

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, CT 06410

2010 GIRLS SWIMMING AND DIVING CHAMPIONSHIPS

CIAC Committee Chairman

Jeffrey Schumann, Newington Public Schools
W (860) 667-2000 x 630

CIAC Coaches Committee Chairman

Garry Smith
H (860) 945-5246

Tournament Director

John O'Connor
H (203) 488-5683

THE GIRLS SWIMMING TOURNAMENT INFORMATION IS ARRANGED IN TEN (10) SECTIONS.

1.0 DIVISIONS

2.0 DATES/SITES/TIMES/MEET DIRECTORS

3.0 ENTRY PROCEDURES

4.0 EXPENSES/TICKETS

5.0 FORFEITS

6.0 OFFICIALS

7.0 PROTESTS

8.0 QUALIFYING

9.0 SUPERVISION/SPORTSMANSHIP

10.0 TOURNAMENT RULES / PROCEDURES

APPENDIX A -- LIST OF SCHOOLS BY DIVISION

**APPENDIX B -- SEEDING & EVENT FORM INSTRUCTIONS
SEEDING & EVENT FORM**

APPENDIX C -- CIAC ENTRY FORM

APPENDIX D -- DIVING ENTRY FORM

APPENDIX E -- SELECTION OF DIVING JUDGES

APPENDIX F -- CONCUSSION AND HEAD INJURY

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2010 GIRLS SWIMMING & DIVING CHAMPIONSHIPS

TOURNAMENT ALERT

- There will be one length of swim down after each heat of an event during all tournament meet trials and finals except there will be no swim down after the 50 free and relays.
- There will be a ten (10) minute warm-up after the 500 free.
- Entry fees will be charged for relays.
- Entry fees will be returned for individuals not accepted into the meet.
- 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.
- Because of safety concerns divers must now have a minimum score of 160 on six dives with a degree of difficulty on the five optional dives of 8.8 or a minimum score of 240 on 11 dives with a degree of difficulty on the six optional dives of 10.8.
- The signed diving score sheet that proves the diving score and D.D. must be faxed to CIAC by 4:00 p.m. on Monday, November 8. Late diving score proof will result in a \$50 fine.
- A team or one person team may not compete in the tournament unless accompanied by a certified coach. If a certified coach, other than the one on the official entry form, will represent a team or one person team then the newly designated coach must report to the meet director before the meet begins and present a letter from the school principal designating this certified coach as the school representative.

NATIONAL FEDERATION SWIMMING RULE CHANGE – 8/11/09

3-3-2 NEW Suits worn by swimmers shall be limited to the following requirements:

- a. Only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.
- b. The swimsuit shall be:
 - 1) Constructed of a woven/knit textile material;
 - 2) Permeable (100 percent to air and water)
 - 3) Made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
 - 4) Made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings); and
 - 5) Constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

Penalty (For Art.2) When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:

- 1) When reporting prior to the start of the heat, notify the competitor to make legal the swimsuit before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit;
- 2) When the competitor has stepped up on the starting platform but prior to the starting device being activated, direct the competitor to “Step down,” disqualify the competitor from that event and he/she shall not be eligible for further competition until in a legal swimsuit;
- 3) When the starting device has been activated, disqualify the competitor at the completion of the heat; nullify the competitor’s performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

2010-11 NATIONAL FEDERATION SWIMMING RULE CHANGES

- 3-3-1 new NOTE Clarifies the FINA mark and/or individual barcode appearing on some swimsuits is not considered a second manufacturer’s logo nor a form of advertising. Such swimsuits with a FINA marking are legal for NFHS competition.
- 3-3-2b(2) Allows placing one post-construction impermeable school name and/or logo not exceeding 9 square inches on the competitor’s swimsuit.
- 3-3-3 Clarifies that competitors shall not wear or use any device to aid in body compression other than that which occurs by a legal swimsuit.
- 8-3-8b Nullifies use of a lead-off time for qualifying or record in the corresponding individual event if the relay team is disqualified for conduct or any entry rule violation under Rule 3-2.
- 9-3-3 new NOTE The signatures of the coach and diver indicate that the diver is capable of performing all of the dives listed on the diving score sheet and confirms the accuracy of the score sheet submitted.
- 9-7-4 new d Requires a diver to demonstrate his/her attempt to come out of a twist during a dive otherwise it is unsatisfactory.
- 9-7-5g Specifies the diver’s shoulders shall be used as the reference point when the feet/hands contact the water to determine whether the proper amount of twist has been achieved for the individual dive
- 9-7-5 new h Stipulates a diver performing a twisting dive cannot twist the shoulders past 90 degrees before the feet leave the board.
- 9-8-2 new a A deduction will be given if a diver does not stop the oscillation of the board just before or after the starting position is assumed.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, CT 06410

2010 CIAC GIRLS SWIMMING CHAMPIONSHIPS

1.0 **DIVISIONS**

1.1 Only institutional members of the Conference may enter this tournament which will be in four (4) divisions. Placement of schools has been based on the 2009-10 girl enrollment in grades 9-12.

LL – 773 and over M -- 497 - 637
L -- 638 - 772 S -- Up to 496

2.0 **DATES /SITES /MEET DIRECTORS**

2.1 Member school may start practice on, but not before, Saturday, August 28, 2010

2.2 Member schools may hold the first meet on, but not before, Tuesday, September 14, 2010

2.3 Weekly limitations -- Teams may schedule three (3) contest in a week during the regular season, EXCLUDING THE FIRST AND LAST WEEKS.

2.4 Last date to count for tournament – November 6, 2010.

2.5 **SATURDAY, NOVEMBER 13, 2010 --- SWIMMING QUALIFYING MEETS**

<u>Meet</u>	<u>Site</u>	<u>Meet Director</u>	<u>Site Director</u>
LL	East Hartford High School East Hartford, CT	Rick Lewis W - (203) 977-4696 H - (203) 698-1281 E-mail: lewisshark@aol.com	Dave Caruso East Hartford HS (860) 622-5236
Warm-up -- 4:30 - 5:55 p.m. / Swimming -- 6:00 p.m.			
L	East Hartford High School East Hartford, CT	John Smachetti H - (860) 582-7272 C - (860) 712-8824 E-mail: smachetti@sbcglobal.net	Dave Caruso East Hartford HS (860) 622-5236
Warm-up – 10:00 a.m. - 11:25 a.m. / Swimming – 11:30 a.m.			
M	Walsh Intermediate School 185 Damascus Road Branford, CT (203) 783-3511 x 130	Scott Butler Walsh Intermediate School H - (203) 387-2852 E-mail: scbutler@branford.k12.ct.us	Scott Butler
Warm-up -- 12:30 - 1:55 p.m. / Swimming -- 2:00 p.m.			
S	Plainville High School 47 Robert Holcomb Way Plainville, CT 06062 (860) 793-3220	Randy Doucette Plainville High School W - (860) 793-3220	Randy Doucette
Warm-up -- 12:30 - 1:55 p.m. / Swimming -- 2:00 p.m.			

2.6 **DIVING TRIALS AND CHAMPIONSHIPS**

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

M Division – Wednesday, November 10– Plainville High School
 S Division – Friday, November 12 – Plainville High School

Meet Director Randy Doucette
 Plainville High School
 S - (860) 793-3220

L Division -- Wednesday, November 10 – Hamden High School
 LL Division – Friday, November 12 – Hamden High School

Meet Director Gil Cyr
 Hamden High School
 S - (203) 407-2040 / H - (203) 288-2967

2.7 **TUESDAY, NOVEMBER 16, 2010 -- DIVISIONAL SWIMMING CHAMPIONSHIPS**

	<u>Meet</u>	<u>Site</u>	<u>Meet Director</u>	<u>Times</u>
M		Wesleyan University Freeman Athletic Center Middletown, CT 06457	Scott Butler W - (203) 488-8317	Warm-ups -- 6:00 - 6:55 p.m. Swimming -- 7:00 p.m.
S		Southern CT State University Moore Field House 125 Wintergreen Avenue New Haven, CT 06515	Randy Doucette W - (860) 793-3220	Warm-ups -- 5:00 - 5:55 p.m. Swimming -- 6:00 p.m.

WEDNESDAY, NOVEMBER 17, 2010 --DIVISIONAL SWIMMING CHAMPIONSHIPS

LL		Wesleyan University Freeman Athletic Center Middletown, CT 06457	Rick Lewis W - (203) 977-4696 H - (203) 698-1281 E-mail: lewisshark@aol.com	Warm-ups – 6:00 - 6:55 p.m. Swimming – 7:00 p.m.
L		Southern CT State University Moore Field House 125 Wintergreen Avenue New Haven, CT 06515	John Smachetti H - (860) 582-7272 C - (860) 712-8824	Warm-ups -- 5:00 - 5:55 p.m. Swimming -- 6:00 p.m.

2.8 **FRIDAY, NOVEMBER 19, 2010**

OPEN CHAMPIONSHIP--DIVING COMPETITION

	<u>Site</u>	<u>Meet Director</u>	<u>Times</u>
	Hamden High School Hamden, CT	Gil Cyr S - (203) 407-2040 H - (203) 288-2967	Warm-ups -- 4:00 - 5:55 p.m. Diving -- 6:00 p.m.

2.9 **SATURDAY, NOVEMBER 20, 2010**

OPEN CHAMPIONSHIP-SWIMMING COMPETITION

<u>Site</u>	<u>Meet Director</u>	<u>Times</u>
Yale University New Haven, CT	Ed Aston	Warm-ups -- 10:00- 11:55 a.m. Swimming -- 12:00 p.m.

- 2.10 Questions on swimming or diving rules should be referred to the CIAC Swim/Dive Rules Interpreter -- Jim Agli -- (203) 758-5873 -- E-mail: gymagli@yahoo.com

3.0 **ENTRY PROCEDURE**

- 3.1 **CIAC ENTRY FORM AND DIVING SCORE SHEET** -- The entry form and diving score sheet must be submitted via the password-protected online eligibility center by 3:00 p.m., Monday, November 8, 2010. ALL PROBLEMS MUST BE RESOLVED BEFORE THE ENTRY DEADLINE. ENTRIES WILL NOT BE HONORED AFTER THE DEADLINE. Schools may put their entries on at any time before deadline and do not have to wait until the deadline.

A swimmer may enter four event -- 3 of the four may be relay events -- two of the four may be individual events. Anyone not listed cannot compete.

- 3.2 **RELAY CARD** -- (Appendix B-1). Names of the four competing relay swimmers, designating the lead off swimmer, must be on a 3 x 5 card and turned in at the start of the specific relay (prior to the first heat).

- 3.3 **ENTRY FEE** -- \$75.00 per team, plus \$7.00 per entry (including relays) to a maximum of \$250 made payable to CIAC. Send check to CIAC office, 30 Realty Drive, Cheshire, CT 06410. **Entry fees will be refunded for individuals not accepted into a meet.** 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 girls swimming options in the password-protected online eligibility center.

- 3.4 **QUALIFYING STANDARDS** -- Coaches should 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 times for 36th place.

Coaches can submit swimmers in a maximum of two individual events. Any swimmer entered in two individual events that does not make the top 36 seeding will be allowed to swim in up to three relay events. Any swimmer that makes the top 36 seeding in two events may only compete in two relay events at trials, finals and Opens even if they do not qualify for finals or Opens because the trials, finals and Opens are considered one meet.

For safety reasons divers must have attained a six dive minimum score of 160 with a D.D. (Degree of Difficulty) of 8.8 on the five optional dives or an 11 dive program minimum score of 240 with a D.D. of 10.8 on the six optional dives. The score and the D.D. must be from the same meet and the signed dive sheet must be faxed to the CIAC by 4:00 p.m. on Monday, November 8 to verify the score and the D.D. Coaches must not enter divers in the meet unless they can successfully complete all dives on their entry sheet.

The number of entries per school, per event must be in accordance with National Federation Rules. Teams **MUST** adhere to this regulation.

4.0 **EXPENSES/TICKETS**

- 4.1 Schools will bear all traveling expenses.
- 4.2 Admission Charge - for Qualifying Meets, Class Championships and State Open **
* Free -- Children five (5) and under
* \$5.00 -- Senior Citizens (Age 65 and older)
* \$5.00 -- Students (Grades 1-12)
* \$8.00 -- Adults (All others not in the above categories)
- ** Subject to change
- 4.3 During the Championships, only the following passes will be honored at all sites.
- a. Varsity swimming coaches may request one pass from CIAC. A returned self-addressed stamped envelope is required.
 - b. Principal (or designee) of participating schools with CAS membership card.
 - c. Press Card
 - b. CIAC Swimming Officials membership card.
No other complimentary admissions will be permitted.
- 4.4 All swimmers listed on the entry form (Appendix C) who did not qualify for any level of competition must arrive with their team and coach and sit in the stands unless notified otherwise by the meet director. If they arrive at any other time, they will be required to pay the admission fee.

5.0 **FORFEITS**

- 5.1 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 his/her 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, golf.

6.0 **OFFICIALS**

- 6.1 Meet Directors are responsible for assigning timers, scorers, timing and computer operators, starters, inspectors, etc. in accordance with the numbers and types listed in the most current (date) CIAC Handbook. Assigners will provide the listing of officials one week prior to the meet to the meet director.

7.0 **PROTESTS**

- 7.1 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 CIAC, and the Chairman of the Tournament Committee in question, in consultation with CIAC Swimming/Diving Rules 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 error will be corrected as covered by specific contest rules.

8.0 **QUALIFYING**

8.1 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 schedule a meet which will count toward qualifying is Saturday, November 6, 2010. All times indicated on entry forms must show times to the hundredths of a second. **THE NUMBER OF ENTRIES PER SCHOOL PER EVENT MUST BE IN ACCORDANCE WITH NATIONAL FEDERATION RULES.**

<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	2:09.72	2:10.19	2:13.99	2:19.27
200 Yd. Ind. Medley	2:25.25	2:29.72	2:30.34	2:39.80
50 Yd. Freestyle	27.00	27.00	27.63	27.63
Diving	All divisions 6 dives -- 160 with 8.8 D.D. on 5 option dives or 11 dives -- 240 with 10.8 D.D. on 6 optional dives			
100 Yd. Butterfly	1:08.5	1:10.43	1:12.00	1:10.23
100 Yd. Freestyle	59.50	59.50	1:01.50	1:02.81
500 Yd. Freestyle	5:45.45	5:48.00	5:52.09	6:01.89
200 Yard Freestyle Relay		Automatic		
100 Yd. Backstroke	1:08.50	1:08.50	1:09.27	1:11.53
100 Yd. Breaststroke	1:18.00	1:18.00	1:19.36	1:22.73
400 Yd. Freestyle Relay		Automatic		

* 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 will qualify to swim at trials including any ties for 36th place. Only those that are in the top 36 will be charged an entry fee.

Coaches can 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. If a swimmer does make the top 36 seeding in two events then they may not compete in more than two relays at trials, finals or Opens.

For safety reasons, divers may not compete unless they have met the minimum six dive score of 160 and a D.D. of 8.8 on the five optional dives or the minimum eleven dive score of 240 and a D.D. of 10.8 on the six optional dives.

Coaches must bring proof of the submitted swimming qualifying times to the swimming trials. Coaches must also bring the signed diving sheets that prove the submitted diving score and DD to the diving championships. The meet referee or meet committee may request this proof at these meets.

8.3 The best twenty-four (24) performances in each swimming event at the trials will qualify for Divisional Championships.

- 8.4 The best twenty-four (24) performances in each event from the Division 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.)
- 8.5 In diving, the twenty-four (24) top divers plus any divers in the top four (4) of each Divisional Championship Meets not already included in the top twenty-four (24) will be invited to the State Open Championship.
- 8.6 At least two alternates shall be identified for each championship swimming event.
- 8.7 At trials, there will be no alternates to the top 36.
- 8.8 The 2010 tournament (divisional and open meets) will be scored in 24 places:

Scoring for Girls Championships – 8 Lane Pools

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

Scoring for Girls Championships – 6 Lane Pools

1 st place – 32 points	9 th place – 20 points	17 th place – 10 points
2 nd place – 29 points	10 th place – 19 points	18 th place – 9 points
3 rd place – 28 points	11 th place – 18 points	19 th place – 7 points
4 th place – 27 points	12 th place – 17 points	20 th place – 5 points
5 th place – 26 points	13 th place – 15 points	21 st place – 4 points
6 th place – 25 points	14 th place – 13 points	22 nd place – 3 points
7 th place – 23 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

9.0 **SUPERVISION/SPORTSMANSHIP**

- 9.1 A team or one person team may not compete unless accompanied by a certified coach. If a certified coach, other than the one on the official entry form, will represent a team or one person team then the newly designated certified coach must report to the meet director before the meet begins and present a letter from the principal designating the certified coach as the school representative.
- 9.2 ELECTRONIC SOUND EQUIPMENT such as radios, stereos and tape players are prohibited AT ALL TIMES.
- 9.3 COACHES AND ATHLETES ENTERED IN THE MEETS 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.

- 9.4 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.
- 9.5 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.

10.0 **TOURNAMENT RULES / PROCEDURES**

- 10.1 All meets shall be governed by the 2010-11 National Federation Swimming and Diving Rules. (Except in the State Open when all places will be determined by order of finish by collating the results of the heats in the event.)
- 10.2 **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 DIRECTOR 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.**
- 10.3 The decision of the Girls Swimming Committee relative to the operation of the Championships shall be final.
- 10.4 **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 Director will designate the only area where such substances may be applied. Substances applied must be dry before swimmer may leave application area.

- 10.5 **WARM-UP PROCEDURE FOR ALL DIVISIONAL MEETS AND OPEN MEET:** 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.
- 10.6 **TIMERS** -- In a meet where six lanes are used every team, with a relay team swimming in the meet, must supply a qualified timer with a watch for the duration of the meet. In a meet where eight lanes are used each team with three relays competing will have to supply a second qualified timer with a watch. The qualified timer with a watch must report 15 minutes before the scheduled start of the meet. After the 50 yard freestyle concludes the timers will have a 15-minute break before they must report back to their assigned lane. The meet director may assign teams to a specific lane.
- Each school that enters a 400 yard freestyle relay must provide a **QUALIFIED** timer with a stop watch for the duration of the meet.
- 10.7 **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.

10.8 CIAC LATE ENTRY POLICY

- **No tournament entries will be accepted after the established 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 a fee of \$50 dollars per correction to a maximum of \$250 dollars.
- 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 November 8, 4:00 p.m. deadline will be assessed a \$50 fine.

TOURNAMENT REGULATIONS VIOLATIONS

If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or 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 fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

APPENDIX A

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2010 CIAC GIRLS SWIMMING DIVISIONS

<u>LL Division -- 773 and Over</u>	(20)	<u>M Division -- 497 - 637</u>	(20)
Danbury	1411	Berlin	515
East Hartford	937	Branford	588
Enfield / Somers / Fermi *	789	Brookfield	508
Glastonbury	1030	East Haven	503
Greenwich	1277	East Lyme	612
Hamden	941	Ledyard	499
Hartford - Bulkeley/Hartford Public *	1248	Madison - Daniel Hand	630
Manchester	998	Meriden - Maloney	616
New Milford	781	Meriden - Platt	574
Newtown	868	Milford - Foran	533
Norwalk/Brien McMahon *	1486	Monroe - Masuk	637
Norwich Free Academy	1271	New Fairfield	502
Ridgefield	870	Storrs - E.O. Smith	622
Shelton	799	Stratford	510
Southington	1018	Stratford - Bunnell	622
Stamford / Westhill *	1407	Torrington	567
Trumbull	1152	Watertown	504
West Haven	809	Wethersfield	588
Westport - Staples	889	Wilton	632
Woodbridge - Amity	787	Windsor Locks / Ellington *	531

<u>L Division -- 638 - 772</u>	(21)	<u>S Division -- Up to 496</u>	(21)
Bristol Central	672	Beacon Falls - Woodland Reg.	381
Bristol Eastern	640	Bristol - St. Paul	155
Cheshire	746	Hamden - Sacred Heart Academy	494
Darien	643	Higganum - Haddam/Killingworth	330
Fairfield - Ludlowe	762	Manchester - East Catholic	370
Fairfield Warde	664	Milford - Jonathan Law	487
Farmington	653	Milford - Lauralton Hall	431
Groton - Fitch	680	Old Lyme	224
Middletown	657	Plainville	447
Middletown - Mercy	692	Redding - Joel Barlow	495
Naugatuck	710	Rocky Hill	383
New Canaan	659	Seymour	367
Newington	704	Suffield	448
North Haven	659	Tolland	450
Southbury - Pomperaug	690	Trumbull - St. Joseph	415
South Windsor	736	Wallingford - Sheehan	496
Wallingford - Lyman Hall	640	Waterbury - Holy Cross	355
Waterbury - Kennedy	696	Waterbury - Sacred Heart	187
West Hartford - Conard	772	Waterford	477
West Hartford - Wm. Hall	769	Weston	427
Windsor	665	Windham / Lyman Memorial *	431

* Cooperative Team

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.

Teams with Less Than Four

Clinton - Morgan	284	Oxford	268
Cromwell	297	Hebron - RHAM	504
East Hampton	288	Stonington	378
Guilford	574	Wolcott	413
Montville	381	Woodbury - Nonnewaug	459
Old Saybrook	275		

APPENDIX B

2010 CIAC GIRLS SWIMMING 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 point total 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.

1. Names of the four competing swimmers, designating the lead off swimmer, must be on a 3x5 card and turned in at the start of the specific relay event (prior to the first heat).
2. An individual does not become a relay participant until she swims in the event.
3. Submit this seeding and event sheet -- via the password-protected online eligibility center.
4. Include both date and time in block provided for each event. Relay times to be entered in space provided above relay event.
5. Only contestants listed on this sheet may participate.

APPENDIX C

2010 CIAC OFFICIAL GIRLS SWIMMING ENTRY FORM

NOTE: Entry form must be submitted via the password-protected online eligibility center by 4:00 p.m., Monday, November 8, 2010. Anyone not listed cannot compete.

All problems must be resolved before the entry deadline. Entries will not be honored after the entry deadline.

ENTRY FEE: **\$75 PER TEAM, PLUS \$7 PER EACH INDIVIDUAL EVENT THAT EACH SWIMMER ENTERS, TO A MAXIMUM OF \$250, MADE PAYABLE TO CIAC. LIST YOUR ENTRIES BELOW.** Entry fee must be mailed to CIAC office, 30 Realty Drive, Cheshire, CT 06410. If your school needs an invoice in order to pay its tournament fee, one can be downloaded by using the "Generate Tournament Invoice" link under the girls swimming options in the password-protected online eligibility center.

APPENDIX D

This diving entry form (score sheet), must be submitted via the password-protected online eligibility center by 4:00 p.m., Monday, November 8, 2010

NOTE: The last date to schedule and conduct a meet which will count toward qualifying is Saturday, November 6, 2010.

DIVING QUALIFYING STANDARDS -- ALL DIVISIONS:

Diving Score (6 dives) – 160 with 8.8 D.D. on five optional dives or
(11 dives) – 240 with 10.8 D.D. on six option dives

APPENDIX E

SELECTION OF OFFICIALS

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) 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 from October 11-22, 2010. Those recommendations along with recommendations from the various swimming boards will be utilized in the assignment of officials for the championships.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).

PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION

– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

1. Signs of a concussion may include (what the athlete looks like):

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

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

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

Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

PART II – RETURN TO PARTICIPATION (RTP)

– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.

4. Any athlete with signs or symptoms related to a concussion **MUST** be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete **MUST** obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP Protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don’t resolve, the athlete should be referred back to their medical provider.

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. <http://www.nfhs.org>
2. McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport Held in Zurich, November 2008. Clinical Journal of Sport Medicine: May 2009 - Volume 19 - issue 3 - pp 185-200 http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*. http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
4. U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010. <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, 2010.