool 55 Buena Vista Road West Hartford, CT 06107	Brett Arnold (860) 367-6067	Warm-ups – 5:00 – 5:55 p.m. Swimming – 6:00 p.m.

13.4 **OPEN DIVING CHAMPIONSHIPS – THURSDAY, NOVEMBER 18, 2021**

Middletown High School Middletown, CT	Trevor Charles W (860) 704-4558 H (860) 395-7852	Warm-ups – 4:00 – 5:25 p.m. Diving – 5:30 p.m.
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13.5 **OPEN SWIMMING CHAMPIONSHIPS – SUNDAY, NOVEMBER 21, 2021**

Cornerstone Pool 55 Buena Vista Road West Hartford, CT 06107	Meet Director - Rick Lewis Site Director – John Smachetti	Warm-ups – 12:00 - 2:00 p.m. Swimming – 2:00 p.m.
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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

CERTIFICATIONS / COACHING CERTIFICATIONS

- Coaching Education Overview - Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <http://www.ctcoachinged.org/CEU.html>
- Temporary coaching permit application can be found at this link: https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_186.pdf
- 5 Year coaching permit application can be found at this link: https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf
- Coaching Course Registration: <http://ctcoachinged.org/Permit.html>
- Sudden Cardiac Arrest Renewal: https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Concussion Renewal Form for Coaches: https://portal.ct.gov/-/media/SDE/Certification/Coaching/Concussion_and_Head_Injury_Annual_Review_for_Coaches_2021-22.pdf?la=en
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- Epipen Training: <https://www.redcross.org/take-a-class/preview-kits/anaphylaxis-epinephrine-auto-injector>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/practice-patient-care/health-issues/heat-illness>
- Heat Illness Legislation for Coaches, Parents and Students: <https://www.cga.ct.gov/2021/ACT/PA/PDF/2021PA-00087-R00HB-064392-PA.PDF>
- Exertional Heat Illness Review for Coaches: <http://www.casciac.org/pdfs/ExertionalHeatIllnessReviewSheet.docx>

Volunteer Coaches

The state of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.